

# BIRDIE

## Summary of Learner Objectives

The Birdie level introduces the idea of looking toward the future and setting goals. PLAYers develop a solid understanding of their current circumstances and skill set, future dreams and aspirations, techniques to adapt to changing circumstances and overcome challenges which may impede their path to success, and how to create effective goal ladders for future success.

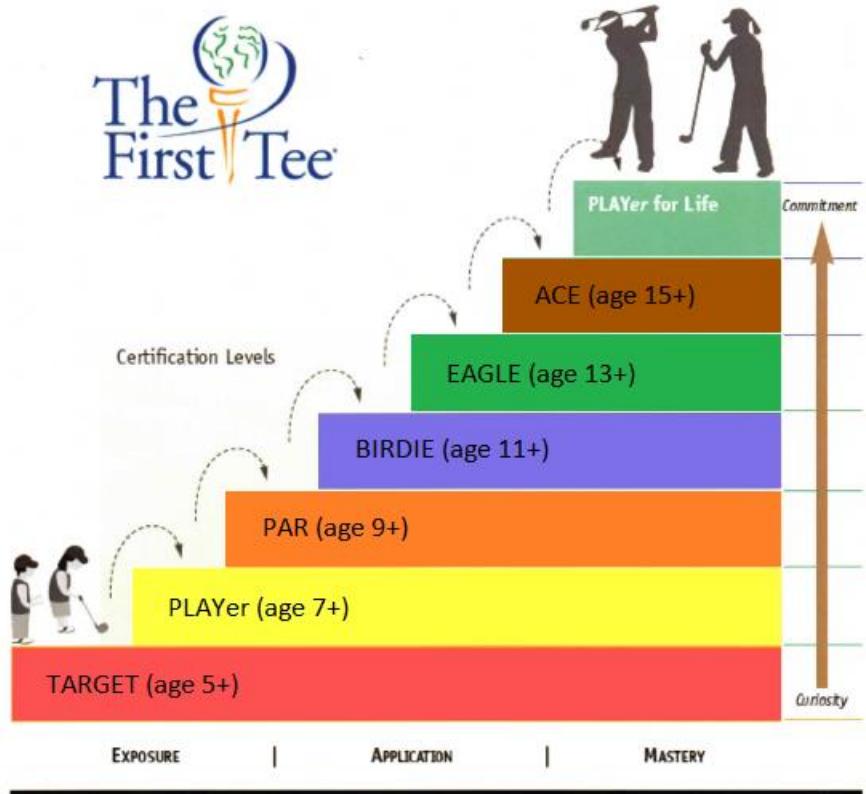
Level Certification Checklist			
Category	Target	Category	Target
Age	11+	Putting	21 (9h)
Attendance	75%	Up-and-In	21 (6h)
Homework	75%	Approach	3/6 (55yds)
Life Skill Test	80%	Driving	3/6 (100yds)
Golf Skill Test	80%	9h Score	45 (Par-3)
# Sessions	2-6	# Rounds	5 (9h)*
Core Lessons	16-21	Yardage Book	Complete

\*Includes (1) round in a chapter event (e.g., Week 9 Championship).

## Core Lesson Outline

1	<b>#16 – Dreams and Goals</b>  <i>Having thoughts or feelings about what you want to accomplish in golf and life begins with a dream.</i>
	<b>#17 – Setting Goals that are Positive and Important to You</b>  <i>Goals are more reachable when stated positively, or based on what you WANT to happen, instead of what you don't or what you want to avoid. Secondly, when a goal is important to YOU, you will work harder to reach it and will feel more proud when you do.</i>
2	<b>#18 – Setting Goals that are Specific and Under your Control</b>  <i>A goal that is specific says exactly what you want to accomplish which allows you to be able to measure it and know when you have reached it. Secondly, reaching a goal depends on what you can and will do (under your control), and not on luck or what somebody else does.</i>
	<b>#19 – Setting Different Types of Goals</b>  <i>The three types of goals are: 1) <b>outcome</b> goals: the end product or result, 2) <b>process</b> goals: focus on improving skills, techniques, behaviors, healthy habits and playing strategies for more favorable outcomes, and 3) <b>performance</b> goals: identifying personal bests and standards of improvement based on practice and achieving process goals.</i>
3	<b>#20 – Getting to your Goal (Goal Ladders)</b>  <i>To reach your goal, you need a plan, known as a goal ladder. You climb each step one at a time; the first is the easiest, and they get progressively more difficult as you go, but you can also see your progress and how far you've come.</i>
	<b>#21 – Dealing with Challenges (S.T.A.R.)</b>  <i>A challenge is something that makes it harder for you to reach your goal. You are likely to face challenges as you work on the steps in your goal ladder. When you do, use this technique to make your best decisions: 1) <b>Stop</b> and take a deep breath, 2) <b>Think</b> of all your choices, 3) <b>Anticipate</b> what could happen (good or bad) as a result of each choice, and 4) <b>Respond</b> by selecting the best choice of what to do.</i>

