

PAR Level

YARDAGE BOOK



The
First Tee®

www.thefirsttee.org

THE FIRST TEE CODE OF CONDUCT

Respect for Myself

- I will dress neatly and wear golf or athletic shoes.
- I will always try my best when I play or practice.
- I will keep a positive attitude and catch myself doing something right regardless of the outcome.
- I will be physically active, eat well, get enough sleep, and be safe so I can stay healthy.
- I will be honest with myself, including when I keep score and if I break a rule.
- I will use proper etiquette and maintain my composure even when others may not be watching.

Respect for Others

- I will follow all instructions and safety rules.
- I will keep up with the pace of play on the golf course.
- I will be friendly, courteous, and helpful.
- I will remain still and quiet while others are playing and have fun without being loud and rowdy.
- I will be a good sport toward others whether I win or lose.
- I will encourage others to be safe and physically active.

Respect for My Surroundings

- I will keep the golf course and practice areas clean and in as good or better shape than I found them.
- I will clean and take care of my and others' golf equipment.
- I will be careful not to damage anything that belongs to others.

I have read and promise to abide by The First Tee Code of Conduct by showing the utmost respect for myself, others and my surroundings both on and off the course.

PLAYer's Signature



MY FIRST TEE YARDAGE BOOK

My name is: _____ .
(print your full name)

The name of my school is:

I am in _____ grade.

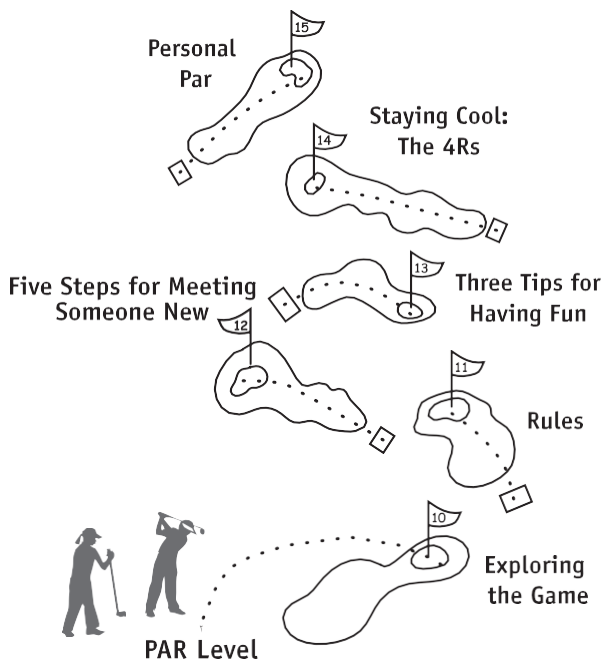
I started the **Par level** at The First Tee on:

_____ .

(today's date)

PAR LEVEL LIFE SKILLS

WHAT YOU WILL LEARN



PAR LEVEL GOLF SKILLS, HEALTHY HABITS, ETIQUETTE (MANNERS) AND RULES

WHAT YOU WILL EXPLORE

	BALANCE! The importance of a balanced finish to your swing.
CLUBFACE! Why it's important and how it helps you get the ball to fly at your target and the distance you want.	
	HEALTHY HABITS! Discover ways to stay safe, energized and playing the game for your whole life.
BUNKERS! How to handle the challenges of bunkers on the golf course.	
	WHAT'S IN YOUR BAG? Explore what club(s) to carry in your bag; and what other supplies you should have to be ready to play.
RULES and ETIQUETTE! <i>What is stroke play? What is match play? Are the rules the same for every format?</i>	

CORE LESSON #10

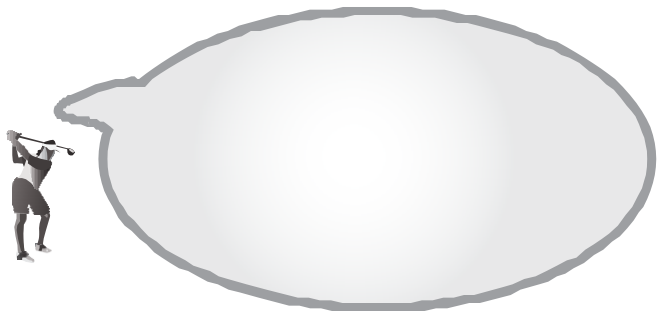
EXPLORING THE GAME

A PLAYER shows Exploring the Game in his/her actions by:

1. Trying out different ways to hit each club in order to find out what makes the ball go longer or shorter
2. Practicing on his/her own to discover the most fun part of playing golf

What would I like to explore (try out) in golf?

(Write or draw in the space below.)



EXPLORING THE GAME

How can you discover what's fun in golf and other activities?

*How can you have fun even when you get outside your comfort zone? Use this **GAME** plan:*

G Go play

A And explore

M My interests

E Enjoy what's fun for me

Name three things you like to do when you are not golfing:

1. _____

2. _____

3. _____

Picture your favorite game and describe or draw it here.

EXPLORING THE GAME



What does it mean to you to *EXPLORE* or be an *EXPLORER*? _____

Explorers try new things. Travel to new places.
Meet new people. Have new adventures.

