

## Ages 5 - 6: Pre-K/Kindergarten

### Warm-Up Activity

Flexibility, mobility, agility, coordination, balance., speed training

### Character Objectives

5 Key Commitments

### Golf Skill & Fundamentals

Provides fun & safe environment that creates curiosity about golf with the focus on playing games; putting, chipping, pitching & full-swing

### Wrap Up

Guiding questions, review and reflection of lesson

### Expectations of Participant

Engaged in lesson plan

Respectful of coaches, peers & surroundings

### Assessment

Play a 6-hole putting course in a fast & safe manner

### Nine Core Values

Honesty Integrity Responsibility Respect  
 Courtesy Sportsmanship Judgment  
 Perseverance Confidence

## Ages 10-11: Older Elementary & Early Adolescence

### Examples of Badges to be Earned

Age 10 - Meeting and Greeting with A-L-R

Age 11 - Staying Cool

### Character Objectives & Warm-Up Activity

5 Key Commitments, Discovering inner strength, Digging deep when things get tough, Finding grit

### Golf Skill & Fundamentals

Body balance: balanced finish; putting, chipping, pitching, bunkers & full swing

### Wrap Up

Guiding questions, review and reflection of lesson

### Expectations of Participant

Minimum of 10-hours of practice per session

Maximum of two absences per session

Respectful of coaches, peers & surroundings

On Course Play

### Assessment

Complete a group assessment containing questions regarding game changing behaviors, golf fundamentals and golf skills.

Play a 9-hole putting course, max score: 27

Play a 3-hole chipping/putting course, max score: 12

## Ages 14+: High School Middle Adolescence

### Examples of Badges to be Earned

Age 14+ - Learning From Failure and Dealing with Adversity

### Character Objectives & Warm-Up Activity

5 Key Commitments, Developing resilience, Dealing with conflicts and making a positive impact, Overcome adversity

### Golf Skill & Fundamentals

Ball flight, trajectory and curvature; putting, chipping, pitching, bunkers & full swing

### Wrap Up

Guiding questions, review and reflection of lesson

### Expectations of Participant

Minimum of 21-hours of practice per session Maximum of two absences per session

Respectful of coaches, peers & surroundings

On Course Play

### Assessment

Participants will be expected to complete collaborative group assessment containing questions regarding game changing behaviors, golf fundamentals and golf skills.

Play a 9-hole putting course max score: 18-

Play a 6-hole chipping/putting course, max score: 18

Hit a minimum of 3 out of 6 shots onto green from 75-100 yards

## Ages 7 - 9: Early Elementary School

### Examples of Badges to be Earned

Age 7 - Welcome to First Tee: Let's Work Together

Age 8 - Making Good Choices

Age 9 - I Can be Responsible

### Character Objectives & Warm-Up Activity

5 Key Commitments, Respect other's perspectives, show kindness, consideration & care for others

### Golf Skill & Fundamentals

Distance response and size or length of motion, target awareness and selection; putting, chipping, pitching, bunkers & full swing

### Wrap Up

Guiding questions, review and reflection of lesson

### Expectations of Participant

Minimum of 9-hours of practice per session Maximum of two absences per session Respectful of coaches, peers & surroundings

On Course Play

### Assessment

Complete a group assessment containing questions regarding game changing behaviors, golf fundamentals and golf skills.

Play a 9-hole putting course in a fast & safe manner

### Five Key Commitments

Pursuing Goals  
 Collaborating with Others  
 Using Good Judgment

Growing through Challenge  
 Building Positive Self-Identity  
*I am a Game Changer*

## Ages 12-13: Middle School & Early Adolescence

### Examples of Badges to be Earned

Age 12 - Setting Goals: Process & Purpose

Age 13 - Respecting & Valuing Diversity

### Character Objectives & Warm-Up Activity

5 Key Commitments, process, and purpose of goal setting, embracing identity and building confidence

### Golf Skill & Fundamentals

clubface awareness; clubface direction at contact, centeredness of hit/ impact position; putting, chipping, pitching, bunkers & full swing

### Wrap Up

Guiding questions, review and reflection of lesson

### Expectations of Participant

Minimum of 14-hours of practice per session

Maximum of two absences per session

Respectful of coaches, peers & surroundings

On Course Play

### Assessment

Participants will be expected to complete collaborative group assessment containing questions regarding game changing behaviors, golf fundamentals and golf skills.

Play a 9-hole putting course max score: 23

Play a 6-hole chipping/putting course, max score: 21

Hit a minimum of 3 out of 6 shots onto green from 55-75 yards

We suggest that every participant complete badges for their age group on the First Tee App !

## Ages 14+: Ace Program

Ace is a capstone program for high school teens that integrates the skills and inner strengths they've developed at First Tee and points them toward exploring, investing in, and building a clear plan and assets for their next step.

### In this program participants will experience 4 hands-on projects:

- Project 1 | Golf for Life
- Project 2 | Give Back to the Community
- Project 3 | Plan for Life & Career Possibilities
- Project 4 | Explore Educational Opportunities

### While completing these projects participants will:

- Integrate their knowledge & skills into planning for their future
- Invest in their community
- Explore who they are and where they want to go next
- Investigate future paths (education & career)
- Craft their goals & create a game plan
- Build kickstart assets for their next step

### Ace Eligibility

To be considered as qualified for Ace, *it is required* that participants:

- *At least* 14 years old or entering high school;
- Minimum of 3 years in the First Tee program (do not need to be consecutive)
- Minimum of attendance at 2 sessions per year

