



Car Talk for Player Week #3

Today's Core Value: Responsibility for the Course

Specific Behaviors Reflective of Today's Core Value: A Player shows Responsibility for their surroundings in his/her actions by keeping up with the pace of play, by taking care of the golf course by repairing ball marks and replacing divots, and by taking care of his/her equipment.

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: 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 the proper hold, set-up, aim, & alignment help you play better golf?
- Tell me more about Responsibility? About Responsibility for the Course?
- How do you show Responsibility on the golf course? At school? At home?
- How will I know when you are showing Responsibility at home this week?