



Car Talk for Par Week #7

Today's Core Lesson: Finding Your Personal Par – Personal Par is a measure of how YOU usually perform in golf, at home, or in school. When you practice or play, see if you can match or improve on your Personal Par.

Specific Behaviors Reflective of Today's Core Value: A Player shows Personal Par in his/her actions by setting his/her own par for each hole that may or may not match the scorecard and then keeping correct score and by practicing parts of his/her game in order to improve his/her Personal Par.

Today's Healthy Habit: School – Success in School – learning, building relationships, and contributing to the school environment – leads to success in other areas of life.

Today's Golf Skills Fundamental: Distance Control / Size or Length of Motion / Club Selection. A good way to control the distance that your golf ball travels is to modify the size of your stroke or swing. Small stroke/swing – small distance. Medium stroke/swing – medium distance. Large stroke/swing – Long or large distance. Another way to control the distance that your golf ball travels is to change clubs.

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 distance control help you play better golf?
- How does size of the swing and club selection effect distance control?
- What is Personal Par and how do you find your own Personal Par?
- Can you use Personal Par at home? At school?
- How can you improve your Personal Par?