



Car Talk for Eagle Week #1

Today's Core Value: Respect

Today's Core Lesson: Stay Well for Life. Wellness involves body, mind, and heart. Having a healthy body, mind, and heart can help you enjoy and play better golf. They also help you in other areas of your life such as school, family, and community. To maintain a healthy body for golf it is important to eat properly, stay hydrated, and wear the proper clothing and sun protection. "You are what you eat".

Wellness means:

- **Your body is physically healthy and fit.**
- **Your mind is sharp and you have a positive attitude and outlook.**
- **You manage your emotions and feelings in appropriate ways.**
- **You have a healthy social life, you respect yourself, and you look for ways to contribute to the health of others.**

Today's Healthy Habit (s): Energy – It is important to understand and make healthy choices about when to eat, how much to eat, and the types of food and drinks to provide the body the most useful energy.

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.

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. vision for the future to ultimately "leave a footprint".

Today's Golf Skills Fundamental: Distance Control / Size or Length of Motion / Club Selection / Energy or Speed applied to motion. There are three ways to control the distance that your golf ball travels. Modify the size of your stroke or swing. Small stroke/swing – small distance. Medium stroke/swing – medium distance. Large stroke/swing – Long or large distance. Another way to control the distance that your golf ball travels is to change clubs. The last way to control distance is to modify the amount of energy or speed that you apply to the club that you selected.

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 distance control help you play better golf?
- How does size of the swing, club selection, and the amount of energy effect distance control?
- How do you stay well for life and why is it important? In golf? In other areas of your life?