

# GO'N GOLF'N

INSTRUCTOR: **Mark Elliott** - ICS I.S. Department

ELIGIBILITY: **All Students 7<sup>th</sup>-12<sup>th</sup> Grades, All Skill Levels**  
*- Students who have "never golfed" to ones "on a High School team" are all welcome.*

CAPACITY: **24 Students**

DATES: **Monday, May 21 – Friday, May 25, 2012**

HOURS: **8:30am to 3:00pm, daily**



LOCATION: **Willows Run Golf Course**  
*- 10402 Willows Road Northeast, Redmond, WA 98052-2504, (425) 883-1200*  
*- Parents drop students off at Willows Run at 8:30am and pick them up at Heron Links at 3:00pm*

COST: **\$425 each** – Cost Includes: 10 lessons, 5 green fees, 5 lunches, driving range balls  
 • *Note: Golfers provide (or rent) their own clubs, shoes (sneakers, OK), game balls, drinking water & snacks*

**Arnold Palmer says: "Golf is deceptively simple and endlessly complicated."**

- DESCRIPTION:
- *Golf is a physical game:* Golf is a game of grace and power. Golf develops hand-eye coordination, requires twisting and turning, and strengthens balance, visual tracking and motor skills. Walking, strength and precision all come into play. Fresh air is plentiful. It is not a collision sport and the risk of injury is minimal.
  - *Golf is a mental game:* Golf poses problems that require creative problem solving. Water hazards, sand traps and uneven terrain challenge golfers while providing endless fun.
  - *Golf focuses on individual achievement:* No child is forced into a challenge which he or she cannot handle. Self-esteem is enhanced as students improve their swing, straighten drives, finesse chip shots, and sink putts.
  - *Golf is a sport where ethics and integrity matter:* In what other game do players report themselves for breaking the rules? Golf develops character, enhances leadership and self-confidence, requires courage, and makes a player responsible for his or her actions.
  - *Golf is about self-improvement:* Golf is about the balance between the quest for an elusive personal best and the humbling experience of facing one's shortcomings. Golf also teaches to let go of the expectation of instant perfection and replaces it with the joy that there will be a next hole, another shot, another beautiful fairway to negotiate.

***Mostly, Golf is just plain FUN. So tee it up and let it rip!***

SCHEDULE:	8:30am	• Parents drop students off at Willows Run Golf Course
	8:30-9:00am	• Warm up, stretch, practice
	9:00-10:00am	• Training Session #1
	10:00-10:15am	• Break ( <i>Bring your own snacks</i> )
	10:15-11:15am	• Training Session #2
	11:15-11:45am	• Lunch <i>- Provided by course: choice of sandwich, chips, drink, cookie)</i>
	11:45am-3:00pm	• 9-holes of Golf at Heron Links <i>- 18 holes at Willows Run may be available for experienced golfers</i>
	3:00pm	• Parents pick-up students at Heron Links Golf Course

