

• Embrace your identity and self confidence – How to use STAR

- First Tee is committed to Building Game Changers, but what exactly is a Game Changer? If you look at the definition of the phrase itself, a Game Changer is “a newly introduced element or factor that changes an existing situation or activity in a significant way.” Who you are and what you bring to the world is valuable. You are significant and have what it takes to be a Game Changer on and off the course. Your unique talents and natural abilities play an important role in who you are and what is possible! Regardless of your talents and abilities, life will throw challenges your way. First Tee recommends that players utilize STAR to help you build your confidence as you deal with challenges in golf and in daily life. STAR stands for Stop, Think, Anticipate, and Respond. You can apply this technique to your pre-shot routine to help you stay focused and present to prepare for the shot ahead. •Stop and take a breath. •Think of all your choices. •Anticipate what could happen (good or bad) as a result of each. •Respond by selecting the best choice of what to do. Game Changers aren’t born, they are made. Where are you showing up as a Game Changer in your life, where might you want to work harder and make some improvements? •Game Changers welcome and embrace risk. •They see things that others often don’t. •They want to achieve their goals. •A Game Changer is not afraid of failure. •They contribute wherever they are. •Game Changers are strong, positive influences. •They are ambitious and want to succeed. •A Game Changer works to overcome obstacles and takes necessary steps to improve. •Game Changers build and create a future they can be proud of. Here at First Tee, you belong, you matter, and you are welcomed just as you are. As you learn more about yourself through the game of golf, take the time to really think about what is important to you and how you want to respond to a situation. What do you value personally? What do you find interesting? Who are you today and who do you want to be? How can you use STAR to help you analyze your choices and make decisions? You have the potential to be and do anything that you set your mind to. You can change the game and change the world by simply being the best version of yourself

GOLF SKILL QUESTIONS

- **What are the three golf skills you focused on today?**
 - Putting, Chipping, Pitching
- **What area did you focus on with the three golf skills?**
 - Club face awareness – Club face 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?**
- **Follow Up Questions:**
 - How can your unique talents and abilities contribute to your on the golf course?
 - How can those same talents and abilities contribute to your success away from golf?
 - How can you use STAR on the golf course? At school?
 - How can you discover what you are capable of?
 - Have you developed a pre shot routine? Can you incorporate STAR into your routine?

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