



Car Talk for Birdie Week #1

Today's Core Value: Respect

Today's Core Lesson: Dreams and Goals. Players can explore and discover their dreams for golf and other areas of their lives by using all their senses to form a clear mental image of their dreams and by then writing them down on paper. The dreams that you have for golf and life become attainable when you make a plan and set goals to develop your skills, education, and character.

Specific Behaviors Reflective of Today's Core Value: Code of Conduct – Respect Your Self, Respect Others, Respect Your Surroundings.

Today's Healthy Habit (s): 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.

Vision – In order to make the most of one's unique gifts – talents, characteristics, and abilities – an individual should learn from the past, value the present, and create their vision for the future to ultimately "leave a footprint".

Today's Golf Skills Fundamental: Distance Control / Size or Length of Motion / Club Selection / Energy or Speed applied to motion. There are three ways to control the distance that your golf ball travels. **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. The last way to control distance is to modify the amount of energy or speed that you apply to the club that you selected.

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, club selection, and the amount of energy effect distance control?
- How are goals different from dreams? How do you establish and attain your dreams?
- How do you discover new things at school, at home, and in other areas of your life by establishing your dreams and goals?