

AGES 7-9

Focus: I can be Responsible: Respecting the Rules

- How can you use Good Judgment on the golf course?
- What's one way you can Respect the rules on the golf course?
- How can you use Good Judgment at school or home?
- How did you Aim at your Target?
- Who is Responsible for calling out rules violations?

AGES 10-11

Focus: Learn and Grow with Grits

- What does it mean to have Grit?
- What are the 3 Tips for Learning Grit? (Be Patient, Be Positive, Ask for Help)
- Why is it important to ask for help?
- What should be aiming at the target?
- Why should you keep your clubs clean?

AGES 12-13

Focus: Getting to Your Goal: Plan to Achieve

- What is a Goal Ladder?
- How can a Goal Ladder help you achieve your goals?
- How can focusing on small steps help you achieve your goals?
- What are some small steps you take before hitting each shot?
- Why is it important to make contact with the center of the club face?

What does Honours mean?

AGES 14+

Focus: Getting to Your Goal: Taking Ownership over Goal

- What's the difference between Process, Performance, & Outcome Goals?
- Where can you apply these different types of Goals?
- How does one's club face affect hitting a target?
- What should you do if someone accidentally moves your golf ball?
- What's the penalty for intentionally moving your golf ball?



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