



Car Talk for Birdie Week #7

Today's Core Lesson: Getting to your Goal / Goal Ladders – To reach your goal, you need a plan. Think of your plan as a ladder. You put the easiest steps at the bottom of the ladder and the harder steps towards the top. You climb each step one at a time until you reach your goal. A goal ladder lets you see how far you have come and how far you still have to go. The goal at the top is your outcome goal. The steps on the ladder are your process goals. Performance goals are your achievements and successes for each step of the ladder.

Today's Healthy Habit (s): Family – When family members participate in activities together – share meals, communicate, and establish roles and responsibilities – they are more likely to be successful in achieving their goals and harmony in their daily lives as a family and as an individual.

Friends – Players maintain healthy relationships including surrounding one's self with friends and supportive people while effectively handling challenging situations.

Today's Golf Skills Fundamental: Swing Rhythm / Swing Tempo. Players develop a consistent overall speed of stroke and swing to develop good rhythm in their putting strokes, their pitching, their chipping, and in their full swings. Tempo refers to the overall speed of the swing or stroke. Rhythm refers to the sequencing and smoothness of transitions in the swing or stroke.

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

- What kinds of things did you learn today? About golf? About a core value/core lesson? About a healthy habit?
- How does good swing rhythm and tempo help you play better golf?
- What is the difference between swing rhythm and swing tempo?
- Have you made any goal ladders for what you want to achieve?
- How do you make a goal ladder and why is it helpful to achieve your goals?