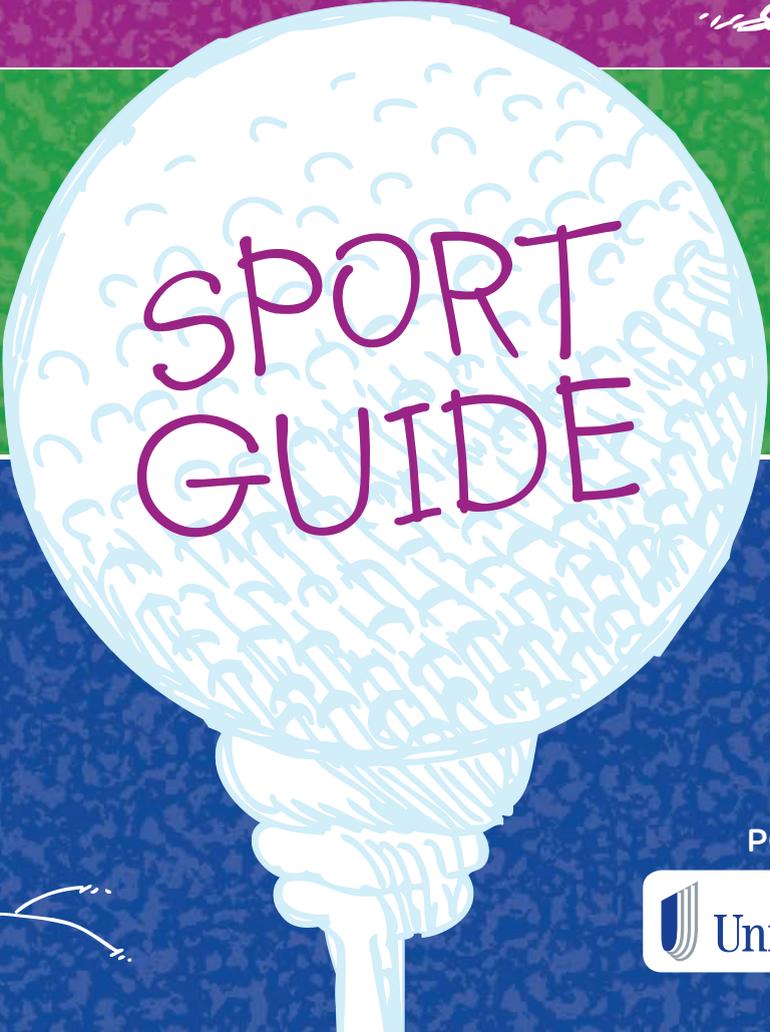


LEVEL 2

A large, stylized lightbulb graphic with a textured, scribbled interior. The words "SPORT GUIDE" are written across the center of the bulb in a purple, hand-drawn font. The bulb is held by a simple base.

SPORT GUIDE



POWERED BY



Congratulations!

You have reached the Sport Level in the PGA Sports Academy. The PGA Sports Academy Sport Guide is the second in a series of books created by The PGA of America to help you learn more about golf. The Sport Guide will help you improve your golf skills so that you can enjoy playing golf on the course. After working through the Sport Guide you will be ready for the PGA Sports Academy Champion Guide that follows.

The Pro Knows...

Your PGA/LPGA Professional is a great resource to ask any golf question. They love the game and enjoy talking about golf. PGA/LPGA Professionals are dedicated to making your game better and golf a better game.

Ask your PGA/LPGA Professional:

1. What is your favorite part of golf?
2. What is the funniest thing you have ever seen on the golf course?
3. Is having good etiquette more important than being a good player?
4. How and why do I fix ball marks and divots?
5. How can I become a better player?



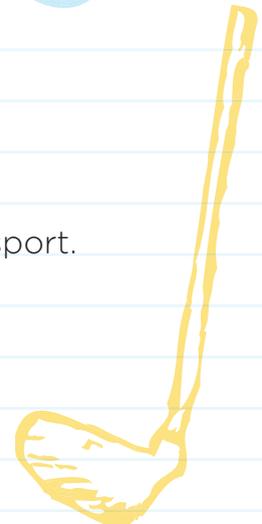
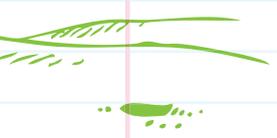
FUN! FIRST! FOREMOST!

In the Player Level it was fun to learn about golf and enjoy the sport.
In the Sport Level, you will have fun improving your golf game.

LET'S GO HAVE FUN WITH GOLF!

- Play your games.
- Play with your friends and family.
- Have your PGA/LPGA Professional certify your progress.

My favorite Golf Experience was...



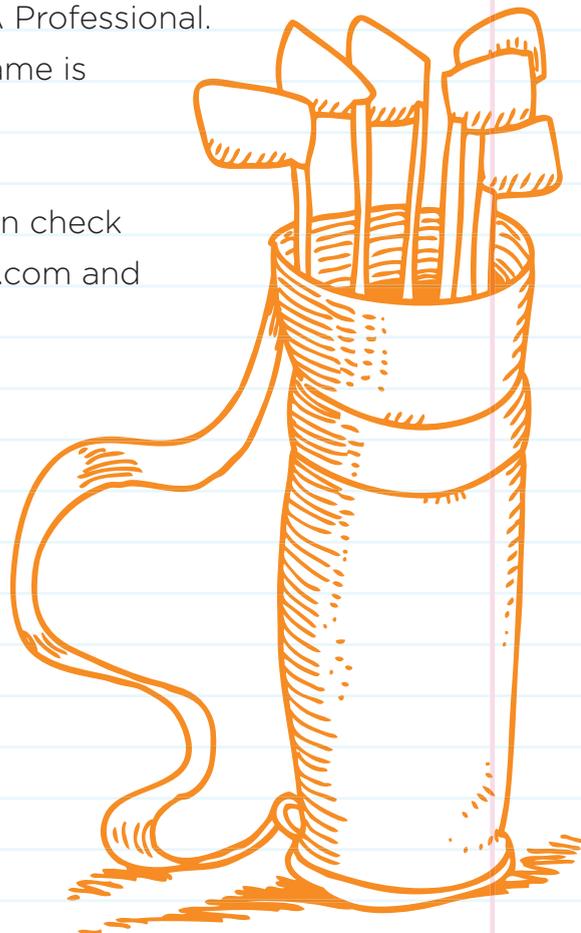


As you continue to improve your golf skills, let the PGA Sports Academy Sport Guide be your companion. It will assist you with all aspects of your game, from putting to full swings. The Sport Guide also features many skill games that will make your practice sessions more fun and help you become a better player. By the time you are ready for the next level, you will be starting to play golf with friends and family.

As your game develops and you begin to feel more confident, it's always a good idea to sign up for lessons with a PGA/LPGA Professional. Lessons provide you with a checkup on how your game is developing and how to continue to improve.

To find a PGA/LPGA Professional for lessons, you can check with your nearest golf facility, and you can visit PGA.com and click on "Instruction" then "Find an Instructor."

My PGA/LPGA Professional's Name is



BEFORE YOU SWING!



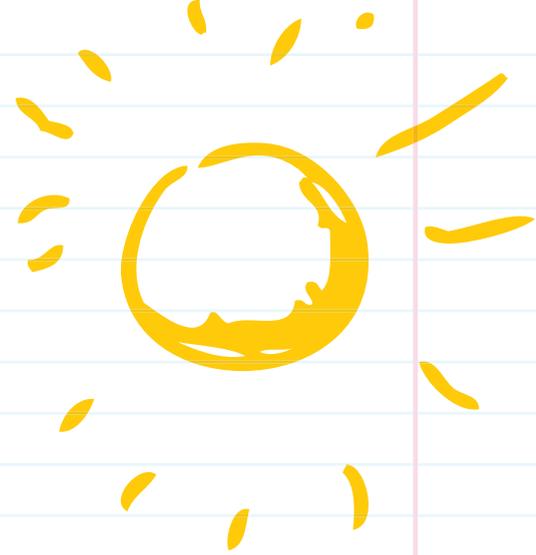
Golf is a very safe sport as long as you follow these simple rules:

- **STOP AND LOOK** before you swing to make sure other players are clear. Also, when you are walking make sure no one is hitting around you. *Have no fear when your path is clear.*
- **RULE OF 5** Be sure there are 5 **BIG STEPS** between you and other players. *Always strive to use the Rule of 5.*
- **CLUB CHECK** Hold your club upside down until it is your turn to swing. *If it's not your turn to play, put your club away.*
- **LISTEN** to adults because they care about your safety. *Don't ignore what you have been told before.*
- **YELL FORE!** if your ball comes close to landing near someone else. *If the shot you hit is poor, don't forget to yell FORE!*

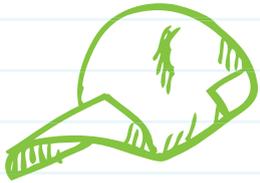


FUN IN THE SUN!

