

Staying Cool

Key Commitment:

- Growing Through Challenges

Key Terms:

- Par, Birdie, Eagle, Ace
- Bogey, Double bogey
- Scorecard
- Play the ball as it lies
- Outside agency
- Accidentally
- Deliberately

Game Changing Behaviors:

- State and define the first 2R's
Relax & Replay
- Understand how these 2R's can be applied to learning and playing golf
- Recognize that 2R's are valuable on and off the golf course and demonstrate emotional control as they attempt to stay cool

Guiding Questions:

1. How can you relax on the course or in between shots?
2. What is your replay routine?
3. How might the 2R's help you off the golf course?