



Car Talk for Par Week #1

Today's Core Value: Respect

Today's Core Lesson: Exploring the Game and using GAME (Go Play, And Explore, My Interests, Enjoy what's fun for me.)

Specific Behaviors Reflective of Today's Core Value: Code of Conduct – Respect Your Self, Respect Others, Respect Your Surroundings.

Today's Healthy Habit: Safety – Players must follow all safety instructions and guidelines.

Today's Golf Fundamental: Get Ready to Swing – Hold, Set-Up, Aim, & Alignment. Hold – Left thumb on right side of grip, right thumb on left side of grip, glue hands together. Set-Up – Legs make the shape of an A, arms and club makes the shape of a Y. Aim & Alignment – Aim clubface at the target.

Guiding questions and topics for parents to review with their child:

- What was fun/challenging/interesting today at The First Tee?
- What kinds of things did you learn today? About golf? About a core value/core lesson? About a healthy habit?
- How does taking your time setting up, help you play better golf?
- How does size of the swing and club selection effect distance control?
- What does the acronym GAME stand for?
- How do you discover new things at school, at home, and in other areas of your life using GAME?
- How do you show Respect for Your Self, Respect for Others, and Respect for Your Surrounding at school, at home, and in other areas of your life?
- A Player shows **Exploring the Game** in their actions by trying out different ways to hit each club and by practicing on their own to discover the most fun part about playing golf.