It's great to play outdoors, but don't end up like a piece of burnt toast!



- Wear sunscreen. *If the sun is in the sky, make sure to reapply.*



- Wear a hat. *A hat protects your face, which is the most important place.*

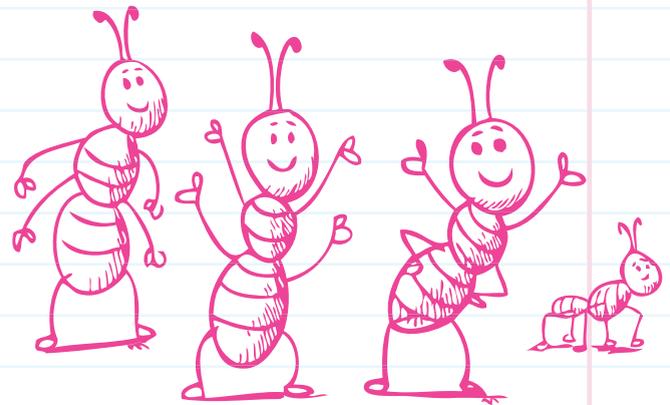
- Find shade. *When you start to fade, find a spot in the shade.*

- Drink **LOTS** of water. *Drink water each day to stay hydrated the right way.*



- Watch for storms and lightning. *Thunder can be frightening, but the danger is in the lightning.*

- Stay away from ant hills. *Watch for ants when you take your stance.*





SAFETY = FUN

Circle the correct answer for the following True and False questions about safety.

1. T F You should try to find shelter if you see lightning or hear thunder.
2. T F Drinking water during play can increase your performance.
3. T F You don't need to reapply sunscreen when you are out in the sun.
4. T F Along with sunscreen, another way to stay protected from the sun is to wear a hat or visor.
5. T F It is always important to stand in clear sight of players who are making a swing.
6. T F It is OK to move your ball away from an ant mound before playing your shot.

Score

PGA/LPGA Professional

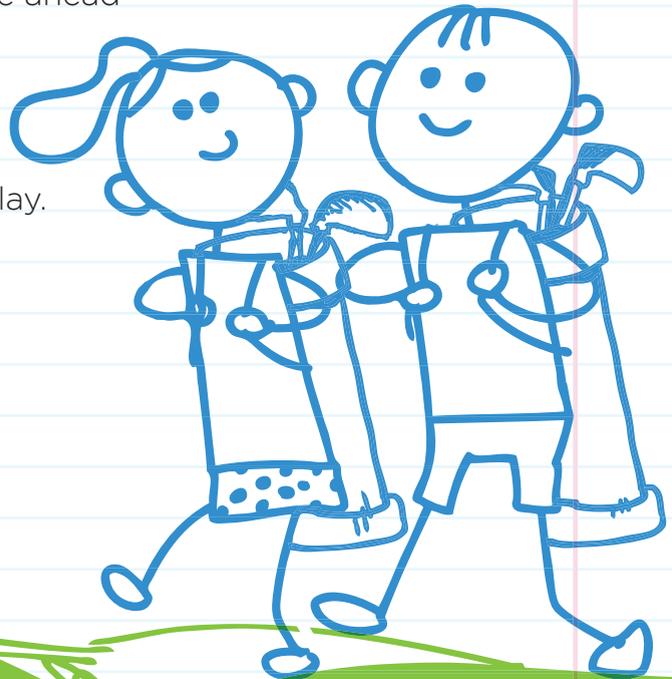
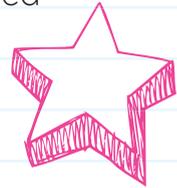
BE A GOOD SPORT...

USING ETIQUETTE TO:

Golfers are respectful and always tell the truth. Golf behavior is called "etiquette." Here is what you need to know:

HAVE FUN WITH OTHER PLAYERS:

- Make friends on the golf course.
- Be patient and wait your turn.
- Be quiet and stand still while others are hitting.
- Never stand near, or in front of, or move ahead of someone who is hitting their ball.
- Play quickly.
- Always treat your golf friends the way you would want to be treated during play.
- Listen to and learn from players more experienced than you.



TAKE CARE OF THE GOLF COURSE

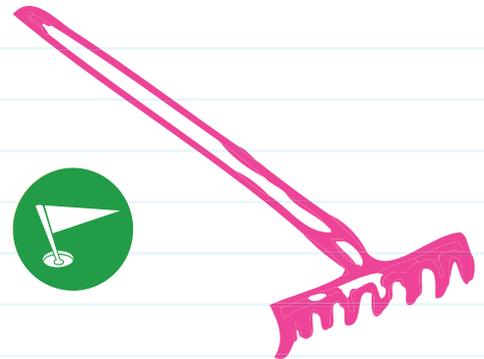
1. Leave the course better than you found it.
2. Walk softly on the green without dragging your feet.
3. Always rake sand before leaving a bunker.
4. Repair your divots so the grass can grow back.
5. Fix your ball marks and the ball marks of others that they may have forgotten.



Ask your PGA/LPGA Professional to sign your book below when you demonstrate your understanding of safety and good golf etiquette.

I _____
will be a good sport on the golf course.

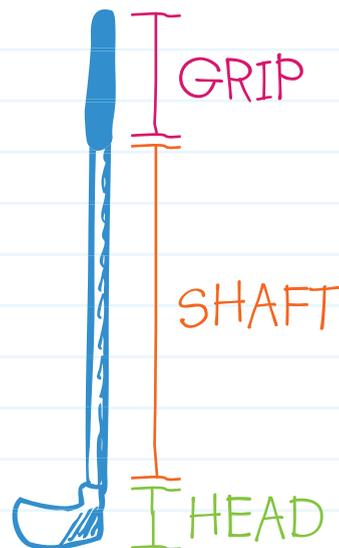
PGA/LPGA Professional



EQUIPMENT

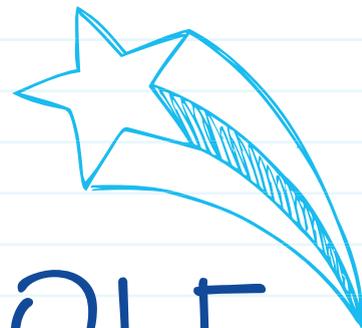
As you grow bigger and stronger and your golf skills improve, you may need to get new golf clubs. As you begin to play golf on the course, you will need a more complete set. It is very important that your clubs are the right size and weight for you. Many companies make clubs to help make the game easier. You should ask your PGA/LPGA Professional to provide suggestions and help in finding clubs to fit you. Here is what you need to know:

- If you decide to get your own set of clubs, look for a driver and 5-wood or hybrid, a 5-, 7- and 9-iron, a pitching wedge, a sand wedge and a putter.
- Use clubs that fit you.
- Try wearing a golf glove when you practice and play. It will help prevent blisters and also help you hold onto the club.



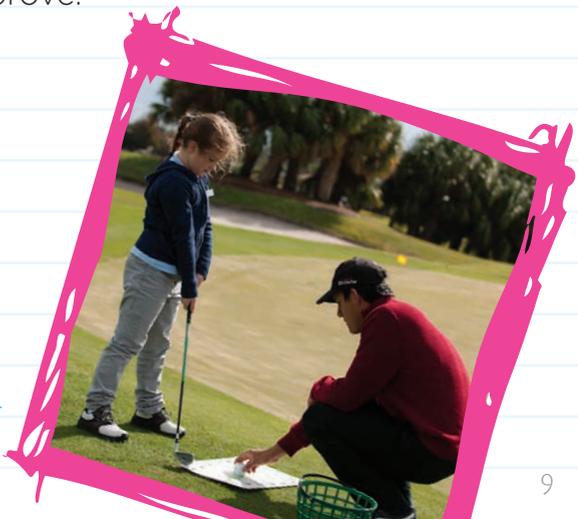


LEARNING TO PLAY GOLF



There are many ways to learn how to play golf. Watching golf on TV or watching other people play can help you develop a sense of the game. However, when you're first starting to play, the best way is to participate in a junior golf camp or take a series of classes for beginners. You will be introduced to the **FUN**damentals of golf along with information on the rules, the etiquette of the game, and how to play golf.

As your game develops and you begin to feel more confident in your ability, it's always a good idea to sign up for individual lessons from a PGA/LPGA Professional. Individual lessons provide you with a checkup on how your game is developing and how to continue to improve.



THE FUNDAMENTALS!

