

REAL FEDERACIÓN ESPAÑOLA DE GOLF

c/ Arroyo del Monte 5 - 28035 MADRID - T: (34) 913 769 130 - F: (34) 915 563 290 - rfgolf@rfgolf.es -
www.rfgolf.es

Circular 3/2011



“Golf Nutrition Workshop”

Robert Yang

15th & 16th February 2011

Centro Nacional de Golf - Madrid



Golf Nutrition Workshop Presented by Robert Yang

Whether you are a teaching pro, fitness professional, or medical professional that works with golfers, nutrition is an integral part of improving a players game. The Golf Nutrition Workshop will present information that will be applicable to golfers ranging from junior golfers to the PGA and LPGA player. After completing the workshop, you will:

Learn the importance of hydration and it's impact on focus, concentration, energy, strength and body composition.

Understand the basics about protein, fat, and carbohydrates and how they impact the golfer.

Learn what foods golfers should eat before, during, and after golf to optimize performance.

Understand the impact of inflammation and how to reduce it for the reduction of pain.

Know what foods to recommend for the overweight golfer.

Know what foods to recommend for the underweight golfer.

Enhance your golfers ability to recover from exercise through pre and post workout supplementation.

Learn what supplements ALL golfers should be taking.

In addition to the Golf Nutrition Workshop, Robert will show you "how to eat"! You will experience what to eat for lunch and snacks.



ROBERT YANG

Robert Yang specializes in nutrition, nutritional supplementation, strength and conditioning, corrective exercise, and lifestyle coaching. His integrative and individualized programs have helped athletes and individuals improve performance, prevent injuries, and improve health and vitality. Robert is the founder of The Performance Lab in Encinitas, California, where he maintains an active practice designing corrective, performance enhancement, rehabilitative, and sport performance exercise programs. Individualized nutritional and supplement programs are also an integral part of his practice.

Robert is a sought after presenter and lecturer. He is an advisory board member for the Titleist Performance Institute and the National Pitching Association. As one of the lead instructors for the TPI Certified Golf Fitness Instructors Certification, Robert teaches Olympic lifting and optimal post workout supplementation. Robert has been featured in magazines such as Golf Digest and Natural Solutions Magazine (Formerly Alternative Medicine Magazine).

Robert is a graduate of the University of California Santa Barbara with a Biopsychology and Exercise Health Science degree. He is licensed by the American Health Science University as a Certified Nutritionist. He is a CHEK Level 4 and a HLC 2 practitioner. As an athlete, husband and father Robert understands the needs of his clients and strives to stay on the cutting edge of training, supplementation, nutrition, rehabilitation and performance enhancement. Robert is continually traveling, researching, and studying the best methods to help individuals achieve their ultimate goal

GOLF NUTRITION WORKSHOP

ROBERT YANG

NATIONAL GOLF CENTER. Madrid - SPAIN
15th & 16th February 2011

REGISTRATION FORM

Name: _____

Last name: _____

Address: _____

Postcode: _____ City: _____

Phone: _____ E-mail: _____

ENTRY FEE:

199 € (including manuals, materials and lunch all 2 days)

PAYMENT BY BANK TRANSFER TO THE FOLLOWING ACCOUNT NUMBER

REAL FEDERACION ESPAÑOLA DE GOLF

CAJA MADRID

IBAN: ES65 2038 – 2488 – 11- 6000121578

SWIFT: CAHMESMMXXX

PLEASE SEND BY FAX ENTRY FORM, COPY OF THE BANK TRANSFER AND INVOICE

DETAILS TO:

ROYAL SPANISH GOLF FEDERATION

FAX: +34 91 556 32 90

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INVOICE FOR EVENTS ORGANIZED BY THE PROFESSIONAL COMMITTEE OF THE ROYAL SPANISH GOLF FEDERATION

COMPANY

NAME

VAT NUMBER

ADDRESS

ZIP CODE

CITY

COUNTRY

THE INVOICES WILL BE SENT TO THE ADDRESS PROVIDED IN THIS DOCUMENT

RECOMMENDED HOTEL AC MONTE REAL

Just 5 minutes away in car from the Centro Nacional de Golf

*** FOR RATE TO APPLY PLEASE MENTION ROYAL SPANISH GOLF FEDERATION COURSE WHEN MAKING THE RESERVATION**

Hotel	Cat.	Single Room	Double Room	Breakfast Buffet
Hotel AC Monte Real Puerta de Hierro C/. Arroyofresno, 17 28035 Madrid Tel + 34 917 365 273 Fax +34 917 365 274 acmontereal@ac-hotels.com	****	110 € + IVA (7%)*	120 € + IVA (7%)*	INCLUDED*

More information in http://www.ac-hotels.com/189-AC_MONTE_REAL.html