



## **Car Talk for Player Week #11**

**Today's Core Value: Living with Integrity – Integrity is knowing the difference between right and wrong and doing the right thing even when no one is looking.**

**Specific Behaviors Reflective of Today's Core Value: A Player shows Integrity in his/her actions by staying calm and having good etiquette even when he/she thinks no one is watching.**

**Today's Healthy Habit: Energy – It is important to understand and make healthy choices about when to eat, how much to eat, and the types of food and drinks to provide the body the most useful energy. It is a person's Responsibility to eat and drink the proper foods and to get plenty of rest in order to have sufficient energy for daily activities and life in general.**

**Today's Golf Fundamental: Distance Response / Size or Length of Motion – 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.**

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**Guiding questions for parents to ask 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? About a healthy habit?
- What is a good way to control the distance that your golf ball travels?
- How do you select your target in golf?
- Tell me more about Integrity?
- How can you use Integrity in golf? In other areas of your life?
- How will I know when you are Living with Integrity?