Every PGA/LPGA Professional knows how important it is to ensure that the fundamental parts of their golf swing are working correctly. The fundamentals are the grip, stance, and aim (or alignment). Golf becomes much more fun when you use the “FUNdamentals.” You should always double-check them with your PGA/LPGA Professional to ensure your fundamentals are on track.



THE GRIP

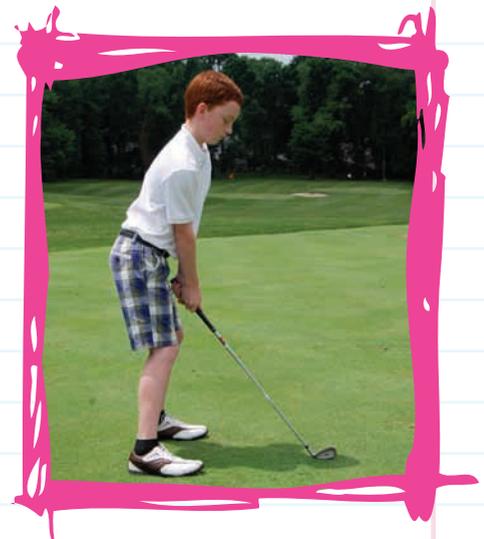
Your hands are the only connection you have to the club. Hold onto the club in a relaxed and comfortable manner. Position your left hand as if you were shaking hands and wrap your fingers around the grip. Next, simply slide your right hand towards the left hand covering your thumb. If you are left-handed, do the opposite.

Grip the club light to hit it out of sight!

THE STANCE

A proper stance helps you create and maintain balance during the golf swing. Stand tall with your feet shoulder width apart. Get in a comfortable position by bending your knees and letting your arms hang. The final step is to lean forward from the hips to reach the ball.

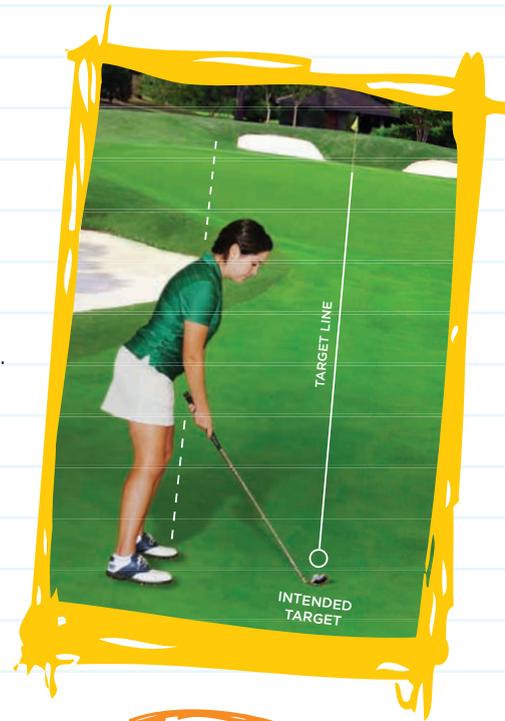
Balance is key, when you want to swing free!



TARGET AIM

To aim properly, begin by standing behind the ball and imagine a line drawn from the ball to the target. Aim your entire body, including your feet, knees, hips and shoulders, parallel to your imaginary target line. A helpful hint is to aim your clubface at an object on your target line 6-12 inches in front of your ball.

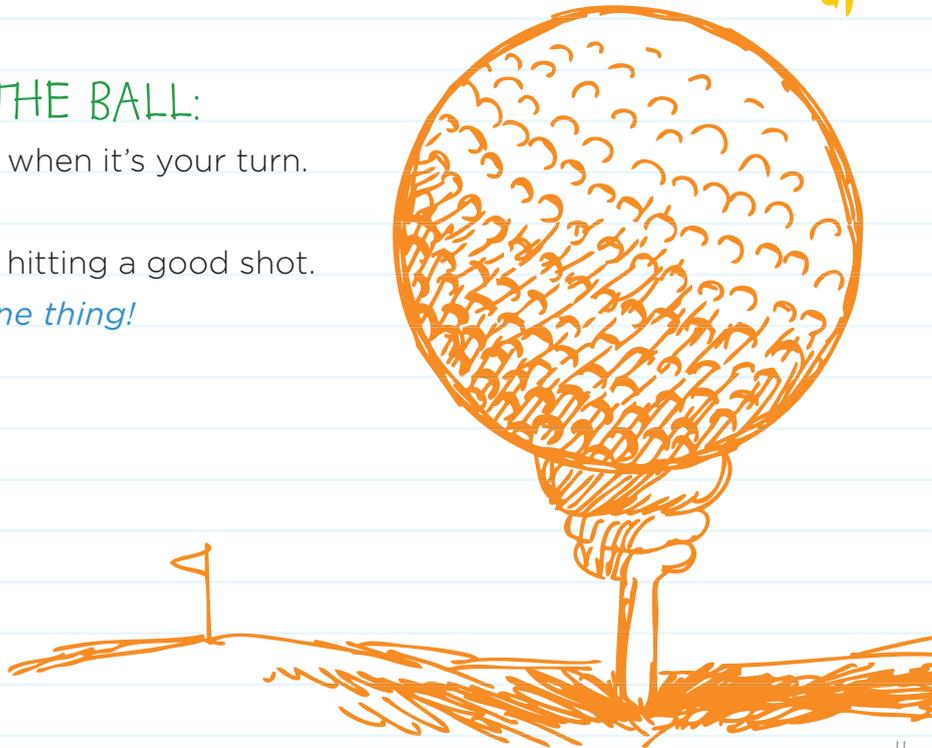
Your shot will be fine if you follow your line!



BEFORE YOU HIT THE BALL:

- Always be ready when it's your turn.
- Choose a club.
- Imagine yourself hitting a good shot.

As you swing, think of one thing!



YOUR SWING

Once you have your grip, stance; and aim, you need to swing! The golf swing has two motions: a backswing, where you turn your body away from the ball to create power, and a forward swing, where you turn your body toward the target to use that power. In golf there are many different ways to swing the club, but it is important to swing and keep your balance. Your PGA/LPGA Professional can help you develop the right swing for you.



SWING!



AFTER YOU HIT THE BALL:

- Watch your ball until it has landed.
- Leave the course as you found it (replace divots and rake bunkers).
- Let yourself enjoy the moment.

Ask your PGA/LPGA Professional to sign your book below when you demonstrate your golf FUNdamentals:

I _____
understand and use the golf FUNdamentals.

PGA/LPGA Professional

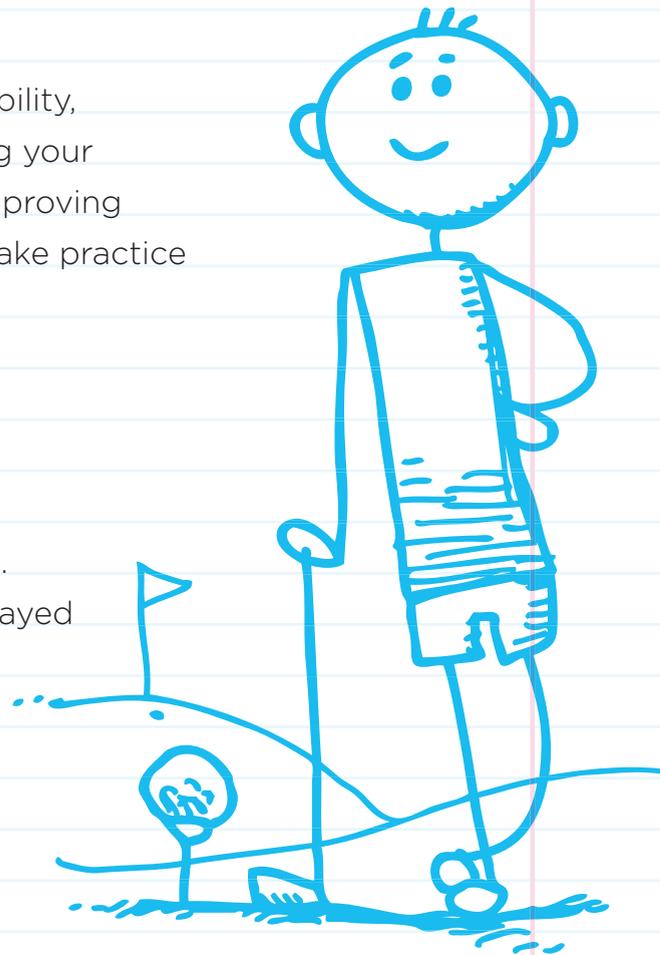


DEVELOPING and IMPROVING Your GOLF SKILLS

Golf requires balance, strength, coordination, flexibility, skills and imagination. As with anything, improving your skills requires practice. Here are some ideas for improving each of these, along with some games that will make practice more interesting and fun.

