

# Indoor Summer Camp

## Week One - Monday

### Key Commitment: Pursuing Goals

I am not afraid to fail

### Golf Fundamental/Factor of Influence

Target Awareness/What are Targets and Learn to Aim

### Core Lesson: Play with Perseverance: Commit Don't Quit

Participants will understand the importance of persevering through challenges and struggles.

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

Strength - Balance - Object Control - Flexibility/Mobility - Agility/Coordination

#### WRAP-UP QUESTIONS

- Why is it important to set goals and work towards achieving them?
- 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?

#### GOLF RULE 18.2: BALL LOST OR OUT OF BOUNDS

A player's ball is lost if not found within first three minutes after the player or their caddie begin to search for it.

#### SCHEDULE

**8:30AM:** Coaches Arrive

**8:45AM:** Participants Arrive

**9:00AM:** Introduction and Warm-Ups

**9:10AM: Rotation 1**

- **Simulator:** Trouble Tour
- **TV:** XBOX Golf: Ocean Driver
- **Putting Green:** Balanced Putting

**10:40AM:** Wrap up & Break

**11:05AM: Rotation 2**

- **Simulator:** Hit it in the Ring
- **TV:** XBOX Golf: Multiplayer Match
- **Putting Green:** Draw Back Putting

**12:35PM:** Lunch Break

**1:00PM:** Half-day arrival/dismissal

**1:10PM: Rotation 3**

- **Simulator:** Arena Shotmaker - Carry
- **TV:** EX-Putt: Classic Play 9
- **Putting Green:** Faces

**2:40PM:** Wrap up & Break

**3:05PM: Rotation 4**

- **Simulator:** Targets Tour
- **TV:** XBOX Golf: Ocean Driver
- **Putting Green:** Intermediate Spot

**4:35PM:** Key Commitment Reflection

**5:00PM:** Dismissal

# Indoor Summer Camp

## Week One: Tuesday

### Key Commitment: Using Good Judgement

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

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

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

Strength - Balance - Object Control - Flexibility/Mobility - Agility/Coordination

#### WRAP-UP QUESTIONS

- What does being honest look like?
- Is integrity something you have, or something you do?
- How do players demonstrate honesty and integrity while playing golf?
- If your ball does not go the distance you wanted, what can you change?

#### GOLF RULE 1.1: CONDUCT

Golf is played in a round of 18 on a course by striking the ball with a club. Each hole starts with a stroke from the tee box and ends when the ball is holed on the putting green.

#### SCHEDULE

**8:30AM:** Coaches Arrives

**8:45AM:** Participants Arrive

**9:00AM:** Introduction and Warm-Ups

**9:10AM: Rotation 1**

- **Simulator:** Straight Shooter-Carry
- **TV:** XBOX Golf: Multiplayer Match
- **Putting Green:** Through the Gate

**10:40AM:** Wrap up & Break

**11:05AM: Rotation 2**

- **Simulator:** Hit the Ducky
- **TV:** EX-Putt: Classic Play 9
- **Putting Green:** Silver Dollars

**12:35PM:** Lunch/snack Break

**1:00PM:** Half-day dismissal/arrival

**1:10PM: Rotation 3**

- **Simulator:** Short Game Points
- **TV:** XBOX Golf: Ocean Driver
- **Putting Green:** Clock Putting

**2:40PM:** Wrap up & Break

**3:05PM: Rotation 4**

- **Simulator:** Arena Targets
- **TV:** XBOX Golf: Multiplayer Match
- **Putting Green:** Lag it in

**4:35PM:** Key Commitment Reflection

**5:00PM:** Dismissal

# Indoor Summer Camp

## Week One: Wednesday

### Key Commitment: Collaborating with others

I respect others perspectives especially when they are 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: CHOOSE AT LEAST THREE

Strength - Balance - Object Control - Flexibility/Mobility - Agility/Coordination

#### WRAP-UP QUESTIONS

- What does collaborating with others look, sound or feel like?
- Why are respect and courtesy important on the course, at home and in school??
- What are some ways we can have positive impact with our words and actions??
- What golf skills did you learn today?

