

Nicole Hanson
California Museum's Dreamers Challenge

F.I.N.D. Golf

In order to bring a dream to life a person must take risks, battle adversity and work towards goals. No one said it would be easy, in fact in the words of Walt Disney, "All our dreams can come true, if we have the courage to pursue them." It is my dream to one day create the F.I.N.D. Golf Organization. The F.I.N.D. Golf Organization, **Foundation of Instruction in Neuromusculoskeletal Dysfunction**, aims to assist the children who are suffering from impairments affecting the muscles, bones, and nerves, physically, socially, and emotionally with the physical rehabilitation of golf.

An assortment of different classes centered on the furthering of muscular development will be available for the children. For example, the class of "swing dynamics," will incorporate the fundamentals of the back and forward golf swing. Large muscle groups must be utilized in order to make a proper turn. In addition, the hip rotation is of a great necessity and another large muscle group that will be targeted, as a weight transfer is a significant action that takes place during the beginning of the swing. Balance plays a key role in the shoulder turn and hip rotation because the engaging motion in both movements requires the strength and coordination to complete the swing. Utilizing the large muscle groups will help to lessen the tightness that tends to build up over time when the muscles go without use. However, the most important part of each and every class is to make sure the children have fun and enjoy themselves. Bubbly laughter of pure joy in each child will envelop the F.I.N.D. Golf Organization because the ultimate goal is to bring happiness to each child and their family. I want the organization

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to be a place of toothy grins and selfless love because each minute will be dedicated solely to the children.

"Putting play," an additional class at the organization will concentrate on the development of muscle groups, but with more "touch" involved. There are many diseases, such as multiple sclerosis, that affect the hands, causing them to curl inwards in pain and often times result in ultimate numbness. Therefore, the simple act of grasping the putter will alleviate the tension in the golfers' hands and allow them to genuinely be aware of their grip pressure on the putter. The class "putting play" will also introduce a goal to each child; the number of strokes it will take to get the ball into the hole and an ultimate goal for each player to successfully beat their last score. The game aspect of this is crucial because without making the task at hand interesting the golfers will lose focus. Therefore, the challenge of the game allows for an exciting and appealing competition for the children, while they are releasing tension from their hands, forearms and shoulders. From my own experience, I know that the most rewarding feeling in golf was hearing the little, white ball "plunk" into the dead center of the hole.

Though there will be many more classes than the two I have mentioned above, the motivation behind each class consists of increasing body awareness, sequencing and judgment skills, attention span, cause and effect, motor coordination, spatial awareness, and early learning skills of all the children who wish to participate. The knowledge and advances gained from the classes are imperative to each child's progress and advancement, but the game of golf is also a large facet.

Golf simply put, a game that challenges a player at every turn and therefore will help the children learn the necessary life skills of perseverance, honesty, and integrity.

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The children will be challenged physically and mentally in an environment that requires them to interact socially with their fellow golfers. All too often golf is disregarded as an effortless game, however, golf cannot be mastered without diligence and hard work. No, golf is far from easy. In fact, golf is one of the most frustrating games for one to ever embark upon, yet this does not deter people from picking up the game. The compelling desire to conquer the game of golf, that statement says it all. Sinking a long putt, ripping a driver, or blasting a sand shot are all moments to be relished; passion for moments like these, reveals why people have chosen to play golf for so many years, past, present, and future. I hope to bestow my life-long passion for the game of golf upon each child that participates in the F.I.N.D. Golf Organization. I trust the love for the game will spur my golfers to keep coming back to learn and discover more because each success results in the most magical experience.

The F.I.N.D. Golf Organization is my dream. In the words of Walt Disney, "Get a good idea and stay with it. Dog it, and work it until it's done and done right." No matter the obstacles I have to overcome there will be a F.I.N.D. Golf Organization in the future because I have every intention of bringing my dream to life.