



www.thefirsttee.org

The First Tee National Program:

Since 1997, **The First Tee** has introduced the game of golf and its inherent values to more than seven million young people. On golf courses, in elementary schools and on military installations, The First Tee has helped shape the lives of young people from all walks of life by teaching them values like integrity, respect and perseverance through the game of golf. In addition to learning fundamentals of the golf swing and the game, the character education and life skills programs offered help young people prepare for success in high school, college and life.

In 2009, The First Tee partnered with the U.S. Department of Defense to offer golf and life skills instruction to the children of servicemen and women. Through this partnership, The First Tee programs are offered to children of U.S. Armed Forces on 100 installations in the U.S. and 20 overseas.



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The First Tee Life Skill Experience

Through The First Tee Golf and Life Skills Experience, a curriculum for teaching character education through specific life skills, young people around the world discover how the skills essential to success on a golf course can help them flourish in life. These skills include, self-management, interpersonal communication, goal-setting, mentoring and effective conflict resolution. The Life Skills Experience sets The First Tee apart from many other junior golf programs and youth initiatives, and ultimately strives to instill in participants The First Tee Nine Core Values.

The First Tee Life Skills Experience™ is divided into five levels, starting with PLAYer for new participants ages 8 and up, progressing through Par, Birdie, Eagle and Ace.

As participants certify in both golf and life skills within each level, they progress to the next level of the program. Each level of the Life Skills Experience is seamlessly integrated with our golf skills programming.

<p>Tiny Tigers</p> <p>New participants Ages 5-7</p> <p>A level unique to our chapter designed help introduce Golf & our Life Skills curriculum at an earlier age.</p>	<p>PLAYer</p> <p>New participants Ages 8+</p> <p>Introduces playing the game of golf with special emphasis on The First Tee Code of Conduct & The Nine Core Values.</p>	<p>Par</p> <p>Must be PLAYer Certified</p> <p>(recommended minimum age 9)</p> <p>Focuses on interpersonal communications and self-management skills.</p>	<p>Birdie</p> <p>Must be Par Certified</p> <p>(recommended minimum age 11)</p> <p>Emphasizes goal setting.</p>	<p>Eagle</p> <p>Must be Birdie Certified</p> <p>(recommended minimum age 13)</p> <p>Emphasizes resilience skills, conflict resolution and planning for the future.</p>	<p>Ace</p> <p>Must be Eagle Certified</p> <p>Ace (required minimum age 14 or entering 9th grade)</p> <p>Once a young person has progressed through all program levels, he/she can become Ace-certified, focusing on setting goals for golf, career education, and giving back to the community.</p>
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Birdie level and above: eligible for National Opportunities

The First Tee Nine Core Values



The First Tee Nine Healthy Habits

Honesty

Golf is unique from other sports in that players regularly call penalties on themselves and report their own score.

Integrity

Golf is a game of etiquette and composure. Players are responsible for their actions and personal conduct on the golf course even at times when others may not be looking.

Sportsmanship

Players must know and abide by the rules of golf and be able to conduct themselves in a kind and respectful manner towards others even in a competitive game.

Respect

In golf it is important to show respect for oneself, playing partners, fellow competitors, the golf course, and for the honor and traditions of the game.

Confidence

Confidence plays a key role in the level of play that one achieves. Players can increase confidence in their abilities by being positive and focusing on something they are doing well regardless of the outcome.

Responsibility

Players are responsible for their actions on the golf course. It is up to them to keep score, repair divots, rake bunkers, repair ball marks on the green, and keep up with the pace of play.

Perseverance

To succeed in golf, players must continue through bad breaks and their own mistakes, while learning from past experiences.

Courtesy

A round of golf should begin and end with a handshake between fellow competitors. Players also should be still and quiet while others are preparing and performing a shot.

Judgment

Using good judgment is very important in golf. It comes into play when deciding on strategy, club selection, when to play safe and when to take a chance, the type of shot players consider executing, as well as making healthy choices on and off the golf course.

Physical Activity

Energy

It is important to understand and make healthy choices about when to eat, how much to eat, and the types of food and drinks to provide the body with the most useful energy.

Play

A variety of energizing play can help the body stay strong, lean and fit, and be fun in the process. Sleep and other forms of "re-charging" allow one to engage in play on a daily basis.

Safety

Physical safety includes playing in a safe environment and by the rules, protecting the body with proper equipment, warm-up and cool-down and wearing sun protection.

Emotional Health

Vision

In order to make the most of one's unique gifts—talents, characteristics and abilities— an individual needs to learn from the past, value the present, create their vision and future to ultimately "leave a footprint."

Mind

The mind is a powerful tool for health. One's mind influences his/her emotions and behaviors and can be utilized for self-improvement, building confidence and maintaining perspective.

Family

When family members participate in activities together – share meals, communicate and establish roles and responsibilities – they are more likely to be successful in achieving their health-related goals.

Social Health

Friends

Maintaining healthy relationships includes surrounding one's self with friends and supportive people, while effectively handling challenging situations, including bullying and navigating the digital age with social media.

School

Success in school - learning, building relationships and contributing to the school environment - leads to success in other areas of life.

Community

Like the health of one's body, it is important to also explore the health of one's community and discover how one can give back and care for its environment and safety.

The First Tee Code of Conduct

Respect for Myself

- I will dress neatly and wear golf or athletic shoes.
- I will always try my best when I play or practice.
- I will keep a positive attitude and catch myself doing something right regardless of the outcome.
- I will be physically active, eat well, get enough sleep, and be safe so I can stay healthy.
- I will be honest with myself, including when I keep score and if I break a rule.
- I will use proper etiquette and maintain my composure even when others may not be watching.

Respect for Others

- I will follow all instructions and safety rules.
- I will keep up with the pace of play on the golf course.
- I will be friendly, courteous and helpful.
- I will remain still and quiet while others are playing and have fun without being loud and rowdy.
- I will be a good sport toward others whether I win or lose.
- I will encourage others to be safe and physically active.

Respect for my Surroundings

- I will keep the golf course and practice areas clean and in as good or better shape than I found them.
- I will clean and take care of my and others' golf equipment.
- I will be careful not to damage anything that belongs to others.