Golf Skills:

Golfers need to control the distance and direction. Since more than one-half of all shots in golf are played from on or around the green, you should focus on shots that involve four areas: putting, chipping, pitching and bunker play.





Putting:

- Putting is a special skill used on the green to roll the ball into the hole.
- The distance your putt rolls is controlled by the backward and forward swing of the club.
- The direction of your putt is controlled by where the clubface is pointing at impact.
- Use a comfortable grip that works best for you.
- Always remember, the “Goal is the Hole.”



Chipping:

- A chip is a shot that spends more time running along the ground than it does in the air.
 - Stand with your feet shoulder width apart.
 - Let your arms hang comfortably and place your hands lower on the grip.
 - You should lean slightly on your front side with the butt end of the grip pointed towards your front pocket.
 - Since the chip is much like the putt, many players will use their putting grip. You should experiment and use the grip that works best for you.
- 





Pitching:

- A pitch shot spends more time in the air than it does running along the ground.
- Involves hitting the ball high in the air and using a longer swing.
- Stand with your feet shoulder width apart.
- Let your arms hang comfortably and place your hands lower on the grip.
- Depending on the lie of the ball, you play it either back in your stance or as the lie improves, toward the middle of your stance, so you can use the full loft of the club.

Bunker Play:

- When your ball lands in a bunker, you will hit a different kind of shot.
- When swinging, hit the sand underneath and behind the ball.
- Try to splash the sand onto the green... and let the ball ride out on a cushion of sand.
- Use the same grip and alignment as your full swing.
- Dig your feet into the sand.
- The ball should be forward in your stance.

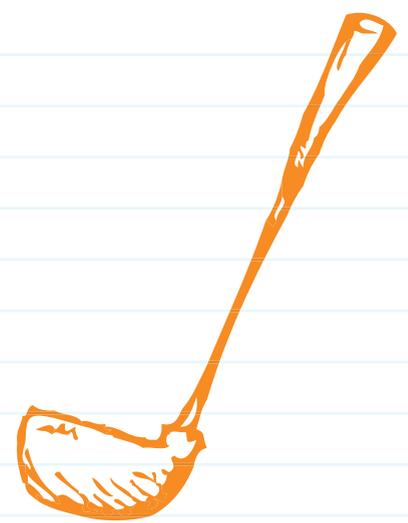


Strategy:

Golfers should have a plan for each shot, and it is always best to focus on one shot at a time. First, you must figure out which type of shot to hit, and where you want your ball to go. Golf courses are filled with obstacles, hazards and challenges that may make you want to take risks in order to improve your score. An important goal of practice is for you to know what types of shots you can hit with confidence.

In order to choose the right club for a shot, you need to know your “good shot” yardages, determine what type of shot you want to hit, and adjust for other factors that may affect your distance for this shot. Your PGA/LPGA Professional can work with you to help you discover how your ball and your club distances are affected by these and other factors.

Complete the following yardage chart by filling in your “good shot” distance for each club. Your PGA/LPGA Professional can help you determine your yardages, and help define what a “good shot” is for you. Also, have fun adding your best shot yardage, which is the farthest you have ever hit a shot with each club.



FUNDAMENTAL PLAY!

Playing other games can help you be a better golfer:

- Dribble a basketball while moving.
- Play one-hand catch with a friend.
- Bean bag toss to a target.
- Kick a moving ball with a friend.
- Jump rope.
- Relay races with various activities (skip, hop or slide).
- Playground activities (monkey bars or climbing).
- Roll on flat ground.
- Create your own obstacle course.
- Pretend to be different animals with your friends and try to mimic.

how they run, jump, gallop or crawl

*(examples: rabbit, lion, bear,
kangaroo, crocodile)*



FUN GOLF FITNESS!

By making healthy food choices you will feel better and play better.
So start making healthy choices today.

Grains

Make half your grains whole

Eat at least 3 oz. of whole grain cereals, breads, crackers, rice or pasta every day.

1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal or pasta.

Vegetables

Vary your Veggies

Eat more dark-green veggies like broccoli, spinach and other dark leafy greens.

Eat more orange vegetables like carrots, and sweet potatoes.

Eat more dry beans like pinto beans, kidney beans and lentils.

Fruits

Focus on Fruits

Eat a variety of fruit.

Choose fresh, frozen, canned or dried fruit.

Go easy on fruit juices.

Milk

Get your calcium-rich foods

Go low-fat or fat-free when you choose milk, yogurt and other milk products.

If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.

Meats & Beans

Go lean with protein

Choose from low-fat or lean meats or poultry.

Bake it, broil it or grill it.

Vary your protein routine – choose more fish, beans, peas, nuts and seeds.

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day

Eat 2½ cups every day

Eat 2 cups every day

Eat 3 cups every day;
for kids ages 2 to 8, it's 2

Eat 5½ oz. every day

Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be required.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

Know your limits on fats, sugars and salt (sodium)

- Make most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, margarine, shortening and lard, as well as foods that contain them.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.

Healthy Eating Goals:

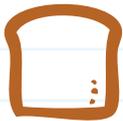


A good nutritional plan means not eating too much of one food during the course of the day. Develop a consistent eating pattern with scheduled times to eat during the day. A good nutritional plan each day will help get you and your body in a routine to have consistent energy levels to perform your best.



Make half your plate fruits and vegetables.

Keep it simple by filling half your plate with fruits and vegetables at meal time. The more colorful you make your plate, the more likely you are to get the vitamins, minerals and fiber your body needs to be healthy. Remember that all forms count – fresh, frozen, canned (fruit in water or 100% juice), dried or 100% juice.



Make half the grains you eat whole grains.

An easy way to eat more whole grains is to switch from a refined grain food to a whole-grain food. For example, eat whole-wheat bread instead of white bread, brown rice instead of white rice, and low-fat popcorn instead of snack chips. Read the ingredients list and choose products that list a whole-grain ingredient first. Look for things such as: “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,” “rolled oats,” “quinoa,” or “wild rice.”



PALA
activity+nutrition



Choose fat-free or low-fat (1%) milk, yogurt or cheese.

To help build your bones and keep them strong, dairy products should be a key part of your diet because they provide calcium, Vitamin D and many other nutrients your bones need.



Drink water instead of sugary drinks.

Regular soda and other sweet drinks such as fruit drinks and energy drinks are high in calories because they have a lot of added sugar. Instead, reach for a tall glass of water. Try adding a slice of lemon, lime or watermelon, or a splash of 100% juice to your glass of water if you want some flavor.



Choose lean sources of protein.

Meat, poultry, seafood, dry beans or peas, eggs, nuts and seeds are considered part of the protein foods group. Select leaner cuts of ground beef (label says 90% lean or higher), turkey breast or chicken breast. Grill, roast, poach or boil meat, poultry or seafood instead of frying. Include beans or peas in main dishes such as chili, stews, casseroles, salads, tacos, enchiladas and burritos.



Compare sodium in foods such as soup and frozen meals and choose foods with less sodium.

Read the Nutrition Facts label to compare sodium in foods such as soup, bread, canned vegetables and frozen meals - and choose the foods with lower amounts. Look for “low sodium,” “reduced sodium,” and “no salt added” on food packages.



Eat some seafood.

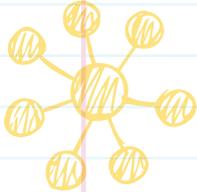
Seafood includes fish (such as salmon, tuna and trout) and shellfish (such as crab, mussels and oysters). Seafood has protein, minerals, and omega-3 fatty acids (heart-healthy fat). Adults should try to eat at least eight ounces a week of a variety of seafood. Children can eat smaller amounts of seafood, too.



Pay attention to portion size.

Check to see what the recommended portion sizes of foods you eat look like in the bowls, plates and glasses you use at home. For example; check 3/4 cup cereal, 3 ounces cooked chicken, 1 cup milk, 1/2 cup of juice. When dining out avoid “supersizing” your meal or buying “combo” meal deals that often include large size menu items. Choose small size items instead, or ask for a “take-home” bag and wrap up half of your meal to take home before you even start to eat.

NOTE: We recognize individuals may have dietary restrictions. There are eight goals from which to choose for the six-week program. These goals include options for vegetarians and vegans, individuals with food allergies or individual religious practices.



