

# RESPECT

to feel or show deferential regard for; esteem.

*When you properly stretch your muscles and body, you are showing RESPECT for yourself.*



## FIRST TEE CODE OF CONDUCT

Respect for Myself - Respect for Others - Respect for My Surroundings

## Healthy Habit of the Week - SAFETY

**"Always stretch before you play."**

Physical SAFETY includes proper warm-ups and cool-downs when doing activities.

**Object of Golf: To hit the ball into the hole in the fewest strokes.**

Washing your hands helps prevent germs from spreading.

### Activity of the Week - Try This

**Putting on your carpet** - Take a plastic cup and lay it on it's side, then putt a ball into it. Try from various distances and angles. Use your living room, your hallway, or anywhere that has carpeting and is approved by mom or dad.