



Car Talk for Par Week #9

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: 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 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.