



Name: \_\_\_\_\_

Session: \_\_\_\_\_

**Ages 14-18: 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.

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6. What are your goals for golf over the next year? How about 5 years? What are your goals outside of golf? How do you plan to achieve these goals?

7. What is the definition of a "Go-To Team"?

- A. A group of people who refuse to help you achieve your goals
- B. A group of people you can go to for help and support in your life
- C. A group of your friends who are always getting in trouble

8. **True or False:** Your "Go-To Team" **must** consist of people who are much older than you.

9. What are some ways you can (and do) utilize your "Go-To Team" in your day-to-day life outside of First Tee?

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10. While it is important to have a supportive "Go-To Team", we should all strive to become a "Go-To person", someone that others can turn to for support and feedback. **True or False:** Being trustworthy and living with integrity makes you a prime candidate to be someone's "Go-To Person."

11. 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?

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12. Game Changers are ambitious people. With ambition can also come adversity and sometimes failure. What are some ways to a) deal with adversity and failure and b) learn from your failures?

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13. **True or False:** A loose impediment on the golf course CAN be moved prior to playing your shot.

14. **True or False:** A loose impediment is anything natural found on the golf course that is unattached to the ground or trees.

15. **True or False:** A movable obstruction is anything natural found on the golf course that is unattached to the ground or trees.

16. Give three examples of loose impediments or movable obstructions, and label each as one or the other:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

17. **True or False:** A player believes they may have lost their ball outside of a penalty area and declares a provisional ball off the tee. They then find their original ball after two minutes of searching and play their next shot. The player MUST take a two-stroke penalty because they hit a provisional ball off the tee.

18. Develop a daily 10-15 minute exercise routine. Set a weekly goal and gradually increase your goal each week. Write it down below!

19. What area of the game do you feel like you need the most improvement on? How do you plan to improve on this? What part of the game is your biggest strength?

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

- a. 5 minutes
- b. 3 minutes
- c. 10 minutes

21. Hit 21 shots & set a goal to accomplish (for example: "I need to hit every ball flight one time")

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

23. What are your options if your ball goes into a red penalty area? Be prepared to demonstrate every option to a coach any class session.

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24. Draw a golf hole below and label these parts of it: 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!!*

25. Set your own putting or chipping goal to accomplish before or after every class. See how many weeks you can complete. Write it here!

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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](mailto:alumpe@tftmny.org)].