



Name: _____

Session: _____

Ages 12-13: Written Assessment

1. What are the 5 key commitments to being a game changer?

1. _____
2. _____
3. _____
4. _____
5. _____

2. Each week, write down how you used one of the 5 key commitments either at home, at school or at your First Tee class. (Ex. Week 1 – I collaborated with my siblings in setting and cleaning the table for a family meal.)

Week 1 _____

Week 2 _____

Week 3 _____

Week 4 _____

Week 5 _____

Week 6 _____

Week 7 _____

3. Show a coach during any class session how to repair a ball mark on the putting green. Repair any ball mark you find on any putting green you use during class.

4. What are the four guidelines for setting reachable goals?

1. _____
2. _____
3. _____
4. _____

5. Explain the difference between a dream and a goal.

6. What are your goals for golf over the next year? How about 5 years? What are your goals outside of golf?

7. What is the correct order for the "4 Rs"?

- A. Redo, Relax, Replay, Ready
- B. Rhinestone, Red pandas, Reachable, Restraint
- C. Relax, Replay, Ready, Redo

8. The "4 Rs" can be used as a "post shot routine" to help you stay cool. **True or False**

9. STAR stands for Stop, Think, Anticipate and Respond. Please explain each below.

STOP: _____

THINK: _____

ANTICIPATE: _____

RESPOND: _____

10. How can diversity be appreciated, celebrated, and respected at First Tee, at home or at school. How can this help us to collaborate better with others?

11. It is important to have people around us who will help us make good decisions and use good judgement. It is also important to be a person others can turn to for support and feedback. Who is a part of your go-to-team for different areas of your life?

Go to person name - Home:

Go to person name - School:

Go to person name - Golf/Sports:

12. What is a loose impediment?

13. What is a movable obstruction?

14. Lizzy accidentally putt her ball and hit an opponent's ball while on the putting green. What is the ruling?

- a. There is a penalty of two strokes on the opponent; the ball is played as it lies.
- b. There is a penalty of two strokes on Lizzy; the ball is played as it lies.
- c. There is no penalty; the ball is played as it lies.
- d. There is no penalty; Lizzy must re-hit.

15. What does it mean to take complete relief of an abnormal ground condition?

16. Develop a daily exercise routine and set a goal each week, write it down in the space below! (example: do 10 pushups, 10 sit-ups, and 20 jumping jacks first week and then gradually increase)

17. What is the maximum amount of time you can take to look for a lost ball?

- a. 1 minute
- b. 2 minutes
- c. 5 minutes
- d. 3 minutes

18. What is an unplayable lie? Who determines if a ball is unplayable? Can a play be deemed "unplayable" in a penalty area? Find in a rule book & demonstrate all your options.

19. Go to the driving range. Hit 10 shots and set a goal to accomplish (for example: "My goal is to land 5 balls on the 2nd green).

20. Make an up & down every week before or after class (from anywhere you chose).

21. Draw a golf hole below. Label these parts of the course: Putting Green, Bunker, Fairway, Rough, Tee Box, Penalty Area. *If possible, draw a replica of your favorite golf hole you have ever played or seen on television!!*

22. Before or after class, have a (putting or up & down) challenge match against a fellow first tee participant. Collaborate to decide on the format (best of 3,6,9, etc.) If you are unfamiliar with match play, ask a friend!

23. Complete a learning objective for your age each week in the First Tee Learning Management System online or on the app.

Need More Information About Our Life Skills?

Download the **First Tee App** to explore our **Five Key Commitments** and other Life Skills we teach.

Log in using your **registration email** with “.(child’s name)” added at the end, and the **same password** as your registration email.

Need help? Contact [alumpe@tftmny.org].