



St. Luke's Sports & Human Performance Center

St. Luke's Sports & Human Performance Center meets the needs of athletes and fitness minded individuals. It is recognized as a showcase facility by PerformBetter™ and LifeFitness™. In addition to a wide range of strength, metabolic, resistance and cardiovascular training equipment, the facility includes a 60-yard turf field. The use of the equipment is guided by a team of expert fitness coaches.

St. Luke's Triple Aim Golf Academy (TAG)



Golf requires a unique blend of precision, strategy and mental toughness. To reach your full potential as a golfer, you need to be proficient in many skills essential to effective ball striking. You also need to be as fit as you can to fire your muscles properly and in the right sequence as you make contact. TAG strives to maximize every golfer's performance and fitness through a customized yet simple, 3-step process:

1. **LEARN** from a pro the best way for YOU to strike a golf ball.
2. **PRACTICE** driving, full shots, short game and putting in our indoor facility.
3. **GET GOLF FIT** with your tailored golf-focused fitness program.



St. Luke's West End Medical Center

501 Cetronia Road
Allentown, PA 18104
484-426-2540
www.sluhn.org/TAG



St Luke's
UNIVERSITY HEALTH NETWORK

St Luke's
Sports & Human
Performance



1. LEARN from a pro the best way for YOU to strike a golf ball.



Mike Stankowski

In 2000, Mike followed his passion and began his golf career in Atlanta at River Pines Golf Club. For five years he studied under Mike Perpich, a Top 100 Golf Teacher according to Golf Magazine. He then began serving as the Assistant Golf Professional at New Jersey National Golf Club. Mike leads the junior instruction program and is the Ladies Golf Director. His students include beginner-to-scratch golfers; ladies-to-juniors and preteen-to-seniors. Mike's teaching philosophy includes the five fundamentals of golf combined with training to improve a golfer's "feel" for hitting. He has access to contemporary video equipment and software to break down your swing "frame by frame" in comparison to your ideal hitting position. Above all else, Mike loves to teach as he patiently helps you improve!

Personal golf instruction with Mike is pay-as-you-go: \$75 per one-hour lesson or \$225 for a package of 4 one-hour lessons.

2. PRACTICE driving, full shots, short game and putting in our indoor facility.

Located at St. Luke's Sports & Human Performance Center in the St. Luke's West End Medical Center, the TAG facility includes six 12' x 12' hitting bays, a 1,600 square foot short-game practice area with a variety of turfs, and a 400 square foot contoured putting green.

TAG facility practice hours:

Monday – Thursday: 5 am – 10 pm
Friday: 5 am – 8 pm
Saturday: 7 am – 4 pm
Sunday: 9 am – 4 pm

"What other people may find in poetry or art museums, I find in the flight of a good drive."

– Arnold Palmer

3. GET GOLF FIT with your tailored golf-focused fitness program.

You will begin with a thorough evaluation of your current state of fitness in comparison to your golf goals. Our fitness coaches utilize a holistic approach to better prepare you for the sport of golf. You will work on your flexibility, balance, core strength, power, mobility and endurance.

Each TAG member will have access to:

- All Human and Sports Performance Training Equipment
- Spinning Classes
- 72 training protocols
- Specialized equipment to enhance "swing firing muscles"

Each TAG member will receive a pre- and post-functional movement assessment:

- Overhead Squat
- Active Straight Leg Raise
- Shoulder Impingement
- Shoulder Mobility
- Core Separation
- Quadrupled Spinal Flexion

Successful execution of these tests is consistent with success in golf – so when golfers improve in their performance of these tests, they will improve as golfers.

Introductory TAG 90-Day Membership Fee January – March 2014: \$250.

Includes full use of the facilities, a personalized golf fitness assessment and customized training program, and use of the practice area. The cost of private golf lessons will be extra.



Fitness instruction is directed by:



John Graham, MS, HFS, CSCS*D, RSCC*D, FNCSA

Director of Sports & Human Performance for St. Luke's, member of the Industry Advisory Panel

for the American Council on Exercise, Associate Editor for the National Strength and Conditioning Association, and Chair for the National Strength and Conditioning Association Certification Committee. John is an active author and presenter on health fitness and sports conditioning. He has 30 years of experience working with amateur and elite professional athletes as well as every day golfers looking to improve.



Timothy W. Miller, PT, DPT, SCS, CSCS

Director of Sports Physical Therapy for St. Luke's, Tim earned a Master's degree in Physical Therapy from the University of Hartford and a Doctorate degree in Physical Therapy at Temple University. Tim is a Board Certified Clinical Specialist in Sports Physical Therapy as well as a Certified Strength and Conditioning Specialist.