



Car Talk for Par Week #8

Today's Core Lesson: Finding Your Personal Par – Personal Par is a measure of how YOU usually perform in golf, at home, or in school. When you practice or play, see if you can match or improve on your Personal Par.

Specific Behaviors Reflective of Today's Core Value: A Player shows Personal Par in his/her actions by setting his/her own par for each hole that may or may not match the scorecard and then keeping correct score and by practicing parts of his/her game in order to improve his/her Personal Par.

Today's Healthy Habit: 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.

Today's Golf Skills Fundamental: Body Balance / Y-Chip-Y, hold the Y in the finish / Y-Putt-Y, hold the Y in the finish / L-Pitch-L, hold the L in the finish / Full Swing – Circle away and behind to circle high in the finish and hold it high. Always try to maintain your follow through and to hold your finish. A balanced finish will produce overall good body balance.

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 proper body balance and a balanced finish help to play better golf?
- Why is body balance important in golf?
- What is Personal Par and how do you find your own Personal Par?
- Can you use Personal Par at home? At school?
- How can you improve your Personal Par?