



Initiative

As a host of the Girls Golf Experience presented by Zinus, you will have the great opportunity to introduce the girls in your area to golf by hosting this fun and engaging Harmony themed clinic. Girls will get to experience golf through putting, chipping, full swing and also wind down with a fun craft. Zinus will create a lounge where girls can take a snack break as the engagement station and site directors can use this as a rules, etiquette or socializing stop!

Best Practices

- Provide participants with nametags before you begin
- Before you start, remember to explain the importance of safety. Instruct the girls not to walk or stand close to someone who is going to be swinging a club, maintain social distancing and overall healthy habits
- Set up a “hydration station” with water and/or sports beverages and a few healthy snacks
- Before beginning the Experience, discuss the importance of stretching before playing golf or any physical activity
- Be sure to have one instructor or volunteer for every four participants
- At the end of the Experience, invite the girls to share their thoughts and funny stories from the day with the group

#GirlsGolf Photo

For added fun during your Girls Golf Experience, create an area around your Zinus Poster provided in your kit to have the girls stand around and take a photo as a group – making sure to incorporate the logo. For even more fun, have all the girls hold up a peace sign for the picture. Have all of your girls sign the poster for a special keepsake. Encourage participants to share their photos on social media using the hashtag #lpgauggirlsgolf, #girlsgolf

Icebreaker Game

“What Is Harmony” – Instructors to explain what harmony means, why it is important. You will be provided a “Harmony” word search for each girl to complete. Give them 5-7 minutes to complete.

Once the girls have completed the Harmony Word Search, have the girls write down on the other side of the word search what harmony means to them or what they learned about Harmony. Depending on time, have the girls introduce themselves and share what they wrote down. If you have a big group, have a few girls volunteer to share what they wrote down.

Girls Golf Experiences

Yoga

Simple yoga exercises for stretching

Activity:

Option A: Start the Experience Day off with simple Yoga stretches for the group to get the girls ready for golf. Have an area set up with yoga mats and outreach to your local YMCA or other local studios to have someone come out as a "special guest" or get some ideas on good yoga routine for a 15-20 minute warm-up.

Option B: If you are setting up stations and incorporating the 5 E's into your Experience, include Yoga as your "Exercise" station. Also include yoga mats here and try and outreach to experienced yoga instructors in your area for ideas/tips.

"Ready, Set... Golf!" Clinic

Set-up: Stations for putting, chipping, full swing, and pitching (optional). Encourage girls to bring their own clubs and have loaner clubs for guests, as well.

Activity: Each station will be roughly 20 minutes long with 5-minute rotations. Instructor will explain the fundamentals of the stroke for that station including set-up. See station ideas below:

Putting Station: Six-hole putt-putt course, team the girls up in 2-3 and have them go through the putting course, incorporating putting tips explained by the pro. Use the 5 cones included in your kit for extra targets/ obstacles for the course.

Chipping Station: Hit into a large target (i.e. make shapes with survey tape, umbrellas, or baby pool). Put in the girls in teams of 2-3. Set up stations for the girls and divide them up. Have each girl hit three shots, then rotate. Play a game where each team gets points for hitting the target (more points if it stays in). Challenge each team to see how many points they get out of 10 total shots.

Full Swing Station: Make a wide fairway with survey tape or irrigation flags. Put the girls in team of 2 or 3. Have the girls hit 3 shots and rotate. Play a game where if the girls hit an airborne shot that stays in the fairway they receive 2 points, if they get the ball airborne, they get a point. Challenge each team to see how many points they get out of 10 total shots.

****Include a Know Before You Go session at the beginning to cover safety rules and etiquette.****

***For incorporating all 5 E's as stations – include a craft/snack station and yoga station.*

Example: Empower – Full Swing, Energize- Chipping, Enrich – Putting, Engage- craft and snack, and Exercise – Yoga

Dream Boards

Have the girls create their dreams on a dream board

Set-up: Get supplies for dream boards – kid friendly /sports magazines, scissors, glue sticks, presentation board (these can be cut in half) Make sure to have 6 or 8 ft. tables set up near the golf stations that provides enough room girls to create the boards. If you have a big group, you will want to do these stations in stages.

Activity: Each girl will get the supplies listed above and will be asked to find images in the magazines that represent their big dreams. Suggest they include what they want to be when they grow up, what kind of pet they want, where they want to travel, etc. They will cut the images out and add them to their board. Ask parents, friends and volunteers ahead of time to bring magazines so you don't have to purchase.

Have the girls or a few girls share their dream boards to the group.

On Course Experience

If time and the facility you are at allows you to go on the course, incorporate teaching the girls about all parts of the golf course. Print out this Scavenger Hunt- <https://lpga.box.com/s/05u2bq6wdtopcc7nqbdexz8rs2nyt39h> to use and have them check off the different areas of the course. When showing a bunker – demonstrate best raking technique. Create a giant ZEN sand station, have each girl learn how to rake properly and talk about their “BEST” golf moments to create positive energy while they rake.

Feel the Harmony Poster

In your kit you will receive a logoed Zinus Experience poster that you can use anyway you like during your event. The poster will include pictures of the three LPGA Tour Player Ambassadors - Danielle Kang, Annie Park and Lily He. Be sure to share with your girls fun information and facts on these Tour Players. Also, a great photo opportunity with the girls and don't forget to have them sign it!

Gift Items:

Each Participant will receive:

- Logoed Snap Bracelet
- Pack of Crayons
- “Feel the Harmony” activity sheet

Girls Golf Experience Hosts will receive:

- Girls Golf Experience Zinus Poster
- 5 Cones – Engage, Enrich, Energize, Exercise, and Empower
- Logoed Sling bag



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