

• Finding your Personal Par

- How can you learn what you're capable of? The word capable means that you have the skill or power needed to accomplish something. At First Tee, you've been working hard to grow your skills on and off the course, and each day as you learn and grow, you are discovering what you are capable of, and what you are ready and able to do. You are uncovering your personal par!
- In the game of golf, par is a measurement that is used by professional and elite players to show them the number of strokes it should take to get the ball into the hole. While it is a standard measure of performance, shooting par is something that few players attain regularly! Instead, it is a goal and something they can work towards on each and every hole.
- First Tee encourages Game Changers like you to take a deeper look at your own performance- in golf, at home, and in school - to help you measure your own personal par. This is a tool which will allow you to appreciate your own abilities and achievements, instead of comparing yourself to what others are achieving. If you can determine where you are now, you can work hard to repeat your best performances on and off the course, and even improve your personal par! As you discover what you're capable of, your confidence will grow. You'll believe in yourself, trust in yourself, and feel empowered to face new challenges head on!

• **Follow Up Questions:**

- What do you think your personal par is when playing golf?
- Can you set a personal par at school? For what?
- What does it mean to be confident?
- Can you grow self confidence? How?
- What type of swing do you find it easiest to control the club face?
- Where on the club face do you want to hit the ball?

GOLF SKILL QUESTIONS

• **What are the three golf skills you focused on today?**

- Putting, Chipping, Full Swing

• **What area did you focus on with the three golf skills?**

- Clubface awareness - Clubface direction at contact is where players begin to merge getting ready to swing and target awareness.

• **What is one skill you learned that you did not know before? How does this skill help your golf game?**

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