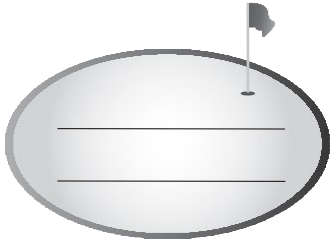
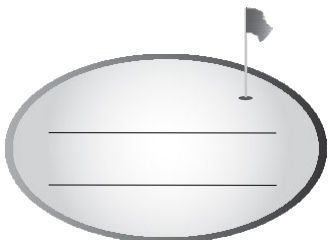
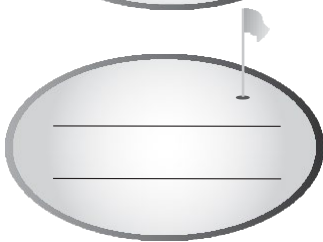
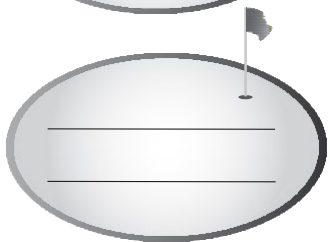
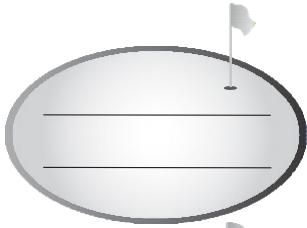
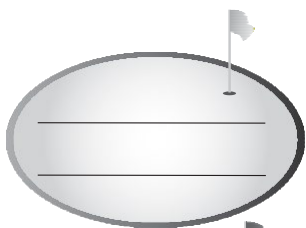
Picture yourself doing something new. *What adventure would I like to try outside of golf?* (write or draw)

Examples: *What healthy food would I like to try? Where would I like to travel? If I could learn about something new at school, what would it be?*

EXPLORING THE GAME – GOLF SCAVENGER HUNT

For each picture below, write one thing you noticed or found on the golf course. (Find a different answer for each hole.)

Note: You can also add what was FUN on the golf course!

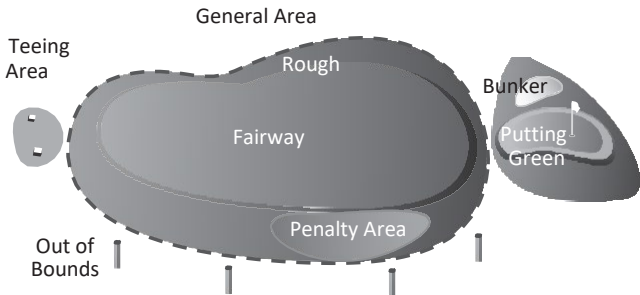


EXPLORING THE GAME

2-CLUB CHALLENGE

Supplies needed: pocket items (2 golf balls, 2 tees, ball marker and divot tool) 2 golf clubs of PLAYER's choice.

How to play: Play the golf course using only the golf clubs you selected. Notice how you can adjust your swing with the two clubs so the ball goes shorter or longer as needed. Play again and again, selecting 2 different clubs each time.



My biggest surprise was:

Next time I will explore
by taking these clubs:



AWAY FROM THE FIRST TEE

LIFE SKILLS

I discovered new things at school using GAME when I:

Date and place I did this: _____

GOLF SKILLS

The part of my golf game I played or practiced outside class time was: _____

What I did: _____

Date and place I did this: _____

HEALTHY HABITS

I used the Healthy Habit of PLAY when I:

Date and place I did this: _____

Parent/Guardian reviewed this page. Sign/Date

CORE LESSON #11

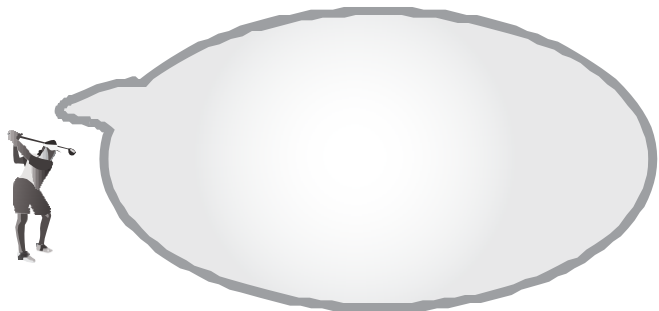
RESPECTING THE RULES

A PLAYER shows Respecting the Rules in his/her actions by:

1. Following the Rules of Golf while playing different formats such as stroke play and match play
2. Playing safe and fair in practice areas and on the course

What does respecting the rules mean to me?

(Write or draw in the space below.)



THE RULES OF GOLF



Pull out the Rules of Golf and find the answers to the questions below. (If you don't have a rule book yet, ask your coach or another golfer for help.)

To answer any question on the Rules of Golf, you should pretend you are a detective and identify what facts?

The Rules of Golf are numbered 1 through _____.

In what rule is the Pace of Play mentioned? _____

What two organizations approve the Rules of Golf? _____

What does USGA stand for? _____

What does R & A stand for? _____

RESPECTING THE RULES

Golf is Different

Match the letter to the game. You can use each letter more than once.

- | | |
|---|--------------------------|
| A. high score wins | H. played on field |
| B. low score wins | I. team game |
| C. cheering allowed anytime | J. individual game |
| D. cheering allowed at end of action | K. wear safety equipment |
| E. players are the referee | L. has dress code |
| F. has separate referee (not the players) | M. played inside |
| G. played in/on water or ice | N. played outside |
| | O. played on field |
| | P. other _____ |

Soccer = _____

Football = _____

Basketball = _____

Volleyball = _____

Ping Pong = _____

Swimming = _____

Hopscotch = _____

Rowing = _____

Golf-stroke play = _____

Hockey = _____

Golf-match play = _____

Tennis = _____

Video game = _____

RESPECTING THE RULES

Golf has two main playing formats (ways to score the game). They are STROKE PLAY and MATCH PLAY. Not all the rules are the same for each format.

