

# Indoor Summer Camp

## Week Two: 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:** Snack/lunch Break

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

**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 Two: Tuesday

### Key Commitment: Collaborating with others

I show kindness, consideration and care for others

### 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??

#### 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 arrive

**8:45AM:** Participants arrive

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

**9:10AM: Rotation 1**

- **Simulator:** Short Game Points
- **TV:** EX-Putt: Classic Play 9
- **Putting Green:** Around the World

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

**11:05AM: Rotation 2**

- **Simulator:** Play Golf
- **TV:** XBOX Golf: Multiplayer Match
- **Putting Green:** Climb the Ladder

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

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

**1:10PM: Rotation 3**

- **Simulator:** Straight Shooter
- **TV:** XBOX Golf: Ocean Driver
- **Putting Green:** String Putting

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

**3:05PM: Rotation 4**

- **Simulator:** Field Goal Golf
- **TV:** XBOX Golf: Multiplayer Match
- **Putting Green:** Lollipop Putting

**4:45PM:** Key Commitment Reflection

**5:00PM:** Dismissal

# Indoor Summer Camp

## Week Two: Wednesday

### Key Commitment: Building Positive Self Identity

I am discovering what I'm capable of

### Golf Fundamental/Factor of Influence

Target Awareness/Target Selection

### Core Lesson: Using good judgement and making smart decisions

Golfers use this understanding and appreciation to make informed decisions while playing golf.

#### 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 help you in golf and in life?

#### GOLF RULE 6.4: ORDER OF PLAY

After players start a hole, the ball that is furthest from the hole is to be played first. If two balls are the same distance from the hole, the ball to be played first should be decided by agreement or random selection.

#### SCHEDULE

**8:30AM:** Coaches Arrive

**8:45AM:** Participants Arrive

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

**9:10AM: Rotation 1**

- **Simulator:** Break it All
- **TV:** XBOX Golf: Ocean Driver
- **Putting Green:** Bank Shot Putting

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

**11:05AM: Rotation 2**

- **Simulator:** Arena Targets
- **TV:** EX-Putt: Classic Play 9
- **Putting Green:** Sharks and Minnows

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

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

**1:10PM: Rotation 3**

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

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

**3:05PM: Rotation 4**

- **Simulator:** Driving Range
- **TV:** XBOX Golf: Ocean Driver
- **Putting Green:** Croquet Putting

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

**5:00PM:** Dismissal

# Indoor Summer Camp

## Week 2 - Thursday

### Key Commitment: Growing Through Challenge

I am developing my resilience

### Golf Fundamental/Factor of Influence

Get Ready to Swing/Aim and Alignment

### Core Lesson: Developing Confidence; I can do it!

Golfers understand that developing self-confidence is a process and that failing often comes before success.

#### 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 13.2B: MARKING, LIFTING, AND CLEANING YOUR BALL ON GREEN

A player may make a stroke with the flagstick removed from the hole to avoid their ball hitting the flagstick in the hole.

#### SCHEDULE

**8:30AM:** Coaches Arrive

**8:45AM:** Participants Arrive

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

**9:10AM: Rotation 1**

- **Simulator:** Targets Tour - Carry
- **TV:** XBOX Golf: Multiplayer Match
- **Putting Green:** Track Putting

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

**11:05AM: Rotation 2**

- **Simulator:** Short Game
- **TV:** XBOX Golf: Ocean Driver
- **Putting Green:** Starting Block

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

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

**1:10PM: Rotation 3**

- **Simulator:** Pressure Cooker
- **TV:** XBOX Golf: Multiplayer Match
- **Putting Green:** Think Box Putting

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

**3:05PM: Rotation 4**

- **Simulator:** Hit the Ducky
- **TV:** EX-Putt: Classic Play 9
- **Putting Green:** Lag it in

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

**5:00PM:** Dismissal

# Indoor Summer Camp

## Week Two: Friday

### Key Commitment: Using Good Judgement

I am honest with myself and others

### Golf Fundamental/Factor of Influence

Distance Response/Size or Length of Swing

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

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

#### 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 a positive impact with our words and actions?

#### GOLF RULE 9.2: DECIDING IF A BALL HAS MOVED

A player's ball at rest is treated as having moved only if it is *known* or virtually *certain* that it did. If it is not virtually certain, the ball is treated as if it had NOT moved.

#### SCHEDULE

**8:30AM:** Coaches Arrive

**8:45AM:** Participants Arrive

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

**9:10AM: Rotation 1**

- **Simulator:** Cart Guy Clash
- **TV:** XBOX Golf: Ocean Driver
- **Putting Green:** Through the Gate

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

**11:05AM: Rotation 2**

- **Simulator:** Target Range
- **TV:** EX-Putt: Classic Play 9
- **Putting Green:** Bocce Putting

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

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

**1:10PM: Rotation 3**

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

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

**3:05PM: Rotation 4**

- **Simulator:** Straight Shooter - Carry
- **TV:** XBOX Golf: Ocean Driver
- **Putting Green:** Penny Putting

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

**5:00PM:** Dismissal