PALA
activity+nutrition



THE ACTIVE LIFESTYLE ACTIVITY LOG

Participant Name _____ Date Started _____

Group ID _____ Age _____ Date Completed _____

WEEK 1	Day	Physical Activities	Minutes or Pedometer Steps
	MON		
	TUES		
	WED		
	THURS		
	FRI		
	SAT		
	SUN		
	Healthy Eating - Select a goal for this week		
       			
PARTICIPANT SIGNATURE _____		DATE _____	

WEEK 2	Day	Physical Activities	Minutes or Pedometer Steps
	MON		
	TUES		
	WED		
	THURS		
	FRI		
	SAT		
	SUN		
	Healthy Eating - Circle and continue with previous goals, and a new goal		
       			
PARTICIPANT SIGNATURE _____		DATE _____	

WEEK 3	Day	Physical Activities	Minutes or Pedometer Steps
	MON		
	TUES		
	WED		
	THURS		
	FRI		
	SAT		
	SUN		
	Healthy Eating - Select a goal for this week		
       			
PARTICIPANT SIGNATURE _____		DATE _____	

WEEK 4	Day	Physical Activities	Minutes or Pedometer Steps
	MON		
	TUES		
	WED		
	THURS		
	FRI		
	SAT		
	SUN		
	Healthy Eating - Circle and continue with previous goals, and a new goal		
       			
PARTICIPANT SIGNATURE _____		DATE _____	

WEEK 5	Day	Physical Activities	Minutes or Pedometer Steps
	MON		
	TUES		
	WED		
	THURS		
	FRI		
	SAT		
	SUN		
Healthy Eating - Select a goal for this week			
       			
PARTICIPANT SIGNATURE		DATE	

WEEK 6	Day	Physical Activities	Minutes or Pedometer Steps
	MON		
	TUES		
	WED		
	THURS		
	FRI		
	SAT		
	SUN		
Healthy Eating - Circle and continue with previous goals, and a new goal			
       			
PARTICIPANT SIGNATURE		DATE	

	I made half my plate fruit and vegetables
	At least half of the grains that I ate were whole grains
	I chose fat-free or low-fat (1%) milk, yogurt or cheese
	I drank water instead of sugary drinks
	I chose lean sources of protein
	I compared sodium in foods such as soup and frozen meals and chose foods with less sodium
	I ate seafood
	I ate smaller portions

VERIFICATION

I certify that I met the requirements of the Presidential Active Lifestyle Award.

- I was physically active for at least 5 days each week and I met my healthy eating goals.
- I have performed my healthy eating and physical activities for at least 6 weeks.

Participant Signature

Supervising Adult's Signature (if applicable)

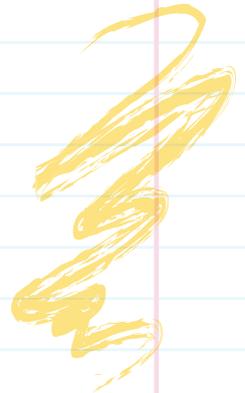
NOTE: Submit this paper log to your teacher or group administrator, or keep for your own records. Please do not submit to the President's Challenge office.

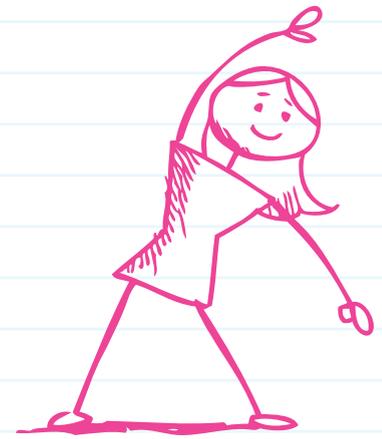
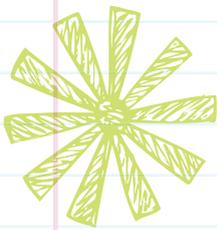
Exercises:

The golf swing requires the body's muscles to work together in harmony, in order to deliver power and accuracy for each golf shot. The following exercises will help develop strength and coordination in your feet, legs, back and abdomen which are key power sources in your golf swing.

PLANK

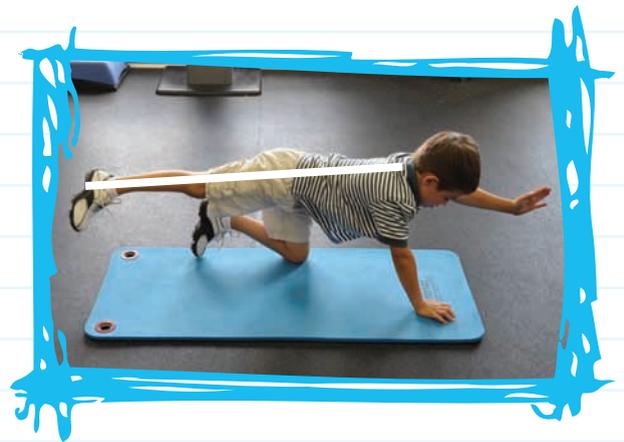
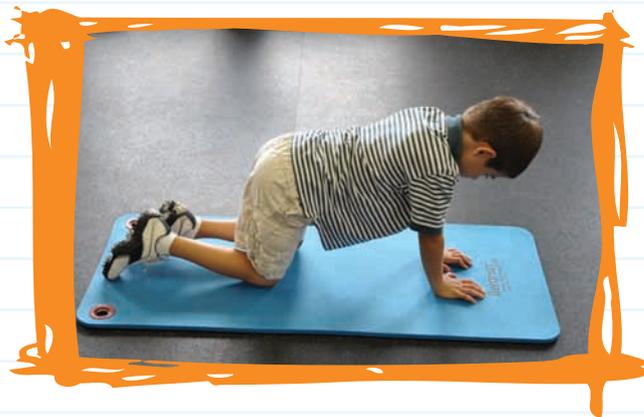
- Go into a push-up position with your hands underneath your shoulders and your elbows locked.
- Keep your body in a straight line, focusing on squeezing your glutes and restricting your lower back from arching.
- Hold for 15-30 seconds.





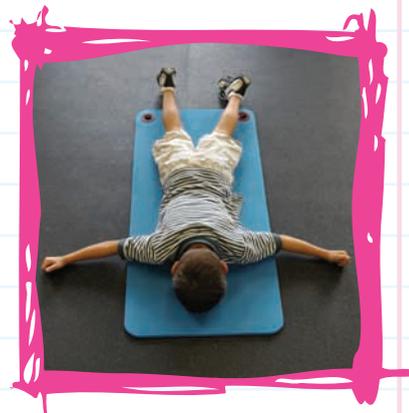
KNEELING OPPOSITES

- Start on your hands and knees with your hands directly underneath your shoulders, and knees underneath your hips.
- While trying to maintain a neutral spine, (shown here with the white line) push your left leg back and squeeze your left glute. Raising your leg any higher than the picture will cause your lower back to arch.
- Next, raise your right hand and point it straight in front of you, creating an unstable base.
- Hold for three seconds. This creates stability within your core and pelvis.
- Bring your hand and leg back to resting position and repeat with the right leg and left arm.



PRONE T RAISE

- Lay face down with your forehead on the ground and your arms straight out to your side, forming the shape of the letter “T”.
- Point your thumbs in the air and pinch your shoulder blades together as you raise your arms off the ground. Keep your elbows extended.
- With your arms still in the air, try to point your thumbs behind you, toward your feet
- Lower your arms and repeat 10 times.



SOCCER BALL T-BALANCE

- Hold a basketball or soccer ball and balance on one leg.
- Keep your supporting leg slightly bent and extend your free leg behind you.
- Extend the medicine ball over your head.
- Return to a standing position.
- Keep your hips and shoulders square the entire time.

Play to Warm Up:



Use the following games to warm up to play:

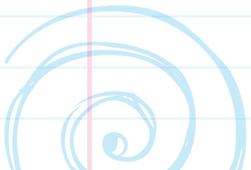
- See how many jumping jacks you can do in two minutes.
- Underhand bean bag toss.
- Kick a soccer ball.
- Play Frisbee.
- Touch your right heel with your left hand and switch.
- Walk backwards to your station.
- Skip, gallop or hop to your station.
- Make full practice swings with your feet together and your eyes closed.



Ask your PGA/LPGA Professional to sign your book below when you try the golf fitness games:

I _____
tried the golf fitness games.

PGA/LPGA Professional



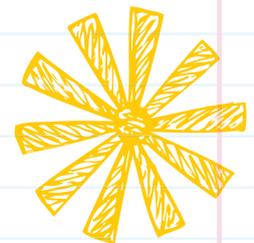


GOLF and NEAR GOLF EXPERIENCES

Below are some fun ways to experience golf in a more exciting way. Take some time to play each of these games with your friends. Please use the Fun Factor Scale to rank each of the games.

STYMIE PUTTING

- Just as in most putting games, the “Goal is the Hole” in the least amount of shots.
- The first player putts to a hole.
- If any other player’s ball comes in contact with the other player’s ball, he incurs a penalty stroke.
- The order of play is determined by the lowest score.
- This game requires very good touch and feel and promotes strategic thinking.



