

Outdoor Summer Camps

Week One - Monday

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
10:35AM: Break
10:45AM: Hit the Noodle / Lane Chipping
12:00PM: Lunch/snack break
12:30PM: Open practice
1:00PM: Half-day arrival/dismissal
1:20PM: On-course play
4:25PM: Return to clubhouse
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.

Outdoor Summer Camps Week One - Tuesday

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
10:35AM: Break
10:45AM: Chipping Bowling/Tic Tac Toe
12:00PM: Lunch / Snack Break
12:30PM: Open Practice
1:00PM: Half-day arrival / dismissal
1:20PM: On-course play
4:25PM: Return to clubhouse
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)

Outdoor Summer Camps Week One: Wednesday

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
10:35AM: Break
10:45AM: Capture The Flag/Skee Ball
12:00PM: Break
12:30PM: Key Commitment Reflection
1:00PM: Half-Day Camper Dismissal, Full-Day Camper Lunch Break
1:20PM: 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

Outdoor Summer Camps Week One: Thursday

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
10:35AM: Break
10:45AM: Hit The Number/Skee Ball
12:00PM: Break
12:30PM: Key Commitment Reflection
1:00PM: Half-Day Camper Dismissal, Full-Day Camper Lunch Break
1:20PM: 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's ball might go or come to a rest after their stroke.

Outdoor Summer Camps

Week One: Friday

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
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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
10:35AM: Break
10:45AM One Hit Wonder **11:30AM** Balance Putting
12:30PM: Key Commitment Reflection
1:00PM: Half-Day Camper Dismissal, Full-Day Camper Lunch Break
1:20PM: On Course Play
4:25PM: Return to clubhouse for break
4:45PM: Key Commitment Reflection

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