



## PLAYEr Study Guide

### Core Values

- **Respect:** to be nice and kind in one's actions
- **Courtesy:** being or acting polite to others
- **Responsibility:** it's up to me! I am the one myself and others rely on to make it happen
- **Honesty:** to tell the truth
- **Sportsmanship:** playing by the rules and acting nice to others no matter the score
- **Confidence:** a feeling of "I can do it!"
- **Judgement:** to make a decision or form an opinion
- **Perseverance:** to keep going no matter what
- **Integrity:** knowing right vs. wrong; doing the right thing when no one is looking

### Healthy Habits

- **Play:** combining physical activity with fun
- **Energy:** making healthy food/drink choices to increase energy
- **Safety:** playing in a safe environment, playing by the rules, warming up/cooling down, and using sunscreen are examples of safety

### Golf Skills/Knowledge

- Walking the golf course is a great way to be more physically active
- A score of one over par is a bogey, one under par is a birdie, two under par is an eagle
- The player farthest away from the hole usually goes first
- When teeing off, you may tee your ball no further than two club lengths behind the tee markers
- Warming up before an activity is a good way to keep your body safe from injury
- No matter what your score that day, you can show **perseverance** by trying as hard as you can no matter what
- Use good **judgement** by bringing healthy snacks to the golf course
- Before swinging the golf club, you should check your surroundings to make sure it is **safe**
- Every *attempt to swing and hit the ball* counts as a stroke
- Calling a penalty on yourself while playing golf is a great example of **honesty**
  - ✓ You are responsible for your *own* score, so make sure it is accurate!
- Fixing a divot, pitch mark, or raking the bunker after a bunker shot are great examples of **responsibility**



- Noticing things you are doing well will help build **confidence**
- Being quiet while others are hitting is showing **respect**
- Yelling “FORE!” if your ball is hit in the direction of other golfers on the golf course is a great way to be **courteous**
- If you accidentally hit your ball off the tee on the tee box, you may put it back on the tee without penalty
- Besides on the putting green, once your golf ball is in play, **YOU MAY NOT TOUCH IT** until you complete the hole
  - ✓ If on the green, you may mark the ball, clean it and align if desired, and replace the ball at the same spot