

Teen & High School

Summary of Learner Objectives

The Teen and High school level is designed for new and experienced golfers, with the goal of developing a set of golf and life skills that will benefit young people in their teenage years, particularly goal-setting techniques and interpersonal communication. Curriculum includes etiquette, rules, and course play strategy, which helps players prepare and succeed on their high school golf team and in competition. Advanced players will be encouraged to pursue Birdie certification and Eagle status.

| Level Certification Checklist | | | |
|-------------------------------|--------|--------------|--------------|
| Category | Target | Category | Target |
| Age | 12+ | 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 | 3-6 | # 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

Blended curriculum: PLAYer, Par & Birdie

#16-19 – Dreams and Goals

Having thoughts or feelings about what you want to accomplish in golf and life begins with a dream. 4 components of goal-setting: 1) goals are stated positively, 2) your goals important to you, 3) goals are specific & under your control, and 4) consider which type of goal you are setting: outcome, process, or performance.

#15 - Finding your Personal Par

Introduction to goal-setting techniques begins with an understanding of one's current performance level. Golf course "par", which is defined as the expected score of an expert player, may be a reasonable goal in the future, but what is your Personal Par? This concept can apply to any aspect of golf or life, so players can begin to quantify and measure different categories.

#1 & 11 – Respect & Respecting the Rules

To be kind and nice in one's actions. A PLAYer learns and makes a commitment to the Code of Conduct, which includes respect for: 1) yourself, 2) others, and 3) your surroundings. A PLAYer learns and respects the Rules of Golf while playing different formats, such as stroke and match play, and also by playing safe and fair in practice areas on the course.

#21 – Dealing with Challenges (S.T.A.R.)

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) **Stop** and take a deep breath, 2) **Think** of all your choices, 3) **Anticipate** what could happen (good or bad) as a result of each choice, and 4) **Respond** by selecting the best choice of what to do.

#20 – Getting to your Goal (Goal Ladders)

To reach your goal, you need a plan, known as a goal ladder. You climb each step one 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.

#13 – Having Fun While You Learn (P.P.A.)

P.P.A.: Golf is a rewarding, but challenging game, so remember to use the three tips for having fun while you learn: 1) be **Patient**, 2) be **Positive**, and 3) **Ask** questions or for help from your coaches. Maintain a good attitude, no matter what happens.

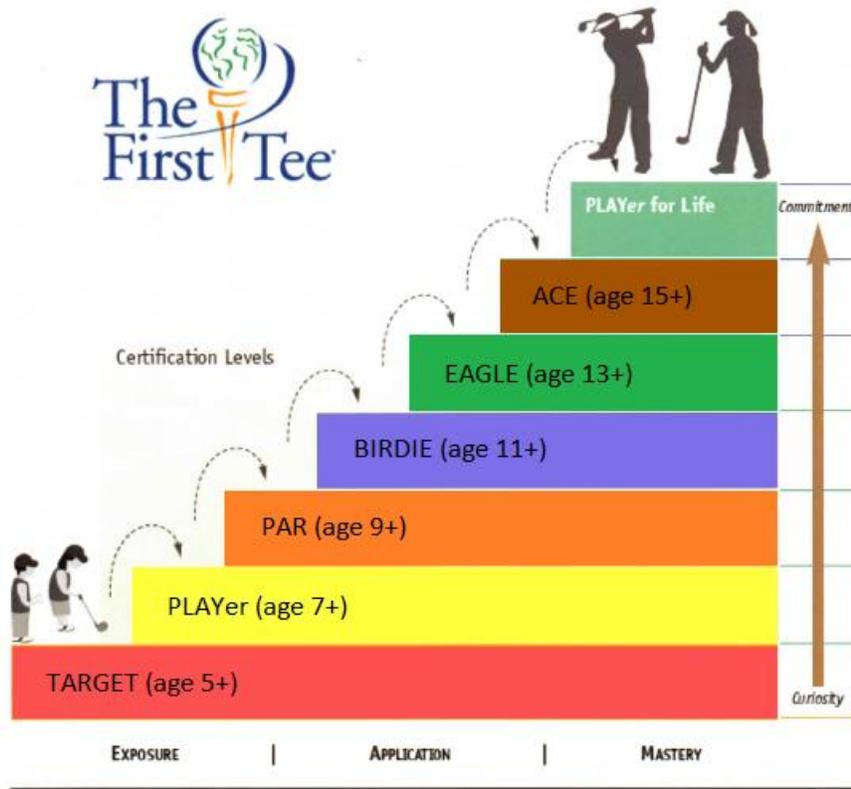
#6 – Confidence

A feeling of "I can do it!" PLAYers can increase confidence in their skills every time they play by being positive and focusing on something they are doing well, no matter the outcome.

#9 – Integrity

Knowing the difference between right and wrong; being responsible for your actions and doing the right thing even when no one is looking. Golf is a game of etiquette (manners) and composure (keeping your cool).

Level Progression Outline



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

CERTIFICATION GUIDELINES

2016

| Category | Description | PLAYer | Par | Birdie | Eagle | Ace |
|----------------------------|---|---|--------------|---------------|---|-----------|
| Age Guideline | <i>Required Minimum</i> | 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.*