



Car Talk for Par Week #7

Today's Core Lesson: Staying Cool – The First Tee uses an acronym to help players stay cool and in control when they are frustrated, the 4 R's. **Replay** – Think about what you did and what you wanted to do different. If they match, then take a moment to enjoy what you did and store it in your memory. If they don't match, then go to then next R. **Relax** – Take a deep breath in through your nose, hold it, and slowly exhale through your mouth. **Ready** – Think about what you will do differently next time. **Redo** – Imagine yourself doing it better. You can also take a practice swing/stroke that matches what you imagine.

Specific Behaviors Reflective of Today's Core Value: A Player shows Staying Cool in his/her actions by having good golf etiquette even when in a frustrating situation and by taking a practice swing and holding a balanced finish to help remember the shots you like or delete the shots you don't like.

Today's Healthy Habit: Safety – Physical safety includes playing in a safe environment and playing by the rules. Players protect their body with proper equipment, warm up, cool down, and by wearing sun protection. Players follow all safety instructions and learn that safety is very important in golf and sports.

Today's Golf Skills Fundamental: Target Awareness / Target Selection – See the target. Players learn to focus on the target and ways to alter the aim and direction of their intended shots. Players learn to see the target by standing behind their ball and finding their intended target line for every shot. "Every great golf shot starts from behind the ball."

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 target selection help you play better golf?
- Every great golf shot starts where?
- What are the 4 R's?
- When can you use the 4 R's and how do you use them?
- Can you use the 4 R's at home and in other activities?