



Car Talk for Par Week #10

Today's Core Lesson: Respecting the Rules. The Rules of Golf contain three distinct sections – Etiquette, Definitions, and Rules. Players show Respecting the Rules in their actions by following the rules while playing and by playing safe and fair.

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

Today's Healthy Habit: Friends – Players maintain healthy relationships including surrounding one's self with friends and supportive people while effectively handling challenging situations. Players can help friends to develop confidence by encouraging them and congratulating them in their practice and play.

Today's Golf Skills Fundamental: Body Balance / Y-Chip-Y, hold the Y in the finish / Y-Putt-Y, hold the Y in the finish / L-Pitch-L, hold the L in the finish / Full Swing – Circle away and behind to circle high in the finish and hold it high. Always try to maintain your follow through and to hold your finish.

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 the proper body balance and a balanced finish help to play better golf?
- Every great golf shot starts where?
- What does Respecting the Rules mean?
- What are the different sections of The Rules of Golf?
- How do you show respect for the rules in golf? At home? At school?