Stroke Play is when PLAYers keep track of all their strokes and penalty strokes to get their total score with all the holes played added together.

Match Play is when each hole is worth 1 point. The PLAYer to get the lowest number of strokes on the hole wins the point. If there is a tie, each PLAYer wins $\frac{1}{2}$ point.

Answer the following questions with: stroke or match.

In a competition, the winner has the highest score. _____

General penalty is two penalty strokes. _____

General penalty is loss of hole. _____

Can be played by one person or many people playing against each other. _____

Usually played with two PLAYers; one vs. the other. _____

Why is it important to play by the rules? _____

How does playing by the rules keep me and others safe?



RESPECTING THE RULES

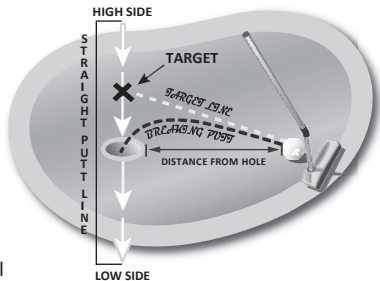


GATE GAME

Supplies: 7 tees, putter, golf ball

How to play:

1. Pick a hole to play toward and a starting spot. Mark your starting spot using one of the tees.
2. While standing at your starting spot, imagine where the ball has to roll in order to go in the hole. *Does it go directly into the hole because the green is flat? Or does it curve because the green is sloped?*
3. Using two tees, create a gate (target) for the ball to pass through when it rolls to the hole. Space between the tees (gate) can be as wide as your foot. Make two more gates with the other tees.
4. PLAY! Stand at the starting tee and hit your putt through the gates of tees (targets) toward the hole. *Did the ball roll in the hole? If not, why?*
5. Go ahead and make changes and play again. *Do you need to adjust your target by changing the position of the gates?*



This game can be played on your own or in teams, which is a great way to meet new friends!



AWAY FROM THE FIRST TEE

LIFE SKILLS

I respected the Rules at school when I:

Date and place I did this: _____

GOLF SKILLS

The part of my golf game I played or practiced outside class time was: _____

What I did: _____

Date and place I did this: _____

HEALTHY HABITS

I used the Healthy Habit of SAFETY when I:

Date and place I did this: _____

Parent/Guardian reviewed this page. Sign/Date

CORE LESSON #12

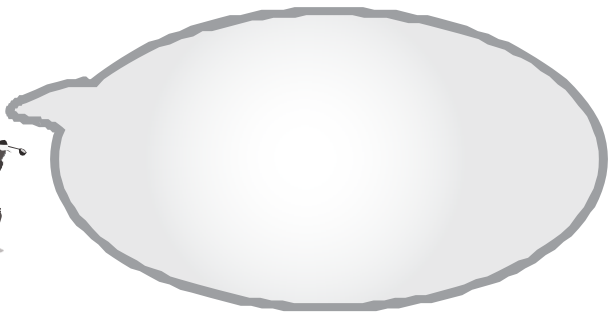
MEETING AND GREETING WITH A-L-R

A PLAYer shows Meeting and Greeting with A-L-R in his/her actions by:

1. Introducing himself/herself at the start of each golf round
2. Gets to know playing partners by asking open-ended questions

What does meeting new people mean to me?

(Write or draw in the space below.)



MEETING AND GREETING WITH A-L-R

FIVE STEPS FOR MEETING SOMEONE NEW

When you meet someone make sure you:

1. Face the other person
2. Smile and look him or her in the eye
3. Give a firm handshake
4. State your name clearly and loudly enough to be heard
5. If you need information, ask a question



What else can you do to show Respect and Courtesy when meeting someone new?

Write or draw your answer here.

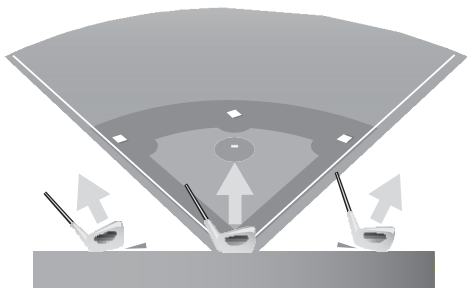
MEETING AND GREETING WITH A-L-R



FACE IT!

Just like your face looks someone in the eye when you meet them, the face of the golf club looks a certain direction when it meets the ball.

Draw where the ball is going to go with each clubface in the picture.



GAME: Hit three shots with your favorite hold/grip.

What happened to the face of the club when you used your favorite hold/grip? _____



Explore how many holds/grips you can invent.

