



Par Study Guide

Life Skills

- **Exploring the Game**
 - ✓ GAME: Go Play, And Explore, My Interests, Enjoy What's Fun for me
- **Respecting the Rules**
 - ✓ Playing safe and fair in game and practice situations
- **Meeting and Greeting with A-L-R**
 - ✓ **ASK** the other person questions
 - ✓ **LISTEN** to what the other person says
 - ✓ **RESPOND** to what the other person has said
 - ✓ **Five Steps for Meeting Someone New:**
 - 1) Face the other person
 - 2) Smile and look in the eye
 - 3) Firm handshake
 - 4) State your name clearly and loudly
 - 5) If you need information, ask a question
- **Having Fun While You Learn**
 - ✓ Be patient, be positive, ask for help
- **Staying Cool, The 4 R's**
 - ✓ **REPLAY:** Think about what you wanted to do and what you did, do they match?
 - ✓ **RELAX:** Feel yourself taking a deep breath, with a slow exhale
 - ✓ **READY:** Think about what you will do differently next time
 - ✓ **REDO:** Imagine yourself doing it better
 - ✓
- **PERSONAL PAR:**
 - ✓ Setting your own goals and practicing areas of your game to improve
 - ✓ Can be applied not just in golf but in school and at home

Healthy Habits

- What kinds of things can give your body energy and keep you feeling healthy?
 - ✓ Getting plenty of rest, eating the right foods, taking mental and physical breaks.
- A good rule of thumb for sunscreen is to apply every two hours.
- Being around your family sharing experiences, a nutritious meal, and playing family games is a great way to create a health family environment.



Golf Skills/Knowledge

- When golfing you need to be aware of your surroundings. That includes your playing partners and groups ahead or behind you.
 - ✓ DO NOT hit your ball until you are sure it is safe!
 - ✓ Wait until group ahead is far enough away to hit, but make sure to keep pace with them
- The player with the lowest score wins a stroke play format
- The player who wins the most holes wins a match play format
- In stroke play, the person with the lowest score on the previous hole goes first
- In match play, a player may concede an opponent's shot if it is very close to the hole
- You may remove loose impediments from around your ball such as twigs, rocks, or leaves as long as that action doesn't move your ball
- You can tee off TWO club lengths behind the tee markers without incurring a penalty
- You are allowed to stand outside the teeing area as long as your ball is teed up in the teeing area
- When playing a ball, you may not improve the lie of the golf ball at all
- You may remove loose impediments or repair ball marks on the green
- If you hit the wrong ball in match play, you automatically lose the hole!
 - ✓ Uniquely marking your ball with a logo or a dot from a permanent marker is a great way to easily identify it while on the golf course
- Penalty areas are a part of the golf course:
 - ✓ White stakes: out of bounds
 - You have three minutes to look for your ball before dropping
 - If you fear your ball went into an area with white stakes, you may play a provisional tee shot from the tee to save time
 - ✓ Red stakes: penalty areas
 - You may play out of the hazard if you are able (rare)
 - Take a drop on the line that the ball travelled into the hazard
 - Replay the stroke with a penalty from the same spot you hit the original shot from