

Day: Monday

## Outdoor Summer Camps Week One: May 27th - May 31st

### Key Commitment: Using Good Judgment

I respect the rules in golf and in life

### Golf Fundamental/Factor of Influence:

Distance Response/Size and Length of Swing

### Core Lesson: Welcome to First Tee; Let's Work Together

Participants understand the impact of their words and actions and can show respect and courtesy to themselves, others and their surroundings

#### WARM-UP: INCLUDE AT LEAST THREE

Strength  
Flexibility & Mobility  
Agility & Coordination  
Balance  
Object Control

#### WRAP-UP QUESTIONS: ASK AT LEAST THREE

- What are some examples of responsible actions and good choices?
- How can you show personal responsibility?
- How can you demonstrate responsibility on the golf course
- What did you learn about aiming?
- Why is it important to take turns on the golf course?
- What are the parts of the golf club?

#### SCHEDULE

**8:00AM:** Lead Coach Arrives  
**8:30AM:** Asst. Coach Arrives  
**8:45AM:** Participants Arrive  
**9:00AM:** Introduction and Warm-Ups  
**9:20AM:** Climb the Ladder/ Bocce Putting  
**10:20AM:** Break  
**10:30AM** Hit the Noodle / Lane Chipping  
**11:30AM:** Break  
**11:40AM:** Key Commitment Reflection  
**12:00PM:** Half-Day Camper Dismissal, Full-Day Camper Lunch Break  
**12:30PM:** Driving Range, chipping and putting warm-up  
**1:00PM:** On Course Play  
**4:25PM:** Return to clubhouse for break  
**4:45PM:** Key Commitment Reflection

#### GOLF RULE 1.2 : CONDUCT

All players are expected to play by the spirit of the game by: Following rules, being honest, looking out for safety of others, smoothing bunkers and respecting the course.

Day: Tuesday

## Outdoor Summer Camps Week One: May 27th - May 31st

### Key Commitment: Pursuing Goals

I am excited to grow and learn

### Golf Fundamental/Factor of Influence:

Targets/What are targets and learn to aim

### Core Lesson: I can be responsible; respecting the rules!

Golfers understand that demonstrating responsibility and respecting rules is a way of showing good judgement

#### WARM-UP: INCLUDE AT LEAST THREE

Strength  
Flexibility & Mobility  
Agility & Coordination  
Balance  
Object Control

#### WRAP-UP QUESTIONS: ASK AT LEAST THREE

- Why is it important to set goals and work toward achieving them?
- What are some examples of poor sportsmanship, and what could a player say or do instead?
- How does being a good sport help you collaborate with others?
- How do rules make games fair and fun for everyone?
- What does it mean to play the ball as it lies?
- Why is important to keep your clubs clean?

#### SCHEDULE

**8:00AM:** Lead Coach Arrives  
**8:30AM:** Asst. Coach Arrives  
**8:45AM:** Participants Arrive  
**9:00AM:** Introduction and Warm-Ups  
**9:20AM:** Around The World /Sharks & Minnows  
**10:20AM:** Break  
**10:30AM** Chipping Bowling/Tic Tac Toe  
**11:30AM:** Break  
**11:40AM:** Key Commitment Reflection  
**12:00PM:** Half-Day Camper Dismissal, Full-Day Camper Lunch Break  
**12:30PM:** Driving Range, chipping and putting warm-up  
**1:00PM:** On Course Play  
**4:25PM:** Return to clubhouse for break  
**4:45PM:** Key Commitment Reflection

#### GOLF RULE 6.1B: BALL MUST BE PLAYED FROM INSIDE THE TEEING AREA

A player must start each hole by playing a ball from anywhere inside the teeing area. If a player who is starting a hole plays a ball from outside the teeing area, there is no penalty, but the opponent may cancel the stroke (meaning you do it again)

Day: Wednesday

## Outdoor Summer Camps Week One: May 27th - May 31st

### Key Commitment: Collaborating With Others

I respect other perspectives especially when they're different from mine

### Golf Fundamental/Factor of Influence:

Get Ready To Swing/Hold and Set-Up

### Core Lesson: Making good choices ; doing the right thing

Golfers understand the importance of honesty and integrity in the game of golf and life

#### WARM-UP: INCLUDE AT LEAST THREE

Strength  
Flexibility & Mobility  
Agility & Coordination  
Balance  
Object Control

#### WRAP-UP QUESTIONS: ASK AT LEAST THREE

- What does collaborating with others look, sound or feel like?
  - Why are respect and courtesy important on the golf course? At school? At home?
  - What are some ways we can have a positive impact with our words and actions? •
- What golf skills did you learn today?
- What did you learn about the parts of the golf course?
  - What does a proper handshake consist of?

