

UF Golf Links for Autism (UFGLA) Golf Clinic 2017



UF CARD (Center for Autism and Related Disabilities) announces the UF Golf Links for Autism (UFGLA) Golf Clinic open to CARD Constituents in partnership with Mr. Scott Hampton, Director of the UF Mark Bostwick Golf Course.

UF CARD is dedicated to raising awareness about the transition issues faced by older teens and young adults with Autism Spectrum Disorder (ASD) in the communities we serve. This population of individuals with ASD is rapidly growing and presents multi-level challenges for individuals, families, and communities as they enter adulthood. Recognizing that a need exists, UF CARD is committed to developing and supporting community partnerships to enhance opportunities for productive employment, mentoring, socialization, and leisure activities for persons with ASD during this transition period.

Successful aging has been associated with the following modifiable factors: Maintaining a Balanced Diet and Healthy Weight, Exercising, Reducing Stress, Refraining from Smoking, Continuing Education, Having an Occupation, Engaging in Leisure Activities, Building Enriching Relationships, and Living in a Nurturing and Clean Environment. Some have suggested that golf is one such activity, which may also prove valuable on multiple levels for persons with ASD.

One notable example of successful aging in a person with ASD is Donald Grey Triplett, the first person ever identified as having Autism by Dr. Leo Kanner in 1943. He was also recently the subject of a Golf channel documentary due to his lifelong interest in golfing, a sport which he still engages in daily, even at the age of 82. It has been suggested that golfing may provide a medium by which individuals on the spectrum may begin to develop increased social interactions, and begin to externalize their focus onto an activity which may also provide enjoyment, exercise, skill development, and improved self-esteem.

This 9-week golf clinic is designed for beginners. Weekly group instruction will be provided for up to 10 participants by Mr. Scott Hampton. UF CARD staff will be on site to assist at each lesson.

The clinic is open to UF CARD constituents 16 and older. Space is limited to 10 participants on a first-come first-served basis. Through the generosity of our donors, UF CARD will support this endeavor by providing full scholarships to all participants.

Clinic hours:

**Thursdays mornings, 9/21/17 - 11/16/17
10:30AM - 11:30AM**

Location:

**Mark Bostick Golf Course
at the University of Florida
2800 SW 2nd Avenue
Gainesville, Florida 32607**

If you would like to apply for one of the 10 available participant spots please complete this form:

<http://bit.ly/2vCXrb1>

For further information please contact

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www.card.ufl.edu



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