



Car Talk for Player Week #4

Today's Core Value: The Honesty of Players & Modeling Sportsmanship

Specific Behaviors Reflective of Today's Core Value: A Player shows Honesty in his/her actions by calling a penalty on himself/herself and by reporting the correct score including all strokes and penalty strokes. A Player shows Sportsmanship in his/her actions by treating others kindly whether he/she is winning or losing and by following the rules of golf no matter how he/she is playing. To win and lose with grace. Golf is different from other sports because Players call penalties on themselves and report their own scores.

Today's Healthy Habit: Family – When family members participate in activities together they are more likely to be successful in achieving their health related goals and other goals due to the support system of the family. Family members share meals, communicate, and establish roles and responsibilities for their daily activities.

Today's Golf Fundamental: Distance Control / Size or Length of Motion – A good way to control the distance that your golf ball travels is to 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.

Guiding questions for parents to ask 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? About a healthy habit?
- How does distance control help you play better golf?
- How can you control the distance that your golf ball travels?
- Tell me more about Honesty? About Honesty on the golf course?
- Why is golf different from other sports?
- What does it mean to win or lose with grace?
- How will I know when you are showing Honesty and Sportsmanship at home this week?