

# SUNDAY CLINIC RECAP ~ THE FIRST TEE OF MIAMI

## CORE VALUE MOMENT



**Norma demonstrated Integrity as a First Tee participant by picking up trash she saw on the golf course without being told. She won the Integrity Award for her actions.**

## LAST WEEK'S CORE VALUE: INTEGRITY

Knowing the difference between right and wrong; doing the right thing even when no one is looking.

## HEALTHY HABIT

Drink lots of water throughout the day. Drink a glass first thing in the morning and drink water all the time when on the golf course or outside playing. This is one of the best healthy habits a person can do everyday. Its good for your muscles and for your brain.

## HOW DOES A PLAYER SHOW INTEGRITY

A player shows Integrity by:  
Staying calm and showing good etiquette even when he/she thinks no one is watching.  
Staying in safety zones while playing golf even without being told.

## SWING TIP OF THE WEEK

For most chips shots from the side of the green, have an open stance with the ball placed straight off the back toe and more of your weight on your front foot. Swing with your arms and shoulders while moving your weight towards your target as you hit the ball.

## First Tee Turkey Tournament

**Inaugural First Tee Turkey Tournament on Sunday November 13, 2016.**

**Shotgun Tee Time 2:00 pm sharp**

**Medal/stroke play with 3 groups – Nicklaus, Tiger, Fowler.**

**Trophy and Awards for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place in each group.**

**Parent participation strongly encouraged on the course as scorekeepers/caddies.**

**Participation by golfers in Sunday Clinics prior to tournament is strongly encouraged.**

**Awards presentation with a pizza party and drinks for all participants.**

**Ties after regular play will enter playoff putting contest.**

## GOLF SKILLS PRACTICED

### GOLF FITNESS



### PITCH SHOTS



### PUTTING

**Favorite skill challenge**