What happened to the clubface when you changed your holds/grips? _____

MEETING AND GREETING WITH A-L-R

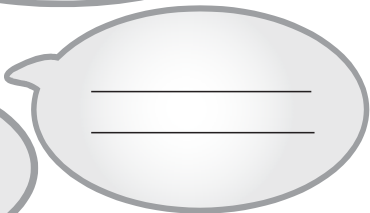
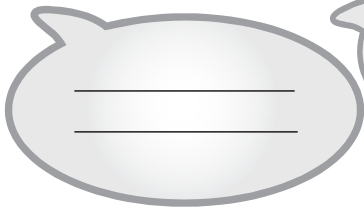
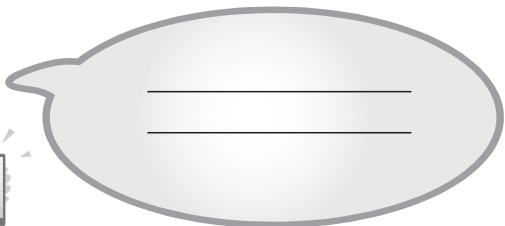
ASK-LISTEN-RESPOND (A-L-R)

Ask the other person some questions.

Listen to what the other person says.

Respond to what the other person has said.

What questions could you ask the new student in school to get to know him/her better and help him/her feel welcome?



MEETING AND GREETING WITH A-L-R

OPEN AND CLOSED ENDED QUESTIONS

OPEN question = Starts with *Who? What? Where? When? How?*
Your answer needs more than one word to be complete.

CLOSED question = Answer is Yes or No.

Put an O for open or C for closed next to each question to show what type of question it is. *If it is closed, how could you change it to be an open-ended question?*

Do you like golf? _____

What are your favorite healthysnacks? _____

What is your tee time? _____

Where do you go to school? _____

What could you ask people when you meet them?

Create your own open-ended questions below.

1. _____

2. _____



AWAY FROM THE FIRST TEE

LIFE SKILLS

I met _____ this week using
the Five Steps to Meeting and Greeting. _____

Date and place I did this: _____

GOLF SKILLS

The part of my golf game I played or practiced outside
classtime this week was: _____

What I did: _____

Date and place I did this: _____

NINE HEALTHY HABITS

I used the Healthy Habit of ENERGY when I:

Date and place I did this: _____

Parent/Guardian reviewed this page. Sign/Date

CORE LESSON #13

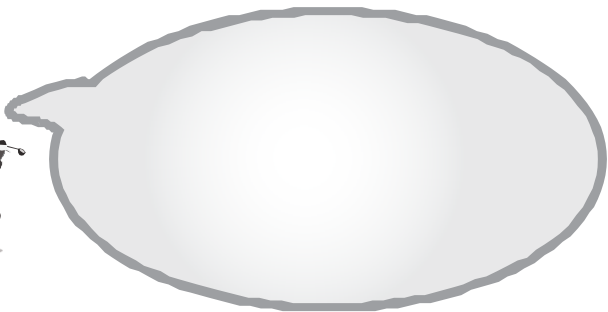
HAVING FUN WHILE YOU LEARN

A PLAYer shows Having Fun While You Learn in his/her actions by:

1. Being patient and having a good attitude even when performance is not going according to plan
2. Asking for help on how to improve at the game of golf

What does being positive mean to me?

(Write or draw in the space below.)



HAVING FUN WHILE YOU LEARN

THREE TIPS FOR HAVING FUN

Learning can be fun, whether it's about golf or a new subject at school. Here are three tips you can use to get more fun out of learning.

Be Patient

Stay calm while you wait and give yourself lots of chances to succeed.

Be Positive

Enjoy what you are doing regardless of the outcome.

Ask for Help

You can learn from others when you ask them to give you a hand.



When playing on the golf course, who can you Ask for Help? _____

What topics are you allowed to ask about? _____



When doing your schoolwork, who can you Ask for Help when you get stuck? _____

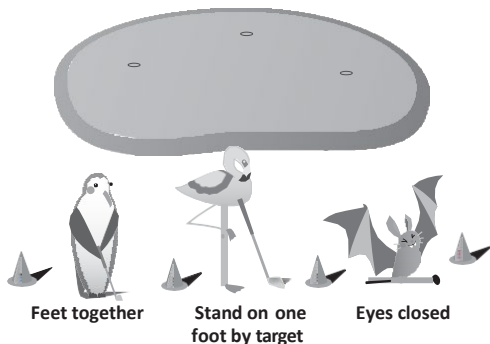
HAVING FUN WHILE YOU LEARN



Write the three tips for having fun while you learn. Use the three tips when keeping your balance in these games.

1. _____
2. _____
3. _____

PENGUIN, FLAMINGO, BAT CHIPPING HITTING STATIONS



Feet together

Stand on one
foot by target

Eyes closed

Hit chip shots to each target using the stance described for each animal. *How was your balance with each style? Which one required more patience? Which one was the easiest to be positive? Which one did you find yourself Asking for Help?*

Super Challenge: Play this game at the range with your full swing. *What happens to balance when your swing gets bigger?*

HAVING FUN WHILE YOU LEARN

WHO-DO-YOU-KNOW GAME?

How to PLAY: With a partner or team

You have a one minute timeframe. List all the people you could Ask for Help. *How many did your team discover?*



School

Who?

What I can ask them?

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<hr/>	<hr/>



Friends

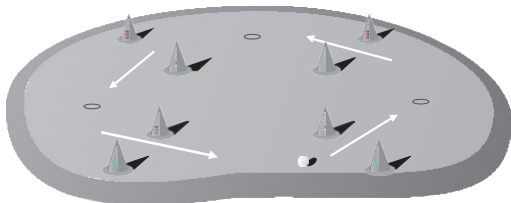
Who?

What I can ask them?

