

## Five Key Commitments

Pursuing Goals | Growing through Challenge | Collaborating with Others | Building Positive Self-Identity | Using Good Judgment *I am a Game Changer*

Across all age groups, classes will consist of a warm-up activity, golf skill/life skill lesson and a wrap up which will include guiding questions and a review of the lesson. All participants will become familiar with our nine core values and the five key commitments to being a Game Changer.

### Examples of Skill 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
- Age 10 - Meeting and Greeting with A-L-R
- Age 11 - Staying Cool
- Age 12 - Setting Goals: Process & Purpose
- Age 13 - Respecting & Valuing Diversity Character
- Age 14+ - Learning from Failure and Dealing with Adversity

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

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

**Expectations of Participant** - Engaged in lesson plan. Respectful of coaches, peers & surroundings Assessment - Play a 6-hole putting course in a fast & safe manner

### Ages 7 - 9: Early Elementary School

**Character Objectives** - Participants get active and play golf with their peers, while learning to 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

**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** - Collaborative group assessment containing questions regarding game changing behaviors, golf fundamentals and golf skills; Play a 9-hole putting course in a fast & safe manner

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

**Character Objectives** - Participants will learn to discover their inner strength, dig deep and find grit, meet and greet with A-L-R, stay cool with the 2 Rs (Relax and Replay), and how to discover their Personal Par

**Golf Skill & Fundamentals** - Body balance: balanced finish; putting, chipping, pitching, bunkers & full swing

**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** - Collaborative 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 12-13: Middle School & Early Adolescence

**Character Objectives** - Participants focus on the process and purpose of goal setting, along with using S.T.A.R. (Stop. Think. Anticipate. Respond) to embrace identity and build confidence. Participants also learn to deal with adversity on and off the golf course with the 4 Rs (Relax, Replay, Ready, Redo)

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

**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** - 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

### Ages 14+: High School Middle Adolescence

**Character Objectives** - Participants work on developing resilience; dealing with conflicts and making a positive impact; overcoming adversity. Participants will work on dealing with conflicts using C.A.R.E. (Communicate, Actively Listen, Review Options, End with a win-win solution) and learning from failure using FAIL (First Attempt in Learning).

**Golf Skill & Fundamentals** - Ball flight, trajectory and curvature; putting, chipping, pitching, bunkers & full swing

**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** - 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 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

To supplement the First Tee experience, check out activities to earn digital badges in the First Tee App !