

Indoor Summer Camp

Week 6 - Monday

Key Commitment: Collaborating With Others

I know that my attitude and how I treat others have an impact

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 judgement.

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:** Short Game
- **TV:** XBOX Golf: Multiplayer Match
- **Putting Green:** Balanced Star Putting

10:40AM: Wrap up & Break

11:05AM: Rotation 2

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

12:35PM: Lunch/snack Break

1:00PM: Half-day arrival/dismissal

1:10PM: Rotation 3

- **Simulator:** Targets Tour - Carry
- **TV:** XBOX Golf: Ocean Driver
- **Putting Green:** Silver Dollars

2:40PM: Wrap up & Break

3:05PM: Rotation 4

- **Simulator:** Break it All
- **TV:** XBOX Golf: Multiplayer Match
- **Putting Green:** Tic Tac Toe

4:35PM: Key Commitment Reflection

5:00PM: Dismissal

Indoor Summer Camp

Week 6 - Tuesday

Key Commitment: Building Positive Self Identity

I feel safe to be myself

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 + Patience + Being Positive + Asking 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 help you in golf and in life?

GOLF RULE 6.2: TEEING AREA RULES

A ball is in the teeing area when any part of the ball touches or is above any part of the teeing area. A ball can be teed or played from the ground.

SCHEDULE

8:30AM: Coaches Arrive

8:45AM: Participants Arrive

9:00AM: Introduction and Warm-Ups

9:10AM: Rotation 1

- **Simulator:** Driving Range
- **TV:** EX-Putt: Classic Play 9
- **Putting Green:** Starting Block

10:40AM: Wrap up & Break

11:05AM: Rotation 2

- **Simulator:** Trouble Tour
- **TV:** XBOX Golf: Ocean Driver
- **Putting Green:** Connect the Dots

12:35PM: Lunch/snack Break

1:00PM: Half-day arrival/dismissal

1:10PM: Rotation 3

- **Simulator:** Find the Fairway
- **TV:** XBOX Golf: Multiplayer Match
- **Putting Green:** Clock Putting

2:40PM: Wrap up & Break

3:05PM: Rotation 4

- **Simulator:** Arena Targets
- **TV:** XBOX Golf: Ocean Driver
- **Putting Green:** Capture the Prize

4:35PM: Key Commitment Reflection

5:00PM: Dismissal

Indoor Summer Camp

Week 6 - Wednesday

Key Commitment: Growing Through Challenge

I can dig deep when things get tough

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 2.4: NO PLAY ZONE

A no play zone is defined as part of an abnormal course condition or a penalty area where play is not allowed.

SCHEDULE

8:30AM: Coaches Arrive

8:45AM: Participants Arrive

9:00AM: Introduction and Warm-Ups

9:10AM: Rotation 1

- **Simulator:** Hit the Ducky
- **TV:** XBOX Golf: Multiplayer Match
- **Putting Green:** Bocce Putting

10:40AM: Wrap up & Break

11:05AM: Rotation 2

- **Simulator:** Play Golf
- **TV:** XBOX Golf: Ocean Driver
- **Putting Green:** Think Box Putting

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:** Dodgeball

2:40PM: Wrap up & Break

3:05PM: Rotation 4

- **Simulator:** Field Goal Golf
- **TV:** EX-Putt: Classic Play 9
- **Putting Green:** Draw Back Putting

4:35PM: Key Commitment Reflection

5:00PM: Dismissal

Indoor Summer Camp

Week 6 - Thursday

Key Commitment: Pursuing Goals

I am learning from both my achievements and my setbacks

Golf Fundamental/Factor of Influence

Target Awareness/What are Targets and Learn to Aim

Core Lesson: On your mark, get set, goals

Participants learn that the process of pursuing goals is important because there is much to learn from achievements and setbacks.

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?
- What are some examples of poor sportsmanship and what could a player do instead?
- How do rules make games fair and fun for everyone?

GOLF RULE 8.1D: RESTORING CONDITIONS

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:** Pressure Cooker
- **TV:** EX-Putt: Classic Play 9
- **Putting Green:** Track Putting

10:40AM: Wrap up & Break

11:05AM: Rotation 2

- **Simulator:** Targets Tour
- **TV:** XBOX Golf: Multiplayer Match
- **Putting Green:** Sharks and Minnows

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:** Short Game Points
- **TV:** XBOX Golf: Multiplayer Match
- **Putting Green:** Penny Putting

4:35PM: Key Commitment Reflection

5:00PM: Dismissal

Indoor Summer Camp

Week 6: Friday

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