#### SCHEDULE

- 8:00AM:** Lead Coach Arrives
- 8:30AM:** Asst. Coach Arrives
- 8:45AM:** Participants Arrive
- 9:00AM:** Introduction and Warm-Ups
- 9:20AM:** Silver Dollars/Clock Putting
- 10:20AM:** Break
- 10:30AM** Capture The Flag/Skee Ball
- 11:30AM:** Break
- 11:40AM:** Key Commitment Reflection
- 12:00PM:** Half-Day Camper Dismissal, Full-Day Camper Lunch Break
- 12:30PM:** Driving Range, chipping and putting warm-up
- 1:00PM:** On Course Play
- 4:25PM:** Return to clubhouse for break
- 4:45PM:** Key Commitment Reflection

#### GOLF RULE 3.3A : STROKE PLAY

The player who competes all rounds in the fewest total strokes is the winner. In a handicap competition, this means the fewest total net strokes

Day: Thursday

## Outdoor Summer Camps Week One: May 27th - May 31st

### Key Commitment: Building Positive Self Identity

I am finding my self-confidence

### Golf Fundamental/Factor of Influence:

Get Ready to Swing/Aim and Alignment

### Core Lesson: Learn and Grow with Grit

Participants can state and demonstrate the Three Tips for Developing Grit

- Be Patient
- Be Positive
- Ask For Help

#### WARM-UP: INCLUDE AT LEAST THREE

Strength  
Flexibility & Mobility  
Agility & Coordination  
Balance  
Object Control

#### WRAP-UP QUESTIONS: ASK AT LEAST THREE

- What are you good at? How did you become good at doing those things?
- Why do you think believing that “You Can” is important?
- How can you help others develop their own self-confidence
- How can having self-confidence help you in golf and in life?
- What are some things you learned on the course today?
- What golf skills did you use today?

#### SCHEDULE

- 8:00AM:** Lead Coach Arrives
- 8:30AM:** Asst. Coach Arrives
- 8:45AM:** Participants Arrive
- 9:00AM:** Introduction and Warm-Ups
- 9:20AM:** String Putting/Think Box Putting
- 10:20AM:** Break
- 10:30AM** Hit The Number/Skee Ball
- 11:30AM:** Break
- 11:40AM:** Key Commitment Reflection
- 12:00PM:** Half-Day Camper Dismissal, Full-Day Camper Lunch Break
- 12:30PM:** Driving Range, chipping and putting warm-up
- 1:00PM:** On Course Play
- 4:25PM:** Return to clubhouse for break
- 4:45PM:** Key Commitment Reflection

#### GOLF RULE 8.2: PLAYING IT AS IT LIES

A player must not deliberately take any actions to alter any such other physical conditions to affect where the player' ball might go or come to a rest after their stroke.

**Day: Friday**

## Outdoor Summer Camps Week One: May 27th - May 31st

### **Key Commitment: Growing Through Challenge**

I am discovering my inner strength

### **Golf Fundamental/Factor of Influence:**

Target Awareness/Target Selection

### **Core Lesson: I am a good sport; being a team player**

Golfers understand the importance of sportsmanship and being a good sport

#### **WARM-UP: INCLUDE AT LEAST THREE**

Strength  
Flexibility & Mobility  
Agility & Coordination  
Balance  
Object Control

#### **WRAP-UP QUESTIONS: ASK AT LEAST THREE**

- What does it mean to persevere?
- What does it feel like after you persevere through something difficult?
- How have you grown through challenges?
- How can you make sure you maintain pace of play?
- Which golf skill requires you to persevere the most?

#### **SCHEDULE**

**8:00AM:** Lead Coach Arrives  
**8:30AM:** Asst. Coach Arrives  
**8:45AM:** Participants Arrive  
**9:00AM:** Introduction and Warm-Ups  
**9:20AM:** Balance Putting/One to Six  
**10:20AM:** Break  
**10:30AM** One Hit Wonder/Lollipop Putting  
**11:30AM:** Break  
**11:40AM:** Key Commitment Reflection  
**12:00PM:** Half-Day Camper Dismissal, Full-Day Camper Lunch Break  
**12:30PM:** Driving Range, chipping and putting warm-up  
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#### **GOLF RULE 13.1: THE PUTTING GREEN**

This rule allows players to do things on the green that are normally not allowed off the green, such as being able to lift, clean and replace a ball to repair damage and remove sand or soil from the ball