

## Tips for Parents

Parents always want the best for their children. This desire, although well-meant, often becomes unwanted pressure on the child. Helping children receive a certain amount of self-confidence and self-esteem from playing golf is vital to maintaining their interest. Not all boys and girls will like golf, so youth dropouts are not entirely unavoidable. However, much of the lost interest and burnout in the game can be attributed to parental pressure.

If a parent is overly involved or over-protective, the child may not learn responsibility for himself. Although it may be natural to live vicariously through their children, when the parents' goals and expectations exceed their children's, added pressure is inevitable.

### DO

Stay involved with your child

Be relaxed, comfortable and supportive while on the course

Eliminate pressure to win

Ensure your child's ego is not on the line in competitions

Remain interested, encouraging in his/her progress

Be firm against cheating and lack of sportsmanship

Be firm against the use of obscenities and losing one's temper

Remember golf is a game that is supposed to be fun

### DON'T

Get over-involved, try to be your child's coach or take notes during sessions

Show negative emotions or nervousness on the course

Say "We won!" or get too excited when your child wins or loses

## Safety Precautions

We must have rules to ensure everyone's safety. Participants who do not listen to the coach or don't follow the safety rules will lose their clubs for the remainder of the lesson and have to sit out.

Although our staff will go over the rules with Junior Golfers, we ask you to review the following with your child before the first session.

1. Safety is the most important thing.
2. Always listen to your coach.
3. Golf clubs and golf balls hurt if they hit you. We don't want anyone to get hurt.
4. Never swing a club unless instructed to do so.
5. When the coach is talking, hold the club by the club head.
6. Always make sure no one is nearby when you swing a golf club.
7. Never stand or walk in front of or within 10' behind someone who is swinging a golf club.
8. Do not attempt to grab your tee or anything else if it is in the swing area of someone else.



# Junior Golf Summer 2011



## US Kids Golf June 13-24

Ages 6-17



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(919) 722-0395

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1385 S. Andrews Street, SJAFB  
(919) 722-0395

facebook.com/3eagles  
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# Junior Golf Program

Our Junior Golf program, in association with US Kids Golf, gives young people of all backgrounds an opportunity to develop life-enhancing values such as honesty, integrity and sportsmanship through golf and character education.

The program consists of five lessons, taught in small groups. Scheduled activities include an introduction too golf, course etiquette, practice and playing time. The program concludes with a Fun Round and social event for youth and parents.

Each child receives a set of name brand clubs, Junior Golf shirt, tees and balls.

The cost for the entire program is just \$69.95. If your child already has a set of clubs, he or she will receive a bonus gift instead.

See Pro Shop for details.



## Junior Golf Clinic US Kids Program June 13-24

Ages 6-17

Groups meet three days each week  
for a total of five lessons  
and a tournament day

Cost includes clubs, shirt, tees and balls

Space is limited; enroll now

**Three Eagles Golf Course**  
1385 S. Andrews Street, SJAFB

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# Itinerary

Groups will meet on Monday, Tuesday and Friday of each week.

Session times vary according to age.

Ages 6-8	8:00 to 9:30 a.m.
Ages 9-11	10:00 to 11:30 a.m.
Ages 12-17	12:00 to 1:30 p.m.

### Day 1:

Each group will meet at its regularly scheduled time at the PRO SHOP at the Golf Course.

Participants will check-in here to meet their coaches and receive their equipment. An introduction to golf will follow.

### Days 2-5:

Coaches will cover the following:

- Chipping
- Pitch shot
- Full swing short irons
- Driver
- Sand play
- Rules and etiquette

### Day 6:

Everyone will meet at the CLUBHOUSE at 8 a.m.

Parents and siblings are invited to join their Junior Golfers in a Fun Round. Players may warm up on the putting green near the clubhouse.

Following play, there will be a social event, lunch and certificate presentation at 10 a.m. in the SNACK BAR.