TIC TAC TOE CHIPPING

- Create a tic tac toe grid with tape or string (includes nine squares).
- Use uniquely marked golf balls.
- Strategically chip your ball into the grid with a friend.
- The winner is the first player who lines up three balls in the grid.

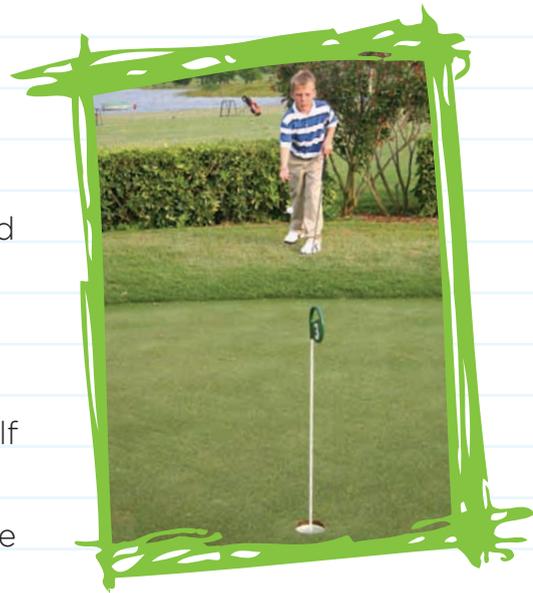


3 CLUB CHALLENGE

- Try something new – play with your three favorite clubs.
- Be creative with how you hit shots.
- You can use an individual or scramble format.
- This game will help your players be challenged to create new shots and think outside the box during play.
- Normal rules of golf apply.

SWINGS AND THROWS

- Decide on the number of holes you would like to play.
- Each player may swing or throw the golf ball at any time.
- The maximum number of times that a golf ball can be thrown on each hole is twice.
- Add up your swings and throws each hole for your score.
- The winner has the lowest amount of swings or throws.



GOLF BASEBALL

- Golf baseball is played in any open area on a baseball field setup.
- There are two teams with up to 12 players on each team.
- You can use range bags or plastic range baskets as bases.
- Like baseball, each team takes turns hitting and fielding.
- Tee up a tennis ball on a range mat and hit it with a golf club.
- You can modify this game to fit your personal preference.



PLAY WITH THE PGA/LPGA PROFESSIONAL

- Play a scramble with your friends or parents and your PGA/LPGA Professional.
- Playing this format will help you to learn on-course preparation and movements.



CLIMB THE LADDER

- This game starts on the putting green.
- Set up pairs of tees two feet apart and two feet long until you have six sets of tees set up.
- Putt the ball into each square in order, from the first square until the sixth square.
- When you have stopped the ball in each square, you have climbed the ladder.



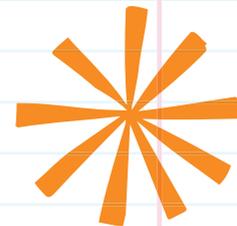
GO LOW PUTTING

- Go Low Putting is a fun way to test your putting skills with your friends.
- Just like in golf, the lowest score in this game wins.
- Start by choosing a hole and pick an order of play.
- Your score is determined by the order in which each player's ball is to the hole.
- The closest ball scores a 1, the next closest ball scores a 2, the following ball scores a 3, and finally the farthest ball from the hole scores a 4.
- You want to have the lowest score possible.

	5 feet	10 feet	15 feet	20 feet	25 feet	TOTAL
PLAYER 1						
PLAYER 2						
PLAYER 3						
PLAYER 4						

GO LOW CHIPPING

- You will be given six chips and can decide what length of chip you want to try.
- Your score is determined by the order in which each player's ball is to the hole.
- The closest ball scores a 1, the next closest ball scores a 2, the following ball scores a 3, and finally the farthest ball from the hole scores a 4.
- You want to have the lowest score possible.



	1	2	3	4	5	TOTAL
PLAYER 1						
PLAYER 2						
PLAYER 3						
PLAYER 4						

ESCAPE THE BUNKER

- Each junior will be given three bunker shots.
- Score is based on the total number of balls you get out of the bunker.
- For every ball you get out of the bunker, you score a 0. For every ball that is left in the bunker, you score a 1.
- If there is a tie, the player who hit the closest ball to the target wins.

	1	2	3	4	5	TOTAL
PLAYER 1						
PLAYER 2						
PLAYER 3						
PLAYER 4						

Rate each game by coloring the stars for the Fun Factor.

GAMES	FUN FACTOR
STYMIE PUTTING	☆ ☆ ☆ ☆ ☆
TIC TAC TOE CHIPPING	☆ ☆ ☆ ☆ ☆
3 CLUB CHALLENGE	☆ ☆ ☆ ☆ ☆
SWINGS AND THROWS	☆ ☆ ☆ ☆ ☆
GOLF BASEBALL	☆ ☆ ☆ ☆ ☆
PLAY WITH PGA/LPGA PROFESSIONAL	☆ ☆ ☆ ☆ ☆
CLIMB THE LADDER	☆ ☆ ☆ ☆ ☆
GO LOW PUTTING	☆ ☆ ☆ ☆ ☆
GO LOW CHIPPING	☆ ☆ ☆ ☆ ☆
ESCAPE THE BUNKER	☆ ☆ ☆ ☆ ☆

★ = LOW FUN

★ ★ = PRETTY FUN

★ ★ ★ = REALLY FUN

★ ★ ★ ★ = SUPER FUN

★ ★ ★ ★ ★ = FUNTASTIC

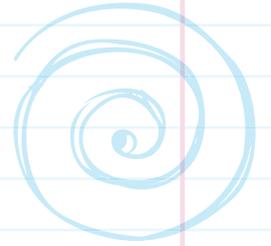
Ask your PGA/LPGA Professional, and have them sign your book below when you try the golf practice games:

I _____
have played all these games and rated them
on the Fun Factor Scale.

PGA/LPGA Professional



PLAYING GOLF



Before you play golf, you can have fun by getting ready and warming up at the practice range. Just as with other sports, we need to prepare for playing by hitting shots at the practice area. The shots you practice before playing should be similar to future shots you will be playing on the golf course.

Basketball, football, soccer and many other sports are played on a court or field that is always the same. Golf is played on golf courses that are all different. Even the same golf course is different each day due to weather and tee markers and hole locations, which change every day. People who build golf courses also add many things like trees, bunkers, water hazards, hills, and other challenges that make golf even more fun.

After you are finished playing, it is fun to play golf games and near-golf experiences to help you improve certain parts of your game.



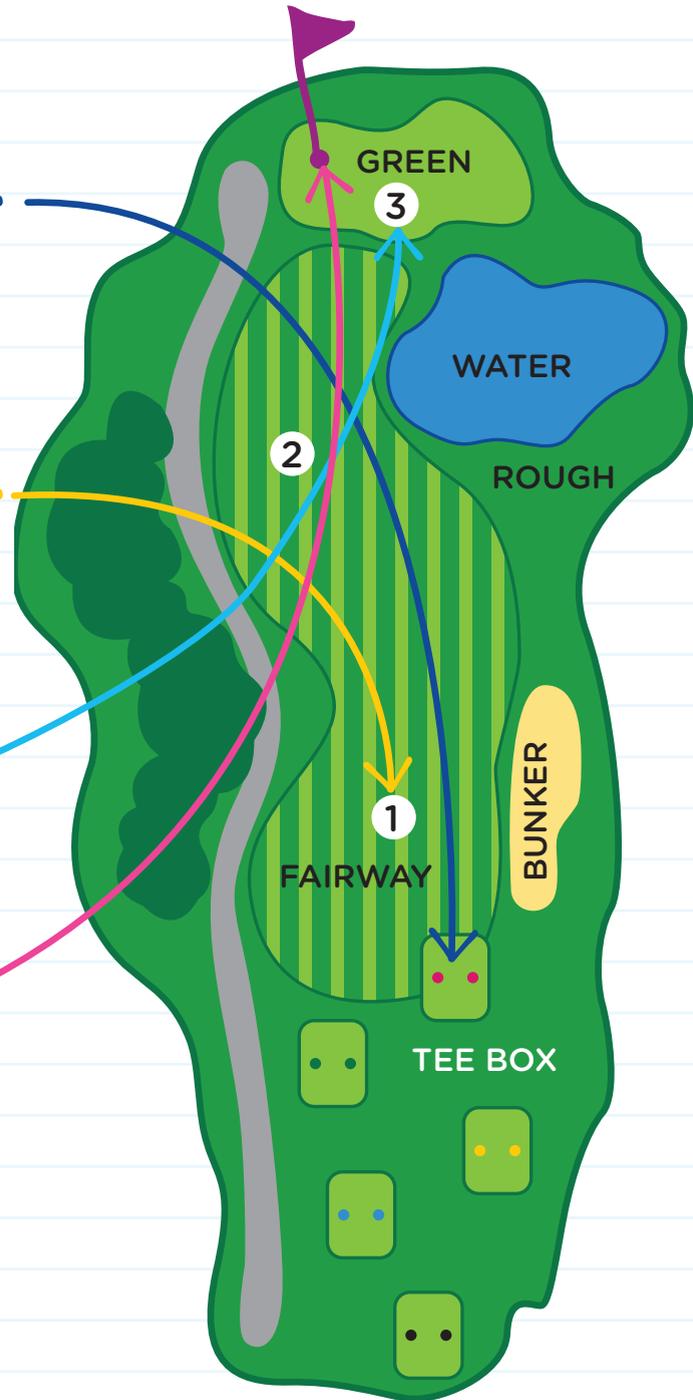
THE GOAL IS THE HOLE!