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HAVING FUN WHILE YOU LEARN

ASKING AND TRUSTING GAME



Supplies: putters, golf balls, blindfolds, tees or cones to mark starting spot

- Set up a putting challenge (3, 6 or 9-hole).
- Team up with another PLAYer.
- One PLAYer puts on the blindfold while the other person is the Helper.
- Round 1 the Helper can only place the ball in front of the putter face and can offer no other help.
- PLAYer hits three golf balls. *How close did you get to your target?*
- Round 2 the PLAYer is allowed have the Helper assist. For example: adjust aim, give information about distance, etc.
- Take turns being the PLAYer and Helper

Super Challenge: *How could you play this game as a pitch shot game?*



AWAY FROM THE FIRST TEE

LIFE SKILLS

I stayed PATIENT and POSITIVE at school when I: _____

Date and place I did this: _____

I used ASK FOR HELP at school when I: _____

Date and place I did this: _____

GOLF SKILLS

The part of my golf game I played or practiced outside class time was: _____

What I did: _____

Date and place I did this: _____

NINE HEALTHY HABITS

I used the Healthy Habit of _____ when I:

Date and place I did this: _____

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CORE LESSON #14

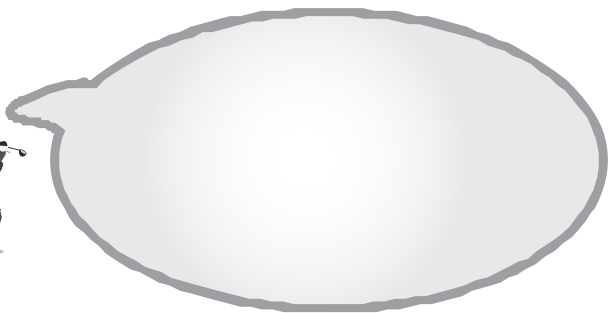
STAYING COOL

A PLAYER shows Staying Cool in his/her actions by:

1. Having good golf etiquette even when in a frustrating situation
2. Taking a practice swing and holding a balanced finish to either remember shots they like or delete shots they don't

What does keeping my cool look like to me?

(Write or draw in the space below.)



STAYING COOL

The 4Rs can help you stay cool and control yourself in anything you do; in golf, other sports, home or school.



Replay Think about what you did and what you wanted to do. *Do they match?* If they do, then take a second to enjoy what you did well and store it in your memory. If they don't, then go through the second, third and fourth Rs.



Relax Feel yourself taking a deep breath, with a slow exhale.



Ready Think about what you will do differently next time.



Redo Imagine yourself doing it better. You can also take a physical practice swing or stroke that matches what you imagine.

Reminder: You can use the 4Rs to remember what you are doing well!

STAYING COOL

PENALTY AREAS on and off the golf course.

Write or draw how you know something is challenging, frustrating or maybe even dangerous to you.

On the golf course (write or draw in, or by, the circle)



Off the golf course (write or draw in, or by, the circle)



MY PLAY AND PRACTICE NOTES

In the Rules of Golf, bunkers and penalty areas are defined areas of the golf course. To help prepare for these challenges and keep your cool while doing it, play this game:



Drop your ball in the deepest bunker available. Practice hitting your ball out. Explore the best way to get out and still keep your score as low as possible.

Key things that help me stay cool when my ball is in a bunker.

1. _____
2. _____

When hitting my ball from a bunker, I should remember to:

1. _____

2. _____

Name some rules and etiquette about the bunkers:

1. _____

2. _____

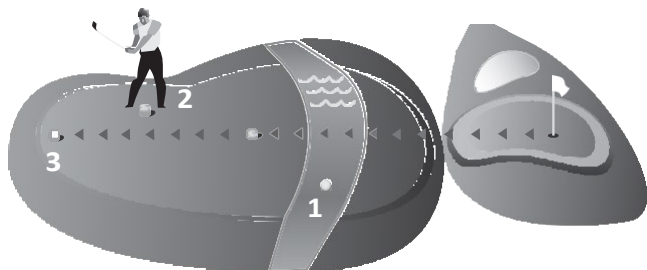
3. _____

PENALTY AREA – YELLOW STAKE OR LINE

When you hit your ball into a yellow penalty area, you have a decision to make. Here are four choices. Match the choices to the picture.

Choice 1: Play the ball from _____.

How many penalty strokes are added to your score if you choose this option? _____



Is there always water in a penalty area? _____

If not, why? _____

How many penalty strokes are added to your score if you use any of these choices? _____

Choice 2: Play a ball from _____
_____.

Choice 3: Play a ball so _____
_____.

What is the limit on how far back you can go? _____

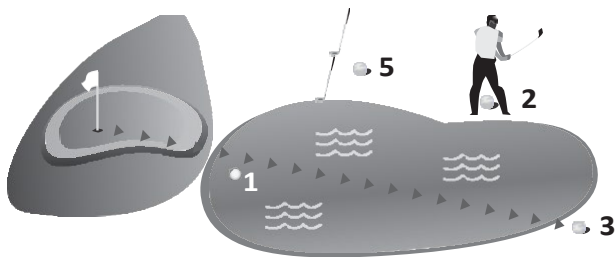
Choice 4: Drop Zone. Golf courses always sometimes never (circle one) have a spot on the other side of the penalty area where you can play your ball so you don't have to hit over the penalty area to get on the green. **Draw the drop zone area into the picture on the left.**



If there is a drop zone, where would you find it? _____

PENALTY AREA – RED STAKE OR LINE

When you hit your ball into a red penalty area, you have a decision to make. Here are five choices. Match choices to the picture.



