



Car Talk for Par Week #5

Today's Core Lesson: Having Fun While You Learn / Three Tips for Having Fun. 1. Be Patient: Stay calm while you wait and give yourself lots of chances to succeed. 2. Be Positive: Enjoy what you are doing regardless of the outcome. 3. Ask for Help: You can learn from others when you ask them for help or lend a hand.

Specific Behaviors Reflective of Today's Core Value: A Player shows Having Fun While You Learn in his/her actions by being patient and having a good attitude even when performance is not going according to plan and by asking for help on how to improve his/her skills.

Today's Healthy Habit: Family – When family members participate in activities together they are more likely to be successful in achieving their health related goals and other goals due to the support system of the family. Family members share meals, communicate, and establish roles and responsibilities for their daily activities.

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?
- Why is body balance important in golf?
- What are the Three Tips for Having Fun?
- Why is it important to stay patient? To remain positive? To ask for help?
- How can you show patience and a positive attitude at home?