



PGA
Pacific Northwest Section
Western Washington Chapter

2010

WESTERN WASHINGTON CHAPTER
Spring Education



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March 25, 2010
McCormick Woods Golf Course

***Golf Technique Assessment, Fitness Training and Instructor
Training Systems***
9:00 a.m. - 12:00 p.m.

Lunch: 12:00 - 1:00 p.m.

Personal Fitness Assessment
Hands on application of training assessment systems and techniques.
(Bring your workout clothes!)
1:00 - 4:00 p.m.

Kendal Yonomoto
Performance Coach
Former Canadian Tour Player
CPGA Class "A" Teaching Professional
CHEK Golf Biomechanics
CHEK Holistic Lifestyle Coach
Director of Player Development and Founder of the Golf Study Program

(Optional afternoon golf - tee times starting at 1:00 p.m.)

Detach and return with check or fax with credit card information.

**2010 WESTERN WASHINGTON CHAPTER PGA
EDUCATION PROGRAM - REGISTRATION FORM**

Name _____ Address _____

Club _____ Email _____ PGA Member
Apprentice Novice

Cost: \$50.00
Golf Attire

Please Register Me into the Following : Kendal Yonomoto - March 25, 2010

Pay by Visa/MasterCard:

Name on Card: _____

Card Number: _____ - _____ - _____ - _____ Exp. ____ / ____

Card Billing Address: _____

To Reserve Your Spot
Mail/Fax this form to:

WWC PGA
24606 - 43rd Ave. S.
Kent, WA 98032
Fax: 800-341-7254



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About Kendal Yonomoto

Kendal Yonomoto has been a golf professional for over 20 years. He has travelled extensively for coaching and playing. Kendal has developed several golf programs for specialized markets. In 2004 he developed the Golf Study Program for the International Student Program in the Richmond School District. The Program was well received by students and agents alike. He developed the content and ran the program at McNair Secondary School in Richmond BC. The program content was popular enough among local students and the Physical Education staff to drive the development of a morning strength and conditioning program with over 60 students participating throughout the school year.

Kendal has developed a proprietary golf technique assessment, fitness training protocol and teacher training system that use exercise to test and train golfers. Kendal is a consultant for golf specific performance for golfers of all ages. He has delivered seminars for the Golf Coaches of America Association, AMF Golf Management and the Pacific Northwest PGA Section on coaching golf with exercise.

He has trained and acted as a performance consultant to professional golfers from the US PGA Tour, LPGA Tour, Nationwide Tour, Futures Tour, Japan Tour, Korean Tour, Canadian Tour and several Mini Tours. He has worked with collegiate players from several universities including USC, Duke, Stanford, Arizona State, Louisville, UCSD etc. In 2009 Kendal also restructured the golf fitness program at the University of Texas working with their Strength Coach Trey Zepeda.

Kendal works closely with several Top 100 Instructors including Brian Mogg, Mike Adams and Dr. David Wright. This year Kendal will further augment his science based approach to performance with technologies from GolfGripSize.com and Edel Golf and AimPoint.

He uses several advanced systems of assessment and measurement for talent stewardship of his athletes in including the Omegawave and actigraphy from Fatigue Science.