



Car Talk for Eagle Week #6

Today's Core Lesson: Planning for the Future – The career and academic planning process typically involves three phases. 1 = Self-exploration: What do you enjoy doing? What are you good at doing? What are your skills? What is important to you? 2 = Academic and career exploration: What are the choices and options available. 3 = Implementation: Using goal ladders to implement your plan.

Today's Healthy Habit (s): 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".

Mind: The mind is a powerful tool for health. One's mind influences his/her emotions and behaviors and can be utilized for self-improvement, building confidence, and maintaining perspective.

Community – Like the health of one's body, it is important to also explore the health of one's community and discover how one can give back and care for its environment and safety.

Today's Golf Skills Fundamental: Ball Flight / Trajectory / Curvature - Putting: Green reading and curvature of ball is a function of the slope of the land and the speed of the green. With pitching, chipping, and full swings, trajectory and curvature of the ball is affected by club selection, ball position, and by adjusting various factors of influence and swing elements such as grip, swing path, and clubface at impact.

Guiding questions and topics for parents to review with their child:

- What was fun/challenging/interesting today at The First Tee?
- Why is Planning for the Future important and how can you do it?
- Why is self-exploration a good tool to use when beginning to Plan for the Future?
- What does ball flight, trajectory, and curvature refer to?
- What are the factors that affect curvature on the putting green?
- What are the factors that affect ball flight and trajectory with full swings?