

# GOLF

côte d'azur & méditerranée



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# BIOMECASWING

## Unique en Europe à Terre Blanche à Fayence (Var)

Biomecaswing est né en 1998 aux Etats-Unis de la collaboration entre David Leadbetter et Jean-Jacques Rivet autour du désir de mieux cerner la problématique du swing. En l'occurrence celui d'un groupe de professionnels attachés à la David Leadbetter Academy de Championsgate (Floride), et ce, afin d'optimiser leurs performances.

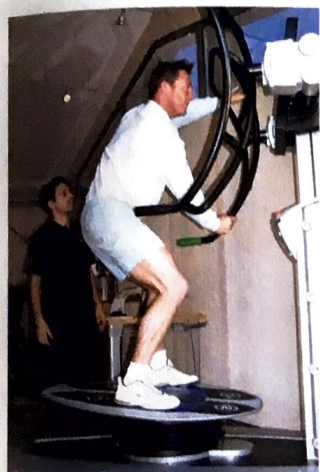
Depuis l'été 2005, ce concept, dirigé par son créateur JJ Rivet en partenariat avec Adidas qui en a fait son official fitting centre, unique en Europe à Terre Blanche, a vu de nombreux golfeurs européens s'y déplacer.

Aux USA, les plus assidus sont Nick Price, Charles Howell III ou Ian Poulter. À Terre Blanche, c'est autour de Raphael Jacquelin, meilleur pro Français au classement mondial, que l'association entre le Biomecaswing et l'enseignement technique du golf conduit par Alain Alberti, a trouvé son harmonie.

Créé à l'origine pour les joueurs professionnels, ce concept s'est étendu aux joueurs amateurs car il permet de découvrir comment chaque golfeur s'adapte aux lois de Newton pour effectuer un swing optimal correspondant à ses spécificités morphologiques. Après l'analyse du geste et la détection de la faute technique, se posent deux cas :

- soit la faute peut être corrigée en jouant sur les seules capacités musculaires de l'individu et cette solution est validée ;
- soit il n'y a pas de solution physiologique et il sera alors défini une autre gestuelle de swing adaptée à la problématique de l'individu.

Pour définir les possibilités d'action sur les différentes parties du corps, l'analyse biomécanique va définir les atouts et faiblesses physiologiques de chacun, au travers de nombreux logiciels



**Unique to Europe at Terre Blanche in Fayence (Var)**

*Biomecaswing was established in 1998 in The United States through a collaboration between David Leadbetter and Jean Jacques Rivet with an aim to close in on the problem that a group of professionals connected to David Leadbetter Academy at Championsgate Florida have in making a swing and to eventually optimize their performances.*

*Since the summer of 2005, JJ Rivet in association with Adidas, had made a unique fitting centre unique to Europe in Terre Blanche, this has concept attracted many European golfers.*

*In the USA the most assiduous are Nick Price, Charles Howell III or Ian Poulter. Due to Raphael Jaquelin the best French professional in the world ranking, the association between Biomecaswing and the golf techniques coaching run by Alain Alberti is now up and running smoothly.*

*Originally created for professional players this concept has now extended itself towards amateurs because it enables one to see how each golfer can adapt to Newton's law. This law enforces an optimal swing the way it's meant to be morphologically performed. After analyzing each movement and detecting any technological faults, two cases are then presented:*

*Any errors maybe rectified by the individual playing only on his most able muscle group? This is a valid solution.*

*When there is no physiological fault, then the individual's body movement when performing a swing should be changed in a way in which to adapt to the player.*

*The Biomecanic analysis is used to define the different action possibilities on different parts of the body and analyze the different physiological strengths and weaknesses of each person through a number of cads the same as those used for certain people who are preparing for an Olympic games event or in the area of the posture. Amongst these evaluation systems we can summon up the APAS (kinematics analysis of movement), Huber from the company LPG (analysis of the imbalance and coordination of muscles), and platforms from Technoconcept.*

*Traditionally a static analysis is made preliminary to a vigorous analysis, where the portion of muscle used with the force of gravity analysis We are then able to establish a vital evaluation sheet which will be used in any discussions between the coach and the biomechanicien to make a profile of the pupil's swing by pressing only on his adaptive capabilities and by not giving him movements that he is unable to perform.*

*Indeed how many golfers from beginners to professionals will one day say to themselves "Its all very well taking lessons but I'll never be able to do the movement shown by my coach" There could be plenty of reasons going from inattention to incapability. There is no solution if the individual is inattentive, lacks belief or is simply uninterested. On the other hand why not do what everyone else does; just be yourself we can't all be like Tiger Woods. There isn't an obligatory biotype to be a golf champion.*