



Car Talk for Par Week #5

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: Friends – Players maintain healthy relationships including surrounding one's self with friends and supportive people while effectively handling challenging situations. Players can help friends to develop confidence by encouraging them and congratulating them in their practice and play.

Today's Golf Skills Fundamental: Clubface and Ball Contact - The direction that the clubface points when the club makes contact with the ball is the general direction the ball will go. Open face – right for a right-handed golfer. Square face – straight. Closed face – left for a right-handed golfer. The precise clubface location that strikes the ball may vary horizontally or vertically. When the ball is struck in the center of the clubface (sweet spot), the ball will generally travel a greater distance and towards the intended target. **Putting:** Stroke the putter through the ball towards the target. **Full Swing:** Swing the club through the ball towards the target. Strike the ball first and the ground second

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 good ball contact and clubface direction help to play better golf?
- Why do you know when your clubface is pointed towards the target?
- 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?