



Car Talk for Par Week #3

Today's Core Value: Responsibility for the Course

Today's Core Lesson: Meeting and Greeting with ALR & Five Steps for Meeting Someone New. ALR – Ask the other person some open-ended questions. Listen to what the other person says. Respond to what the person has said. Five Steps for Meeting Someone New – 1- Face the other person. 2-Smile and look them in the eye. 3-Give a firm handshake. 4-State your name clearly and loudly. 5-If you need more information, ask an open-ended question.

Specific Behaviors Reflective of Today's Core Value: A Player shows Meeting and Greeting with ALR in his/her actions by introducing themselves at the start of each golf round and by getting to know playing partners by asking open-ended questions.

Today's Healthy Habit: 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. It is a person's Responsibility to eat and drink the proper foods and to get plenty of rest in order to have sufficient energy for daily activities and life in general.

Today's Golf Skills Fundamental: Get Ready to Swing – Hold, Set-Up, Aim, & Alignment. Hold – Hands feel comfortable on grip and are touching each other. Set-Up – Athletic posture. Aim & Alignment – Aim clubface at the target and body is parallel to target line.

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 the proper hold, set-up, aim, & alignment help you play better golf?
- What should a Player do at the beginning of every round of golf?
- What does Meeting and Greeting with ALR mean?
- What are the Five Steps for Meeting Someone New?
- How can you use Meeting and Greeting with ALR and Five Steps for Meeting Someone New in golf? At home? At school or in your community?
- How do you show Responsibility for the Course?