



Car Talk for Player Week #9

Today's Core Value: Using Good Judgment – Using Good Judgment is very important in golf. It makes a difference when you are deciding where to hit the ball and what club to use. It also helps you make good choices about your energy and safety.

Specific Behaviors Reflective of Today's Core Value: A Player shows Judgment by making healthy choices at the golf course, such as being physically active (walking the course), drinking water, and eating healthy snacks

Today's Healthy Habit: Safety – Players must follow all safety instructions and guidelines.

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 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?
- • How does proper hold, set-up, aim, and alignment help you play better golf?
- • What shape are your arms in when you make a putting stroke?
- • Tell me something about Using Good Judgment?
- • How do you use Good Judgment on the golf course? At home? At school?
- • How will I know when you are Using Good Judgment?