

# FOREWORD

**Jack Nicklaus**

---

Every professional athlete views their body as their vehicle to competition and success. Golf and professional golfers are no different. Our contact is not between the lines or at the line of scrimmage. It's inside the ropes and the contact is the tens, if not hundreds, of thousands of balls we hit in a career. We might not have to execute cross-over dribbles or cuts across the middle of the field, but the twist and torque we put on our bodies over a lifetime, can and will break us down.

Although many of today's PGA TOUR players speak about their teams— —the swing coach, athletic trainer, nutritionist, and even mental coach that makes up their entourage— -pro golfers don't have a team training room or therapist to retreat to on a daily basis. That's why someone like Tom LaFountain, and the many members of the sports medicine staff who travel with the PGA TOUR, are so important to the livelihood of golf's finest.

I knew of and watched Tom's work on TOUR for many years, and I have found my way to his trailer and table on a number of occasions. But I got my first up-close look at Tom's work when I was fortunate to serve as the U.S. Team Captain for the 2005 Presidents Cup. Both Jim Furyk and Tiger Woods were struggling with back pain throughout the week. I watched Tom treat them between matches and even between shots to get them through each day. The work was critical and beneficial, as Jim and Tiger partnered in all three of our final team matches, and went undefeated to earn 2.5 points for the U.S.. Those points were critical, as the matches were tied 1-1 after team play and heading into the final day of Singles play, which we eventually won.

Even to this day, you might say that Tiger keeps Tom on speed dial.

The trust, respect and relationship Tom earned within the PGA TOUR family have been so evident through the years. It is chief among the reasons why I asked Tom to help us at my Florida home club, The Bear's Club.

Golf is a results-driven sport, as is Tom's craft. Throughout his successful career, Tom has meticulously documented his work and has developed a system of evaluation and exercise protocol that have helped countless golfers, professional and amateur alike.

A great program from someone with years of experience working on the best names in the game. A system that all who play this great game of golf should benefit from. That is Tom's motivation in bringing us "Rotational Strength and Power: The LaFountain Technique". Whether you are looking to improve the quality of your game, or just the quality of your life, Tom hopes within this program, you too can find some inspiration.

Good golfing,

Jack Nicklaus