1. Start at the tee.
2. Pick a target in the fairway.
3. Focus on one thing as you swing.
4. Play without delay.

5. Try to lay up to a good yardage.
6. Replace your divot to leave the course better than you found it.

7. Line up your putt and make a confident stroke.
8. Always remember to fix ball marks.

9. The Goal is the Hole!



How to Keep Score:

You begin at the tee markers and keep hitting (and counting) until your ball is in the hole. You should count every swing, including misses (whiffs) and penalty strokes. Your score for the hole is the total number of strokes you take from the tee until the ball is holed. Golfers use special terms for scoring a hole.

The scorecard tells you about each hole, including how long it is and its par (3, 4 or 5). The easiest way to keep track of your score is to write it on your scorecard when you finish each hole.

MATCH THE DEFINITION AS IT RELATES TO PAR

-2

DOUBLE BOGEY

-1

EAGLE

0

BIRDIE

+1

BOGEY

+2

PAR





HOLE	1	2	3	4	5	6	7	8	9	TOTAL
PAR	4	4	4	5	4	3	4	3	5	36
Lisa	4	4	4	4	4	4	5	5	4	38
Mike	4	3	3	3	4	4	4	5	5	35

PAR ← Same score as par
← **BIRDIE** One stroke under par
← **EAGLE** Two strokes under par
← **BOGEY** One stroke over par
← **DOUBLE BOGEY** Two strokes over par

RULES OF GOLF

The Rules of Golf were written and interpreted by the United States Golf Association (USGA) and The Royal and Ancient Golf Club of St. Andrews, Scotland. Golf is one of the few sports in the world in which the rules are enforced by the participants. The honor and integrity of the game are the utmost concern to the USGA and The PGA of America. The two organizations have worked together for years in conducting rules workshops for people involved in rules administration at tournament and club-level competitions.

The PGA of America golf professional is a great resource for rules information. The USGA urges all golfers to know and play by the Rules of Golf and to use the PGA/LPGA Professional as a source of information on the rules.

Here are some basic Rules of Golf you need to know when playing the game. An easy way to learn the rules is by reading the Summary of the Rules of Golf. When in doubt about a rule, ask your local PGA/LPGA Professional:

TEEING GROUND

- Tee your ball between the tee markers or a little behind them. You may go behind them as much as two club-lengths.



PLAYING THE BALL AS IT LIES

- You must play the ball as it lies.

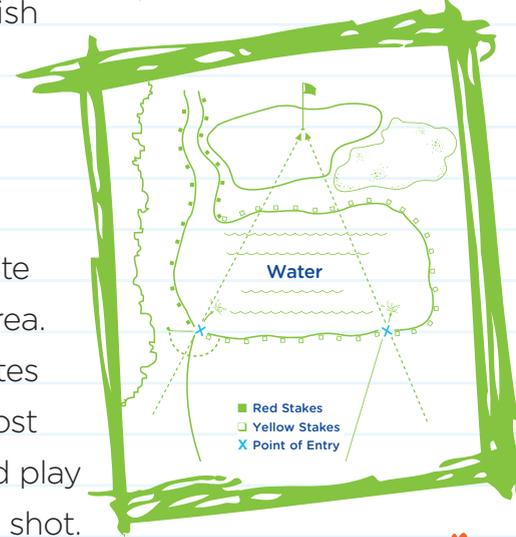
WATER HAZARDS

- Water hazard margins are identified by yellow stakes or lines. Lateral water hazard margins are identified by red stakes. If your ball is in a water hazard or a lateral water hazard, you may play it as it lies. If you cannot find it or do not wish to play, add a penalty stroke and drop and play another ball.



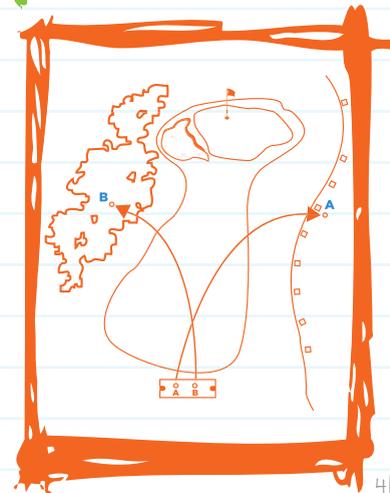
BALL OUT OF BOUNDS OR LOST

- A ball is out of bounds when it is beyond white stakes, fences or walls marking the playing area. A ball is lost if it is not found within five minutes after you first begin to search. If your ball is lost or out of bounds, add one penalty stroke and play another ball from where you played your last shot.



CASUAL WATER; GROUND UNDER REPAIR; BURROWING ANIMAL HOLES

- If your ball or your stance is in casual water, ground under repair or animal holes, you may either play the ball as it lies or find the nearest place, not nearer the hole, which gives you relief.



Different Ways to Play

STROKE PLAY

- In stroke play, your score for the hole is the total number of strokes taken to play the hole. Your score for the round is the total number of strokes for each of the holes.

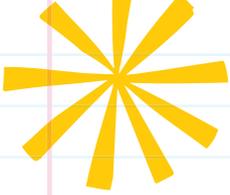
MATCH PLAY

- In match play, you compete against another player or team and your score is based on the number of holes you win. Each win counts as one hole. If players shoot the same score on a hole, the hole is said to be halved. When a player has won more holes than there are holes left, they are the winner.

SCRAMBLE

- A scramble is a fun and casual way to play golf as a team. All team members hit a tee shot and select the best ball to play the hole. This process is followed until the ball is holed.





There are several different ways you can play golf, each of which has a different set of rules. Rate each format by coloring the stars for the Fun Factor.

GOLF FORMATS	FUN FACTOR
STROKE PLAY	☆ ☆ ☆ ☆ ☆
MATCH PLAY	☆ ☆ ☆ ☆ ☆
SCRAMBLE	☆ ☆ ☆ ☆ ☆

☆ = LOW FUN

☆☆ = PRETTY FUN

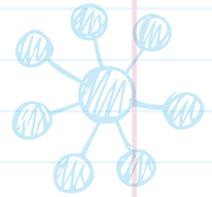
☆☆☆ = REALLY FUN

☆☆☆☆ = SUPER FUN

☆☆☆☆☆ = FUNTASTIC



Getting Ready to Play at the Golf Course



There is more to playing golf than learning how to swing the club and keeping score. The game is based on long-held traditions of manners, respect for the course, and a respect for other players/fellow competitors on the course.

The following questions and answers should help you feel more comfortable while at the golf course;

PLAYING GOLF:

- **When can I play?** Call your golf course to check what times you can play and if you need to be accompanied by an adult. Some courses may have specific times and days you can play.
- **How much does it cost to play?** Each golf course has different rates for playing golf. Some golf courses will let you play for a small fee or even for free!
- **What do I wear?** Each golf course may have a dress code. You should wear a shirt, shorts/pants and sneakers or golf shoes. You can buy golf clothes and golf shoes at the golf course.
- **What if I don't have golf clubs?** You can use rental golf clubs from the golf course. Remember to ask if the golf course has a Sticks For Kids program or if there are any junior golf clubs available for you to use.
- **How do I sign up for clinics, camps or lessons?** Ask your PGA/LPGA Professional for information and what option would be best for you.

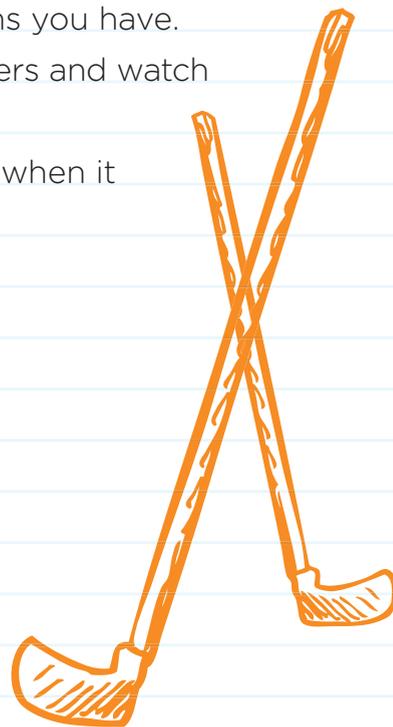
GOLF COURSES HAVE PEOPLE TO HELP YOU:

- **PGA/LPGA Professional:** Helps with developing your skills and making golf fun; assists with any questions you have.
- **Ranger:** Works on the golf course to help golfers and watch pace of play.
- **Starter:** Person on the first tee to help advise when it is your turn to play.

