A one-day event that focuses on three main program areas:

- **Rules and Etiquette of Golf**: Used to reflect the qualities taught to 4-Hers through the six pillars of character.
- **Golf Course/Turf Grass Management**: Looks at research based information on how turf grass can be managed and importance of in managing and maintaining golf courses and career opportunities present in these fields.
- **Sports Nutrition Curriculum**: Developed to teach youth in the 7th, 8th and 9th grades the importance of nutrients, calculating needs based upon physical activity, the importance of maintaining hydration, eating to maximize athletic performance, the dangers of drugs and alcohol, identifying fad diets, and facts and fiction on supplements.

**Who:**
- Any youth between 11 - 18 (do not have to be enrolled in 4-H)

**Where:**
- MeadowBrook Golf Course - Lubbock, Texas

**When:**
- July 6, 2011
- 18 hole Golf Challenge
- $90 per team
  *Must register as a team of three to participate*

**Cost:**

**Registration:**
- Opens on 4-H Connect April 10
  (www.texas4-h.org and click on “register for an event”)

More information on contest can be found at: http://texas4-h.tamu.edu/youth/golf_challenge/index_youth_golf.php