Choice 1: Play the ball from _____.
How many penalty strokes are added to your score if you pick to play from Choice#1? _____

Choice 2: Play a ball from _____

Choice 3: Play a ball so _____
_____. *What is the limit on how far back you
can go?* _____

Choice 4: Drop Zone. Golf courses always sometimes never
(circle one) have a spot on the other side of the penalty area
where you can play your ball so you don't have to hit over the
penalty area to get on the green. **Draw the drop zone area into the
picture on the left.**

Choice 5: Play a ball within _____ club-lengths of
_____.

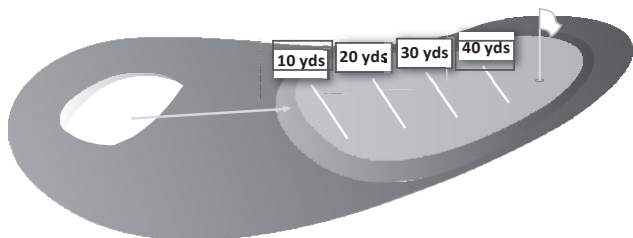


What does 'lateral' mean?

What choices have
1-stroke penalty added
to your score? _____

What choice has NO penalty
strokes added to your score?

STAYING COOL



FOOTBALL PITCHING – OUT OF BUNKER

Objective of game: PLAYers earn points for landing ball in desired zone.

Set-up: Create a hitting area with targets or gridlines set at 10–50 yards.

Name	Round 1	Round 2	Round 3	Total Score

Bunker Distance-response Tip: The length of the swing is usually longer than a pitch hit off the grass because you will hit/scoop the sand a few inches before the ball in order to throw or splash the ball out of the bunker.

Reminder: This game can be played out of a fairway or greenside bunker. Simply put the grid in the fairway or a smaller grid mapped out on the green.



AWAY FROM THE FIRST TEE

LIFE SKILLS

I kept my cool and use the 4Rs at school when I: _____

Date and place I did this: _____

GOLF SKILLS

The part of my golf game I played or practiced outside
classtime this week was: _____

What I did: _____

Date and place I did this: _____

NINE HEALTHY HABITS

I used the Healthy Habit of _____ when I: _____

Date and place I did this: _____

Parent/Guardian reviewed this page. Sign/Date



CORE LESSON #15

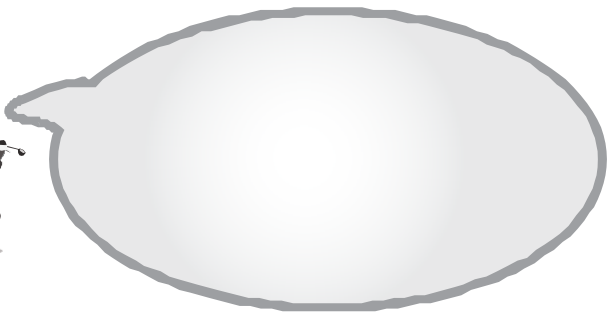
FINDING YOUR PERSONAL PAR

A PLAYER shows Personal Par in his/her actions by:

1. Setting his/her own par for each hole that may or may not match the scorecard and then keeping score
2. Practicing parts of his/her game in order to improve and get a lower overall score

What does personal par mean to me?

(Write or draw in the space below.)



FINDING YOUR PERSONAL PAR

Personal Par is a measure of how **YOU** usually perform in golf, at home or in school. When you practice or play, see if you can match or improve on your Personal Par.

PERSONAL PAR CARD – FUN

Instead of the number of strokes, use happy 😊 and sad 😞 faces to show how much fun you had on each hole within a round of golf.

Hole #	1	2	3	4	5	6	7	8	9
EXAMPLE Personal Par Card – Fun	😊	😊	😞	😊	😞	😊	😊	😞	😊

Hole #	1	2	3	4	5	6	7	8	9
MY Personal Par Card – Fun									

Hole #	1	2	3	4	5	6	7	8	9
MY Personal Par Card – Fun									

FINDING YOUR PERSONAL PAR

What does par mean on the golf course? _____

Most golf courses print on the scorecard and the tee sign the standard number of strokes it takes a professional or advanced PLAYER to get the ball in the hole. This is called par for that hole. Generally, shorter holes take 3 strokes. Longer ones take 4 or 5 strokes. Some golf courses also show the par for intermediate and beginner golfers.

Match the name to the score.

Ace	1 under (less than) par
Eagle	Standard or value
Birdie	1 over (more than) par
Par	In the hole with 1 swing
Bogey	2 over (more than) par
Double bogey	2 under (less than) par

FINDING YOUR PERSONAL PAR

WHAT IS YOUR PERSONAL PAR FOR GOLF?

Options to fill in the scorecard below:

9-hole putting challenge

9-hole short game challenge

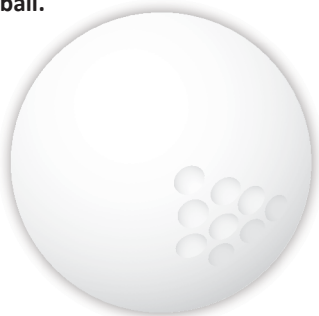
9-holes on the golf course

Hole #	Date	1	2	3	4	5	6	7	8	9
Par										
My Score										
Round 1										
Round 2										
Round 3										
My Personal Par										

Hole #	Date	1	2	3	4	5	6	7	8	9
Par										
My Score										
Round 1										
Round 2										
Round 3										
My Personal Par										

FINDING YOUR PERSONAL PAR

What is your Personal Par for these three Healthy Habits?
Write your answer in each golf ball.