# Level Progression Outline



Level	Primary Course Played During Class Time	Life Skill Focus
<b>TARGET</b>	Par-3 Course <i>Modified Distances</i>	Enjoy Yourself in Golf, Rules and Formats, and Game Play
<b>PLAYer</b>	Par-3 Course <i>Modified Distances</i>	Nine Core Values and Interpersonal Skills
<b>PAR</b>	Par-3 Course <i>Standard Distances</i>	Self-Management, Self-Assessment, and Personal Par
<b>BIRDIE</b>	Par-3 Course <i>Some Regulation Course</i>	Goal-Setting, Dreams & Goals and Dealing with Challenges
<b>EAGLE</b>	Regulation Course	Planning for the Future, Building a Go-To Team, Staying Well for Life
<b>ACE</b>	Regulation Course	Career Planning, Interview Skills, and Community Service

# CERTIFICATION GUIDELINES

## 2017

Category	Description	PLAYer	Par	Birdie	Eagle	Ace
Age Guideline	Required Minimum	7	9	11	13	15
	<i>Eligibility is determined by the season following a participant's birthday, and given the completion of the following certifications.</i>					
Core Lesson Mastery	Sessions Per Level	2-6	2-6	2-6	2-6	2-6
	Class Attendance	75%	75%	75%	75%	75%
	Homework/Assignments	75%	75%	75%	75%	75%
<i>These are recommended averages per season to achieve optimal exposure to and practice with each core lesson.</i>						
Written Tests	Golf Knowledge	8/10	12/15	16/20	20/25	Custom
	Life Skills Knowledge	10/12	15/18	20/24	25/30	Custom
Short Game	Putting Course (10-30 ft)	27 (9h)	23 (9h)	21 (9h)	18 (9h)	15 (9h)
	Up-and-in Course (2-20 yd)	18 (3h)	12 (3h)	21 (6h)	27 (9h)	23 (9h)
Full Swings	Approach Shots	10+ yd	25+ yd	55+ yd	80+ yd	100+ yd
	Driving/ Tee Shots	25+ yd	50+ yd	100+ yd	160+ yd	200+ yd
	<i>From this distance, players must achieve a score of 50% (ball comes to rest on green/fairway).</i>					
Course Play (9h)	Minimum # Complete Rounds	2	2	5	10	10*
	<i>Must include at least one tournament and one non-tournament round at each level (scoring guidelines below). Must be stroke play format and outside of regular class session (Week 8 does not qualify). *Ace rounds must include 10 different golf courses.</i>					
	Target Score	63	54	45	108	92
		<i>9h - Par-3 Course (recommended 1,500+yd)</i>			<i>18h - Regulation Course (5,000+yd)</i>	
Other	Completion of Yardage Book	PLAYer (white)	Par (orange)	Birdie (blue)	Eagle (green)	Ace

### NOTES:

- Certification guidelines are designed and administered by The First Tee, World Golf Foundation and the governing bodies of golf to provide reasonable goals and structure for each level in the program.
- There is no certification process for the **Target** level; the Life Skills Experience (LSE) officially begins at PLAYer.
- In order to advance to the next level, a player must: 1) be age eligible (no exceptions), and 2) be fully certified (all items complete). Exceptions can be made to allow players to progress to the next level, but their record will need to reflect outstanding performance in one or more other categories. *No exceptions are made for the age requirements listed above.*