



## **Car Talk for Player Week #6**

**Today's Core Value: Using Good Judgment – Using Good Judgment is very important in golf. It makes a difference when you are deciding where to hit the ball and what club to use. It also helps you make good choices about your energy and safety.**

**Specific Behaviors Reflective of Today's Core Value: A Player shows Judgment by making healthy choices at the golf course, such as being physically active (walking the course), drinking water, and eating healthy snacks**

**Today's Healthy Habit: School – Success in School – learning, building relationships, and contributing to the school environment – leads to success in other areas of life. It is important to use good judgment when making choices about or at school.**

**Today's Golf Fundamental: Get Ready to Swing – Hold, Set-Up, Aim, & Alignment. Hold – Left thumb on right side of grip, right thumb on left side of grip, glue hands together. Set-Up – Legs make the shape of an A, arms and club makes the shape of a Y. Aim & Alignment – Aim clubface at the target.**

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### **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 proper hold, set-up, aim, and alignment help you play better golf?
- What shape are your arms in when you make a putting stroke?
- Tell me something about Using Good Judgment?
- How do you use Good Judgment on the golf course? At home? At school?
- How will I know when you are Using Good Judgment?