AWAY FROM THE FIRST TEE

LIFE SKILLS

I used PERSONAL PAR at school when I: _____

Date and place I did this: _____

GOLF SKILLS

The part of my golf game I played or practiced outside class time this week was: _____

What I did: _____

Date and place I did this: _____

NINE HEALTHY HABITS

I used the Healthy Habit of _____ when I: _____

Date and place I did this: _____

Parent/Guardian reviewed this page. Sign/Date

PAR LEVEL
PLAY AND PRACTICE NOTES



MY PLAY AND PRACTICE NOTES

READY? Here's how to show that you understand and can do the Par Level skills (also called Certification).

General Requirement:	How You Know:	My Notes:
Attendance	Attend and participate in all six lessons multiple times	
Behavior	Show in actions (PLAYER initiated) the strategies associated with each Core Lesson reflective of the Par level life skills and Nine Healthy Habits	
Playing the course	<ul style="list-style-type: none">- Complete 9-hole round- Fast/safe/courteous- Score = 72 and under- Required distance = 1,500-1,900 yards	
Putting	<ul style="list-style-type: none">- Complete 9-hole course- Score = 27 and under	
Short Game	<ul style="list-style-type: none">- Complete 3-hole course- Score = 12 and under	
Full-Swing (greens and fairways)		
Written	Correctly answer the questions on each of the Life Skill and Golf Skill Knowledge assessments	

Note: Your chapter of The First Tee may have some other checkpoints (requirements) in addition to the ones listed above. Ask your coach what else you can do to keep improving and be ready for the Birdie Level!

MY PLAY AND PRACTICE NOTES

My notes on games or things I want to remember to do. (Write in golf ball below.)



Explore/GAME

RULES: Match Play/Stroke Play

Replay – Relax – Ready – Redo

Meeting & Greeting with A-L-R

Personal Par

Be Patient, Be Positive, Ask for Help

MY PLAY AND PRACTICE NOTES

My notes on games or things I want to remember to do. (Write in golf ball below.)



Energy

Play

Safety

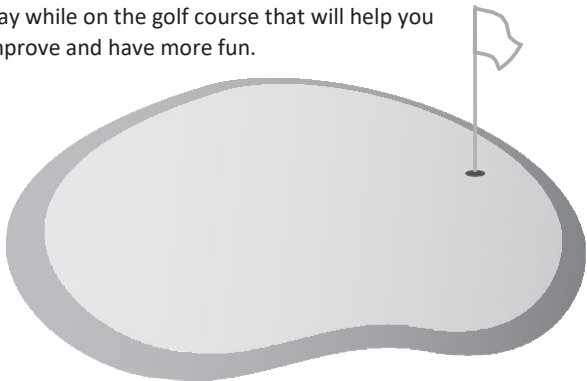
Family

Friends

School

MY PLAY AND PRACTICE NOTES

ON COURSE: Write or draw a game (on the green below) you can play while on the golf course that will help you improve and have more fun.



Playing the course Target 9-hole score = _____

Date: _____ Score: _____

Golf course name: _____

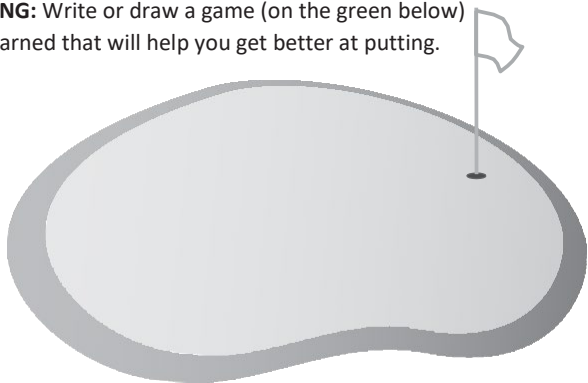
Three things I liked about the round: _____

One thing I want to improve: _____

How I can improve the item I wrote above? _____

MY PLAY AND PRACTICE NOTES

PUTTING: Write or draw a game (on the green below) you learned that will help you get better at putting.



9-hole putting challenge Target score = _____

Date: _____ Score: _____

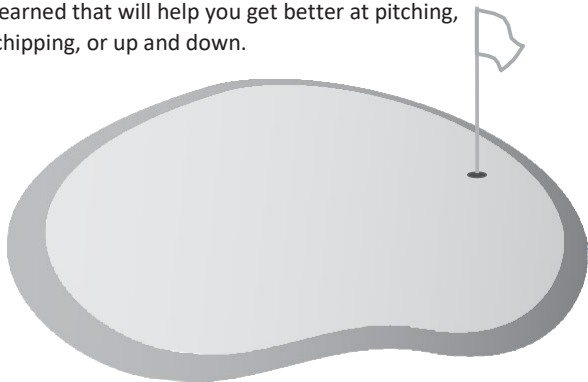
Three things I liked about my putting today: _____

One thing I want to improve: _____

How I can improve the item I wrote above? _____

MY PLAY AND PRACTICE NOTES

SHORT GAME – Write or draw any game (on the green below) you learned that will help you get better at pitching, chipping, or up and down.



