



## **Car Talk for Eagle Week #7**

**Today's Core Lesson: Be a Go-To Person – We often turn to our family or friends when we are facing a problem or are feeling concerned about something. Being a Go-To Person is a life skill strategy we can develop, enabling us to not only help others but also volunteer our time and talents in our communities.**

**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: 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.**

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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?
- How does good swing rhythm and tempo help you play better golf?
- What is the difference between swing rhythm and swing tempo?
- Why are pre-shot and post-shot routines important in golf?
- What is a Go-To Person and why should you be one?
- Are you a Go-To Person for someone else?
- Do you have a Go-To Person?