



The First Tee Quad Cities Parent Mini-Handbook

GOOD GOLFERS – BETTER PEOPLE

Our Mission Statement - *To impact the lives of young people by providing educational programs that build character, instill life-enhancing values and promote healthy choices through the game of golf.*

About The First Tee – The First Tee was created to introduce young people of all backgrounds to the game of golf and its inherent values. Through The First Tee Life Skills Experience (a curriculum for teaching character education through golf) young people discover how skills essential to success on a golf course can help them flourish in life.

Our Golf Clinics seamlessly integrate golf skills, life skills, and healthy choices into each lesson. Participants will learn interpersonal skills, self-management, goal setting, and resilience skills as they work on putting, chipping, pitching, full swing, and on course play while progressing through the levels of our program. Each clinic will cover one or more of the First Tee Nine Healthy Habits and Nine Core Values that will help our students become good golfers and better people.

Nine Healthy Habits

Physical: Energy, Play, Safety

Emotional: Vision, Mind, Family

Social: Friends, School, Community

Nine Core Values

Honesty, Integrity, Sportsmanship, Respect, Confidence, Responsibility, Perseverance, Courtesy, Judgement

First Tee Certification – To enhance consistency within the levels of our program, participants are required to pass certification assessments (both written and playing) at the end of each session to move to the next level. This helps us keep participants in groups that have similar golf skills and knowledge. The First Tee Certification process also ensures every participant that certifies at PLAYer, Par, Birdie, or Eagle levels has acquired a designated level of golf and life skills proficiency. More specifically, PLAYers should be able to: (a) Understand and demonstrate life skills; (b) Display a progression of golf skills; and (c) Appreciate the importance of etiquette, The First Tee Code of Conduct, and the Rules of Golf.

Yardage Books – Participants will be issued Yardage Books to complete as they progress through each session. It is every PLAYers responsibility to care for their Yardage Book and to bring it to each class. One Yardage Book will be issued to each participant free of charge, additional books are available for a small fee.

Levels of The First Tee's LIFE SKILLS EXPERIENCE

PLAYer Level (minimum age 6) Participants will learn The First Tee's 9 Core Values, 9 Healthy Habits, Basic Golf Fundamentals, and Rules of the Game.

Par Level (minimum age 9) Participants will learn The First Tee's Core Lessons with golf skills focusing on Balance, Rhythm, Contact, and "Playing".

Birdie Level (minimum age 11) Participants will learn The First Tee's Core Lessons with golf skills focusing on Routine, Flight, and "Playing."

Eagle Level (minimum age 13) Participants will learn The First Tee's Core Lessons with focus on Assessment, Refinement, and Development of Golf Skills.