



Car Talk for Eagle Week #2

Today's Core Lesson: Building a Go-To Team. In pursuing goals and dealing with challenges, we all need the support of other people both on and off the golf course. Our Go-To Teams may be composed of family members, guardians, teachers, coaches, friends, or other individuals in our community.

Today's Healthy Habit (s): School – Success in School – learning, building relationships, and contributing to the school environment – leads to success in other areas of life.

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

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.

Today's Golf Skills Fundamental: Body Balance – Balanced start and finish and hold the finish. Putting: 50/50 weight distribution and hold the finish. Chipping: 60/40 weight distribution for start and weight slightly more on target side foot for balanced finish and hold the finish. Full Swing: 50/50 weight distribution and feeling weight on inside of feet for balanced start and weight almost entirely on target side foot for balanced finish and hold the finish.

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 body balance help you play better golf?
- How does holding your finish help to improve overall balance?
- Why is it important to build a Go-To team when you are faced with challenges or trying to attain goals?
- Does your different Go-To Teams contain the same members or are they different people?