



Car Talk for Player Week #8

Today's Core Value: Living with Integrity – Integrity is knowing the difference between right and wrong and doing the right thing even when no one is looking.

Specific Behaviors Reflective of Today's Core Value: A Player shows Integrity in his/her actions by staying calm and having good etiquette even when he/she thinks no one is watching.

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 Fundamental: Target Awareness / Target Selection – See the target. Players learn to focus on the target and ways to alter the aim and direction of their intended shots. Players learn to see the target by standing behind their ball and finding their intended target line for every shot. "Every great golf shot starts from behind the ball."

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 target awareness help you play better golf?
- How do you select your target in golf?
- Tell me more about Integrity?
- How can you use Integrity in golf? In other areas of your life?
- How will I know when you are Living with Integrity?