



## Progression & Expectation Guide

**Campuses & Affiliate Sites**  
City Parks Foundation  
Mosholu Golf Course  
Eisenhower Park  
Suffolk County  
Game on Golf Center  
Plainfield West Nine  
Hendricks Field  
Weequahic



[www.firstteemetny.org](http://www.firstteemetny.org)

### Additional Student Opportunities

#### Special Event Invitations

18 Hole & 9 Hole Playdays at various Private Clubs  
College Visits  
LPGA Girls Golf Events  
Indoor Simulator Visits  
Mentorship & Career Days

#### Job Opportunities

Caddie Opportunities  
Local Private Clubs  
First Tee Junior Coach

#### Scholarships Opportunities

Western Golf Association, Evans Foundation  
Westchester/ LI Caddie & Golfworks Scholarships  
LPGA Scholarships  
Lew Rudin Scholarship  
WMGA Scholarship  
NJSGA Scholarship  
METPGA Junior Tour  
Plainfield Country Club PTC Scholarship  
First Tee College Scholars Program

#### National Opportunities

PGA Tour Superstore Leadership Academy  
First Tee National Championship  
Game Changers Academy  
Participant Advisory Council  
Pure Insurance Championship  
Drive Your Future Academy  
Innovators Forum

Participants earn the opportunity to apply for these scholarships, special events & national opportunities through time spent in program, engagement level, golf skill progression, volunteering & dedication to First Tee.

### Path to College Program

This signature First Tee - Met New York program provides numerous educational opportunities designed to help our participants excel in their academics.

The program offers individual tutoring, SAT prep classes, high school and college consultations, academic workshops, and field trips. Ace Scholars and our Summer STEAM and Literacy programs are also part of the Path to College program.

## Commitment to Being a Game Changer

Every First Tee – Met New York Participant is asked to commit to Being a Game Changer



#### Pursuing Goals

I am excited to grow and learn.  
I am not afraid to fail.  
I am learning from both my achievements and setbacks.



#### Growing through Challenge

I am discovering my inner strength.  
I am developing resilience.  
I can dig deep when things get tough.



#### Collaborating with Others

I respect other perspectives, especially when they are different from mine.  
I show kindness, consideration, and care for others.  
I know that my attitude and how I treat others have an impact.



#### Building Positive Self-Identity

I am finding my self-confidence.  
I am discovering what I'm capable of.  
I feel safe be myself.



#### Using Good Judgement

I respect rules in golf and in life.  
I am honest with myself and with others.  
I have the courage to do what's right, even when it's hard.

I can change the game and change the world by simply being the best version of myself.

**I am a Game Changer**

### Nine Core Values

Honesty | Responsibility | Judgment  
Sportsmanship | Respect | Courtesy  
Perseverance | Confidence | Integrity

### Five Key Commitments

**Pursuing Goals**  
**Collaborating with Others**  
**Using Good Judgement**  
**Growing through Challenge**  
**Building Positive Self-Identity**

**I am a Game Changer**

### 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

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

### Ages 10–11: Older Elementary and 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 and 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 attendance of 2 sessions per year