3-hole short game challenge Target score = _____

Date: _____ Score: _____

Three things I liked about my short game today: _____

One thing I want to improve: _____

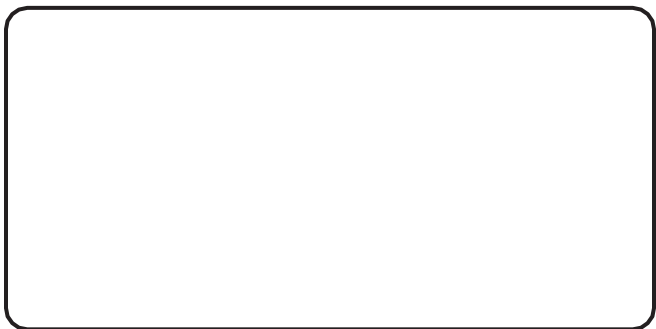
How I can improve the item I wrote above? _____

MY PLAY AND PRACTICE NOTES

BUNKERS – Write or draw any game you learned that will help you get better at your bunker shots.



FULL-SWING – Write or draw any game you learned that will help you get better at your full swing shots.



RULES OF GOLF AND ETIQUETTE – PAR LEVEL



Use a Rule Book or Review Sheet from your coach to look up the rules you learned so far.

Player Conduct 1.2 (Etiquette) and Pace of Play 5.6

Definitions

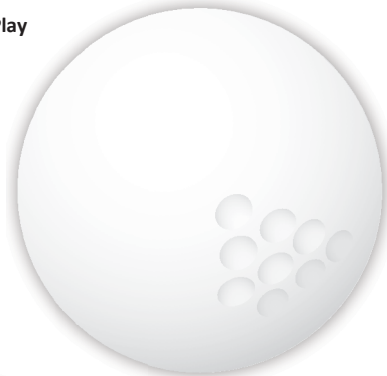
Rules

Fundamentals of the Game	3.1a, 3.2a, 4.1b
Playing the Round and a Hole	5.2, 5.3, 5.4, 6.3c, 6.4a, 6.4c
Playing the Ball	8.1, 9.4, 9.6, 10.1a, 10.1d,
Bunkers and Putting Greens	13.2a
Lifting and Returning a Ball to Play	14.1
Free Relief	15.1, 15.2, 16.1
Penalty Relief	19

RULES OF GOLF AND ETIQUETTE

Make any notes (in the golf balls) about match play and stroke play you have learned so far.

Match Play



Stroke Play



WORDS TO KNOW

Ace: A score in golf that is one stroke to get the ball in the hole. Also known as a hole-in-one.

Birdie: A score in golf that is one stroke less than par on a hole.

Bogey: A score in golf that is one stroke more than par on a hole.

Eagle: A score in golf that is two strokes less than par on a hole.

Par: The standard score a professional or advanced PLAYer would be expected to make on a hole.

Scorecard: A card provided by the golf course for PLAYers to keep track of their strokes. PLAYers also can track their Personal Par on this card.

Yardage book: A small map of a golf course and all the holes.

R&A: Royal and Ancient (Golf Club of St. Andrews)

USGA: United States Golf Association

Energy: Ability to move and be active; the physical and mental strength, or power, that allows one to function.

Play: Lively activity or exercise performed for fun, recreation and enjoyment; often spontaneous.

Safety: The action of being safe; doing things to minimize the occurrence of injury, danger or loss.

Family: Group of people (related or not); often held together by bonds of devotion and shared values and goals.

Friends: People who like, trust and support each other; often share common interests.

School: An institution or place for teaching and learning to occur. Success in school typically leads to success in other areas of life.

WORDS TO KNOW (CONT'D)

Aim and alignment: The way you line up your body and the club toward a target.

Approach shot: A shot that you play to get your ball onto the putting green.

Ball-Marker: A coin or small round disk that you use to show where to replace a ball that has been picked up on the green.

Ballmark: The little hollow spot that a ball leaves when it lands on the green. (You use a divot repair tool to fix the mark.)

Tee: A small peg put in the teeing area to hold up the golf ball for your first shot on a hole.

Caddie: A person who carries a PLAYER's bag and gives advice (when asked) about the golf course and how to play it.

Divot: A chunk of grass and dirt chopped out of the ground by the golf club during a swing. (*Put the divot back and tap it down.*)

Flagstick: A pole with a flag on it that is centered in the hole.

Format: Style of play. Specific game that is being played while on the golf course.

Short game: The part of golf played near or on the green, including putting, chipping and pitching.

Stance: The position of the feet and body when you are getting ready to hit the ball.

MY PLAY AND PRACTICE NOTES: CERTIFICATION

A large, empty rectangular box with a thin black border, occupying most of the page. It is intended for the user to write their play and practice notes.

CONGRATULATIONS ON COMPLETING THE PAR LEVEL!

This is to certify that

(Write your full name above)

has met the following requirements for the Par level of The First Tee Life Skills Experience:

- Successfully attended and participated in multiple classes for all core lessons
- Successfully showed the behaviors for the Par Core Lessons, The First Tee Nine Core Values and the Code of Conduct in his/her actions
- Successfully completed the playing requirement
- Successfully completed the putting requirement
- Successfully completed the short game requirement
- Successfully completed the written assessment of Par level life skills and Nine Healthy Habits
- Successfully completed the written assessment of the game of golf, etiquette and Rules of Golf

(PLAYer's Signature)

(Coach's Signature)

(Today's Date)



PLAYer's Name: _____

The First Tee of _____

My home course is: _____



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