#### 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.

#### SCHEDULE

**8:30AM:** Coaches Arrives

**8:45AM:** Participants Arrive

**9:00AM:** Introduction and Warm-Ups

**9:10AM: Rotation 1**

- **Simulator:** Arena Shotmaker
- **TV:** XBOX Golf: Multiplayer Match
- **Putting Green:** Tic Tac Toe Putting

**10:40AM:** Wrap up & Break

**11:05AM: Rotation 2**

- **Simulator:** Driving Range
- **TV:** XBOX Golf: Ocean Driver
- **Putting Green:** Cow Pasture Pool

**12:35PM:** Lunch/snack Break

**1:00PM:** Half-day dismissal/arrival

**1:10PM: Rotation 3**

- **Simulator:** Putting Pool
- **TV:** XBOX Golf: Multiplayer Match
- **Putting Green:** Connect the Dots

**2:40PM:** Wrap up & Break

**3:05PM: Rotation 4**

- **Simulator:** Break it All
- **TV:** EX-Putt: Classic Play 9
- **Putting Green:** Think Box Putting

**4:35PM:** Key Commitment Reflection

**5:00PM:** Dismissal

# Indoor Summer Camp

## Week One: Thursday

### Key Commitment: Building Self Identity

I am finding self-confidence

### Golf Fundamental/Factor of Influence

Target Awareness/Target Selection

### 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: CHOOSE AT LEAST THREE

Strength - Balance - Object Control - Flexibility/Mobility - Agility/Coordination

### WRAP-UP QUESTIONS

- What are you good at? How did you become good at these things?
- Why do you think believing “you can” is important?
- How can you help others develop their own self-confidence?
- How can having self confidence in golf and in life?

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

This rule covers a player’s deliberate actions to alter other physical conditions that affect his or her ball at rest or stroke to be made

### SCHEDULE

**8:30AM:** Coaches Arrive

**8:45AM:** Participants Arrive

**9:00AM:** Introduction and Warm-Ups

**9:10AM: Rotation 1**

- **Simulator:** Field Goal Golf
- **TV:** XBOX Golf: Ocean Driver
- **Putting Green:** Battleship Putting

**10:40AM:** Wrap up & Break

**11:05AM: Rotation 2**

- **Simulator:** Arena Targets - Carry
- **TV:** XBOX Golf: Multiplayer Match
- **Putting Green:** Hopscotch Putting

**12:35PM:** Lunch/snack Break

**1:00PM:** Half-day dismissal/arrival

**1:10PM: Rotation 3**

- **Simulator:** Short Game
- **TV:** EX-Putt: Classic Play 9
- **Putting Green:** Croquet Putting

**2:40PM:** Wrap up & Break

**3:05PM: Rotation 4**

- **Simulator:** Targets Tour
- **TV:** XBOX Golf: Ocean Driver
- **Putting Green:** Bocce Putting

**4:35PM:** Key Commitment Reflection

**5:00PM:** Dismissal

# Indoor Summer Camp

## Week One: Friday

### Key Commitment: Growing Through Challenge

I am discovering my inner strength

### Golf Fundamental/Factor of Influence

Get Ready to Swing/Aim and Alignment

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

Golfers understand the importance of sportsmanship and being a good sport.

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

Strength - Balance - Object Control - Flexibility/Mobility - Agility/Coordination

#### WRAP-UP QUESTIONS

- What does it mean to persevere?
- What does it feel like when you persevere through something?
- How have you grown through challenge?
- How can you maintain pace of play?
- What is a tee time?

#### 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.

#### SCHEDULE

**8:30AM:** Coaches Arrive

**8:45AM:** Participants Arrive

**9:00AM:** Introduction and Warm-Ups

**9:10AM: Rotation 1**

- **Simulator:** Play Golf
- **TV:** XBOX Golf: Multiplayer Match
- **Putting Green:** Track Putting

**10:40AM:** Wrap up & Break

**11:05AM: Rotation 2**

- **Simulator:** Straight Shooter
- **TV:** EX-Putt: Classic Play 9
- **Putting Green:** Starting Block

**12:35PM:** Lunch/snack Break

**1:00PM:** Half-day dismissal/arrival

**1:10PM: Rotation 3**

- **Simulator:** Pressure Cooker
- **TV:** XBOX Golf: Ocean Driver
- **Putting Green:** Sharks and Minnows

**2:40PM:** Wrap up & Break

**3:05PM: Rotation 4**

- **Simulator:** Target Range
- **TV:** XBOX Golf: Multiplayer Match
- **Putting Green:** Capture the Prize

**4:35PM:** Key Commitment Reflection

**5:00PM:** Dismissal