

# EAGLE

## Summary of Learner Objectives

Eagle builds on the PLAYer, Par, and Birdie levels and emphasizes resilience skills, conflict resolution, leadership, and planning for the future. PLAYers explore the value of building and utilizing one's resources, giving back to the community, and developing healthy habits for life.

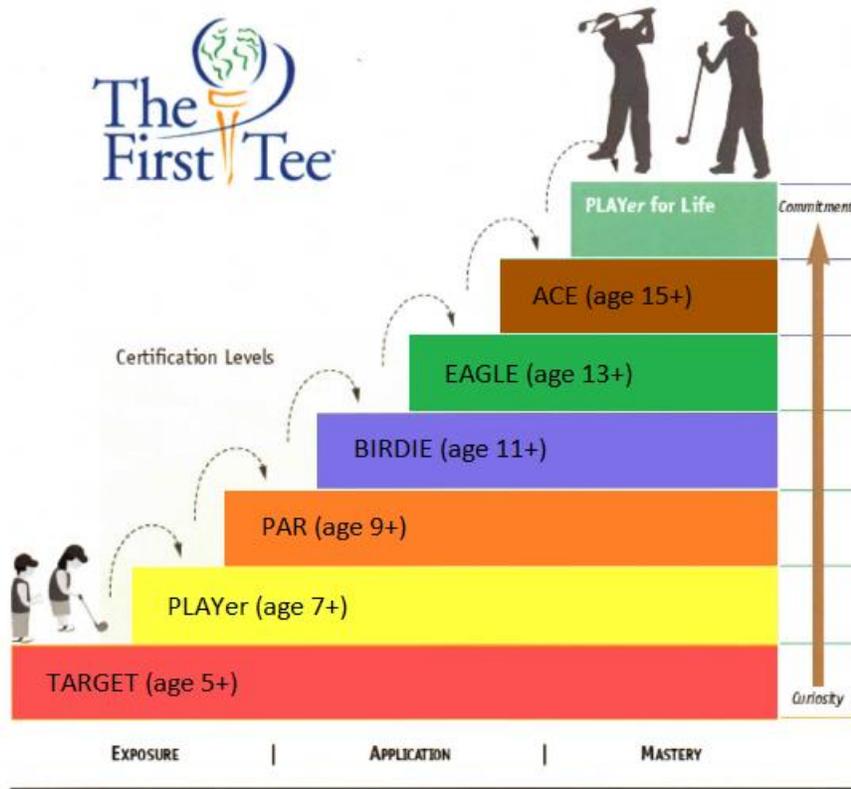
Level Certification Checklist			
Category	Target	Category	Target
Age	13+	Putting	18 (9h)
Attendance	75%	Up-and-In	27 (9h)
Homework	75%	Approach	3/6 (80yds)
Life Skill Test	80%	Driving	3/6 (160yds)
Golf Skill Test	80%	9h Score	108 (18h)
# Sessions	3-6	# Rounds	10 (18h)*
Core Lessons	22-27	Yardage Book	Complete

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

## Core Lesson Outline

1	<p><b>#22 – Stay Well for Life</b></p> <p><i>Wellness involves three categories: 1) your <b>body</b> is physically healthy and fit, 2) your <b>mind</b> is sharp and you have a positive attitude and outlook, and 3) <b>heart</b>: you maintain a healthy social life, you respect yourself and look for ways to contribute to the health of others.</i></p>
	<p><b>#23 – Building a Go-to Team</b></p> <p><i>In pursuing goals and dealing with challenges, we all need the support of other people, both on and off the course. When selecting a Go-to Team, you should select team members who have some expertise in the area in which you need assistance.</i></p>
2	<p><b>#24 – Appreciating Diversity</b></p> <p><i>It is essential to the well-being of our society that we all learn to respect and value diversity among individuals while on the golf course, in school, and throughout our daily lives. Teams or groups usually benefit from the varying strengths of the team &amp; group members.</i></p>
	<p><b>#25 – Dealing with Conflicts</b></p> <p><i>When faced with a conflict, defined as a situation in which there are differences of opinion or opposing interests, needs, or demands, use the following technique to find a solution that benefits both sides: 1) <b>Communicate</b> and gain an understanding, 2) <b>Actively listen</b> and be open to the other person's opinion, 3) <b>Review</b> options, and 4) <b>End</b> with a win-win solution.</i></p>
3	<p><b>#26 – Be a Go-to Person</b></p> <p><i>Being a Go-to Person is a life skill strategy we can develop, which enables us to not only help others, but also volunteer our time and talents in our communities. A Go-to Person respects other people, is a good listener, is able to sympathize with others' feelings, helps other look for solutions, and seeks to understand the problem or challenge.</i></p>
	<p><b>#27 – Planning for the Future</b></p> <p><i>If you haven't already, it is time to start planning for your future. If you have, the following activities will enable you to further explore and plan. This process will include three phases: 1) self-exploration, 2) academic and career exploration, and 3) implementation.</i></p>

# 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
<b>Age Guideline</b>	<i>Required Minimum</i>	<b>7</b>	<b>9</b>	<b>11</b>	<b>13</b>	<b>15</b>
	<i>Eligibility is determined by the season following a participant's birthday, and given the completion of the following certifications.</i>					
<b>Core Lesson Mastery</b>	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>					
<b>Written Tests</b>	Golf Knowledge	8/10	12/15	16/20	20/25	Custom
	Life Skills Knowledge	10/12	15/18	20/24	25/30	Custom
<b>Short Game</b>	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)
<b>Full Swings</b>	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>					
<b>Course Play (9h)</b>	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>	
<b>Other</b>	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.*