



## **The First Tee Class Descriptions & Progression**

The First Tee program consists of five progressive class levels of golf and life skills formulated with the help of experts in the fields of positive youth development, sport psychology, education, and golf, and backed by extensive independent research. Each level builds on skills learned in the previous level. In addition to learning a sport that can be played throughout their lives, youth who complete the five levels of The First Tee Life Skills Experience will benefit by the acquisition of relevant interpersonal communication, self-management, goal-setting, and resilience skills, and have many leadership and education opportunities exclusive to The First Tee.

A maximum 1:8 coach to student ratio is maintained to optimize each student's experience. Within each class, students are divided into smaller groups based on current golf expertise and age with golf instruction tailored to each skill group. Life skills for each class level are not taught separately, but are seamlessly incorporated into the golf instruction. Written and practical assessments on both golf and life skills are given at the end of a class session to measure competency and readiness for the next class level. Repeated exposure to core lessons, especially with younger participants is expected. On average, youth 7-12 typically require 18-24 hours of class participation (usually 2-3 complete sessions) prior to being "certified" at their current level. We ask that if you are going to miss more than two classes within a session that you choose a different session of classes to attend.

Each class level has a specific curriculum of life skills, developmentally appropriate to specific age groups. As such, younger children in PLAY<sub>er</sub> or Par level classes, who may be accomplished golfers and who have demonstrated acquisition of their current class level life skills may need to continue participating at their current level, or specialty classes, clinics, camps, mixers and tournaments until they have reached required minimum age requirements for other class levels.

### **PLAY<sub>er</sub> – Ages 7-18; required for all youth new to The First Tee regardless of prior golf experience**

PLAY<sub>er</sub> emphasizes playing the game of golf with special emphasis on learning golf and The First Tee Code of Conduct, appreciating the rules and etiquette of the game, and developing your game in golf and in life. Approximately 70% of total class time is spent on-course or on a simulated course. Life skills in PLAY<sub>er</sub> level classes focus on interpersonal skills, self-management and resilience skills taught through The First Tee Nine Core Values™. **Within each PLAY<sub>er</sub> class, participants are broken into smaller groups based on age and ability.** For example, a 14-year-old player will not be paired with a 7 year old player.

**PLAY<sub>er</sub> I** – Encompasses lessons 1-4 of the PLAY<sub>er</sub> curriculum. PLAY<sub>er</sub> I is recommended prior to PLAY<sub>er</sub> II participation. Certification is not required to participate in PLAY<sub>er</sub> II classes.

**PLAY<sub>er</sub> II** – Encompasses lessons 5-9 of the PLAY<sub>er</sub> curriculum. Certification is conducted at the end of PLAY<sub>er</sub> II sessions.

**Teen Golf** – PLAY<sub>er</sub> level curriculum. Starting point for teens new to the program.

**Tournament Prep Golf** – Teens 13-18; Teens with advanced golf skills or competitive junior players will learn course management and practical application of USGA Rules of Golf.

*Ideal for NNJGA Level II junior who want to progress to Level III, High School player looking to improve their game, or for teens with intermediate or advanced golf skills who have never played competitively.*

Tournament Prep Golf offers the entire PLAYer curriculum over the course of six to eight weeks. 90% of class time is spent on-course providing more opportunity for course management instruction, practical rules application, and more advanced golf instruction. Students playing on their high school golf teams and/or competing in NNJGA events will find this class to be of great benefit. Certification is conducted at the end of the class. Most students will advance to Par level classes at the conclusion of a High School Golf Team Prep class session.

### **Par – Ages 9-18**

The Par level focuses on interpersonal and self-management skills in a more sophisticated manner than PLAYer. Further development of swing fundamentals and increased proficiency in putting and short game skills are also emphasized. Minimum golf skill requirements for certification are introduced. A requirement of Par level certification is to complete at least one 9-hole round of golf and provide a scorecard.

### **Birdie – Ages 11-18**

Birdie level curriculum has strong emphasis on self-management and goal-setting. Goal-setting includes the ability to plan for the future by defining and setting reachable goals, as well as devising plans to achieve goals and overcome challenges. Golf skill certification requirements are more stringent at the Birdie level and it is the first class level that has a minimum golf score requirement for certification.

### **Eagle – Ages 14-18**

While the emphasis in PLAYer, Par, and Birdie levels is on the individual, Eagle level classes focus more on group and community interaction. Topics such as conflict resolution, mentoring and educational planning, diet, fitness and lifestyle are included in Eagle level classes. In general, participants should take a minimum of two years at the Eagle level to successfully master golf and life skills required for certification.

### **Ace – Ages 15-18**

Offers advanced instruction and practices reinforcing life skills. Require completion of four projects. Contact our office directly to schedule.

## **SPECIALTY CLASSES**

### **Girls High School Golf Team Prep – Ages 13-18**

This program precedes the girls' high school golf season and is ideal for girls of all skill levels who are currently playing high school team golf or who hope to make their team as a newcomer. 50% of class time is spent on-course playing golf holes to improve course management and scoring, to build knowledge of practical rules application, and to manage mental aspects of the game. Golf instruction is provided by LPGA and PGA teaching professionals.

### **LPGA-USGA Girls Golf – Ages 10-18**

This program provides an opportunity for girls to learn to play golf, build lasting relationships, and experience competition in a fun, supportive environment, preparing them for a lifetime of enjoyment of the game. Golf instruction is specific to each girl's playing ability. Life skills curriculum is similar to Par level classes. A special LPGA-USGA membership kit is included.

### **Golf Camps – Ages 7-18**

Four-day Camps taught are activity-based and provide students with the opportunity to focus on improving their golf skills. Beginner Camps are offered for ages 7-18 and Intermediate/Advanced Camps are offered for ages 11-18.

### **Tiny Tees – Ages 5-6**

Once weekly classes designed to instill curiosity and enthusiasm for the game with age appropriate activities.

**Parent/ Child-** classes provide a relaxing atmosphere where parents can spend quality time with their children learning the game of golf.

### **GOLF CLINICS – Ages 7-18 – Open to All Participants of The First Tee**

Golf, like other sports and activities, requires additional practice and instruction outside of scheduled classes to achieve proficiency. Golf Skill Development Clinics provide low-cost opportunity for additional instruction and practice in the areas of full-swing, short-game skills, and putting and are open to all skill levels.

### **9-HOLE PLAY DAYS – Ages 9-18; (Minimum PLAYer Certified or Coach Permission)**

Junior 9-Hole Play Days are facilitated by coaches and volunteers of The First Tee to facilitate pace of play, ensure safety, and provide assistance with USGA Rules of Golf.

A requirement of Par level certification is to complete at least one 9-hole round of golf and provide a scorecard.

### **PROGRAM ORIENTATION**

To get the most out of The First Tee program, annual attendance at a Pre-Season Kick-Off meeting or New Member Orientation meeting is strongly encouraged.

### **Washoe Golf Course**

March 13	Tuesday	5:30-6:30
May 8	Tuesday	5:30-6:30
June 5	Tuesday	5:30-6:30
August 14	Tuesday	5:30-6:30