



## **Car Talk for Par Week #8**

**Today's Core Lesson: Finding Your Personal Par – Personal Par is a measure of how YOU usually perform in golf, at home, or in school. When you practice or play, see if you can match or improve on your Personal Par.**

**Specific Behaviors Reflective of Today's Core Value: A Player shows Personal Par in his/her actions by setting his/her own par for each hole that may or may not match the scorecard and then keeping correct score and by practicing parts of his/her game in order to improve his/her Personal Par.**

**Today's Healthy Habit: Play – A variety of energizing play can help the body to stay strong, lean, fit, and be fun in the process. Sleep, diet, and other forms of re-charging allow one to engage in play on a daily basis. Play also helps to develop imagination and motor skills.**

**Today's Golf Skills Fundamental: Body Balance / Y-Chip-Y, hold the Y in the finish / Y-Putt-Y, hold the Y in the finish / L-Pitch-L, hold the L in the finish / Full Swing – Circle away and behind to circle high in the finish and hold it high. Always try to maintain your follow through and to hold your finish. A balanced finish will produce overall good body balance.**

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### **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 proper body balance and a balanced finish help to play better golf?
- Why is body balance important in golf?
- What is Personal Par and how do you find your own Personal Par?
- Can you use Personal Par at home? At school?
- How can you improve your Personal Par?