JUNIOR GOLF PROGRAMS:

(Check availability in your area on PlayGolfAmerica.com):

- Kids Play Free
- PGA-USGA Course Access Pass
- Sticks for Kids
- PGA Junior League Golf



Ask your PGA/LPGA Professional to sign your book below when you have demonstrated playing golf, how to keep score and the Rules of Golf:

I _____
played golf following the Rules of Golf,
kept score and had fun.

PGA/LPGA Professional



I _____
have completed all the Sport Challenges and played golf.

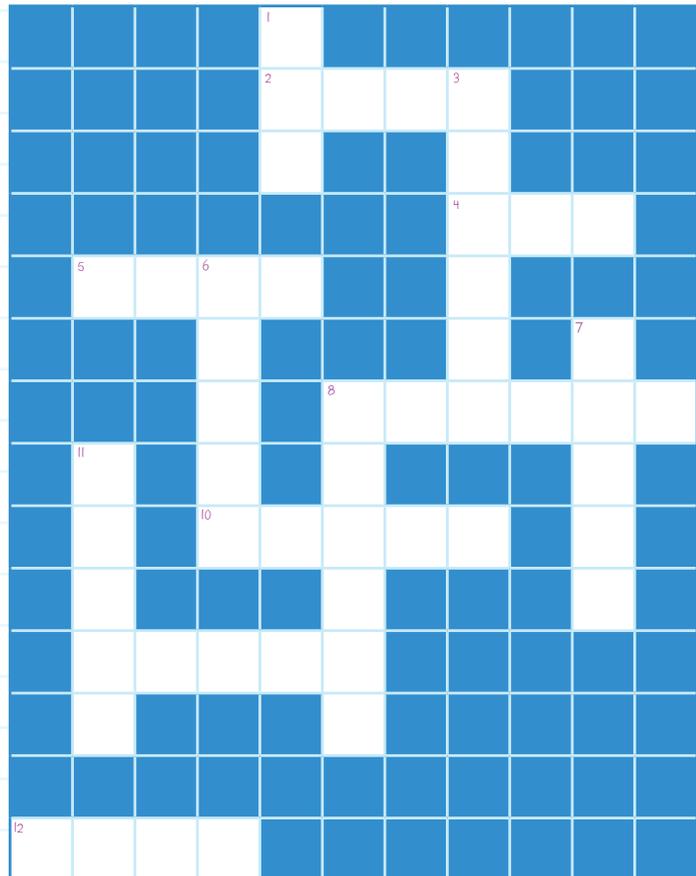
I am now eligible to receive my certificate of completion
and accept the challenge of completing the Champion Level.

ACROSS

2. How you hold onto the golf club
4. Teeing Ground or a small wooden peg
5. Word yelled when your ball travels close to others
8. 1-under par on a hole
10. Person who plays first on a hole
11. 2-under par on a hole
12. United States Golf Association

DOWN

1. Professional Golfers' Association of America
3. Low-lofted club used on the green
6. Long grass on the golf course
7. A piece of turf or sod cut loose by
a player's club while making a shot
8. Golfers rake this hazard after hitting a shot
9. I should drink this every 30 minutes



ANSWERS ON PAGE 49

SPEAKING GOLF

The following words and definitions are designed to help as you continue to learn more about golf through lessons, playing and watching golf on TV or a computer:

ADDRESS Position of a player when he or she has taken a stance and grounded the club or, if in a hazard, when he or she has taken his stance.

APPROACH SHOT Stroke intended to place the ball on the putting green.

BIRDIE A score of 1-under par on a hole.

BOGEY A score of 1-over par on a hole.

BREAK The slope of a green that affects the direction a putt will go when it is struck.

BUNKER An area of bare ground, often a depression, which is usually covered with sand.

CHIP A short, low shot played to the putting surface partly through the air and partly rolling over the ground.

CLUBFACE Part of the golf club that contacts the golf ball during the golf swing.

CLUBHEAD Part of the golf club that is connected to the shaft and is used to hit the ball.

COURSE The whole area within which play is permitted – and is typically 9 or 18 holes.

DIVOT A piece of turf or sod cut loose by a player's club while making a shot.

DIVOT REPAIR TOOL A fork-like tool that is used to repair greens after a ball lands and makes a hole or mark on the playing surface.

DOGLEG HOLE A hole that does not follow a straight line from tee to green.

DOUBLE-BOGEY A score of 2-over par on a hole.

DRAW A shot that flies slightly from right-to-left for right-handed players.

DRIVE A long shot played from the teeing ground, usually with a driver.

DRIVING RANGE Another word for practice area or practice tee – where you practice golf shots.

EAGLE A score of 2-under par on a hole.

ETIQUETTE Courtesies expected of and to golfers.

FADE A shot that flies slightly from left to right.

FAIRWAY A closely mown area that is between the teeing ground and green.

FLAGSTICK A pole or straight indicator with a flag centered in the hole on the green to show its position.

FORE A warning shouted to let a person within range know that a player is about to hit their ball or that a ball in flight may hit or come very close to that person.

GRIP The end of the golf club that you hold on to when you swing. In addition, it is the placing and positioning of the hands on the golf club.

GREEN Also known as a putting green, it is all of the closely mown area at the end of a hole that contains a flagstick and hole.

HAZARD Any bunker or water hazard.

HOLE An area of the course consisting of a teeing ground, putting green and area in between. A round of golf is played over 18 holes. Also, the actual hole in the putting green where you want your ball to end up.

HONOR The person who plays first on the teeing ground.

HOOK A shot that curves sharply from right to left.

IRON A golf club used to hit the ball from the tee to the fairway, the tee to the green, or the fairway to the green.

LIE Spot where and how the ball rests.

MATCH PLAY Play in which each hole is a separate contest. The victor is the player or side winning the most holes. If you win the first hole, you are “1 up”; if you lose it, your opponent is “1 up”; if you tie it, you are “all square.”

PAR The score an accomplished player is expected to make on a hole.

PENALTY STROKE One added to the score of an individual or side under certain Rules of Golf.

PITCH SHOT A shot in which the ball is played high to the putting green and has little or no roll.

PRACTICE TEE Also known as a driving range. It is a practice area for golf shots.

PUTT A shot played on the green with a fairly straight-faced club with the intention of rolling the ball in the cup or hole.

RELIEF Moving your ball away from something.

ROUGH The area of long grass that adjoins tees, fairways and putting greens.

SETUP The process of addressing the ball, so that the club and body are properly aimed and aligned.

SHAFT The part of the golf club that links the clubhead and grip.

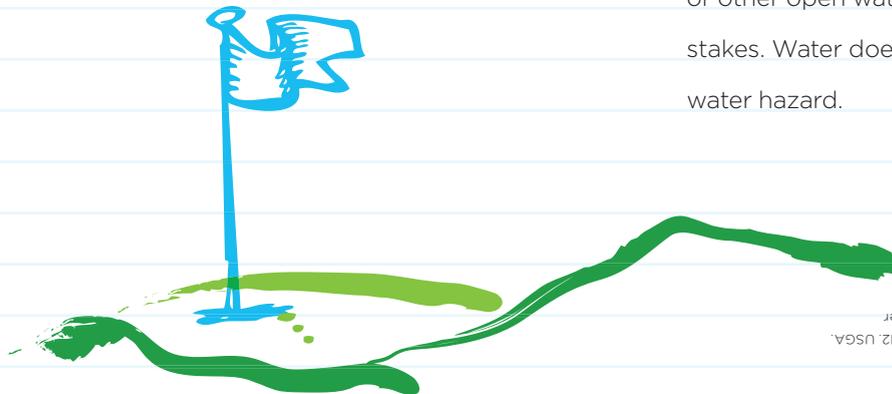
STROKE The name for each time you swing at the ball.

STROKE PLAY Play in which the total strokes for the round - or the number of rounds played - determine the winner.

TEE Another word for teeing ground. Also, a short wooden or plastic peg used to hold a ball off the ground.

TEERING GROUND The starting place for the hole to be played.

WATER HAZARD Any sea, lake, pond, river, ditch or other open water course that is defined by yellow stakes. Water does not have to be present to be a water hazard.





POWERED BY

