



## PGA Jr League Practice Week 3



**Core Value: Perseverance** – to persist in an idea, purpose or task despite challenges or obstacles.

Ways you can persevere in golf:

- Know that there are going to be bad breaks and things will not ALWAYS go your way on the course. Don't give up because of this – success on or off the golf course rarely comes easy.
- Sometimes you will make a bad choice or a mistake on the golf course – to persevere, try to learn from that mistake and do better the next hole or the next round.

### Golf Skills Week 3

- On-Course practice – the best way to enjoy the game is to get out on the golf course! For inexperienced players, this can be intimidating, but it doesn't have to be - Here are some key things for players and parents to focus on when playing:
  - **Be prepared:** make sure that you have sunscreen, water, tees, golf balls, a towel and ball markers (coins) in your bag prior to play. Packing a few high-protein snacks in your golf bag is also important when trying to maintain energy through the round.
  - **Start close to the green to build confidence:** I know many players love having the chance to hit their driver, but that isn't necessarily going to translate to a good golf game or low scores. When playing, start 50 yards from the green and make it your child's goal to get a score of 4 or better from 50 yards.
  - **Never too early to keep score:** Even at a young age, it is important to let kids learn the concept of keeping score and trying to get the ball in the hole in the fewest strokes possible. For the older kids, have them practice keeping their own score and double check. This gives a sense of responsibility.
  - **Parent Tips:** Golf is a great sport for teaching independent decision making and being able to accept the choices made. This means – as a parent – encouraging your child to make their own decisions and learn from their mistakes.
    - From my own experience, I have had to bite my tongue when I want my child 3 or 4 putt or potentially make an incorrect club choice. Keep in mind, this game is for a lifetime, keep them enjoying it and who knows where they could take it.

### Other Summer Opportunities:

**Wednesday 9 Hole League** – this will be for players entering the 4<sup>th</sup> – 8<sup>th</sup> grades and for girls entering High School.

**PGA Jr League Clinics** – these will be clinic opportunities specific to those playing in Jr League.

Go to [www.thelegendsgolfclub.com](http://www.thelegendsgolfclub.com) – Golf – Junior Golf for more information!