



parents' guide







MORE THAN A GOLF PROGRAM

At First Tee, we believe all kids and teens should have adult mentors who help them grow socially, emotionally and academically. Our golf and character education programs provide a fun, active environment to teach your child how to manage emotions, resolve conflicts, communicate, set goals and much more! Your child will gain this experience – all while learning the fundamentals of golf.

MORE THAN A GAME

FIRST TEE

Golf is a perfect platform for helping young people develop strong character. Players experience the highs and lows of the game and learn how to relate this to everyday experiences in life. Through mentorship and support, kids and teens will learn values and skills to help make them successful.

WHY FIRST TEE?

Youth involved in our programs are more likely to be engaged in school and feel more comfortable around peers.*



School was unanimously identified as a setting in which participants transferred life skills



73% reported high confidence in their ability to do well academically



82% felt more confident in their social skills within peer settings

*Source: "Longitudinal Effects of First Tee Life Skills Programs on Positive Youth Development" study led by University of Minnesota's Maureen R. Weiss, Ph.D.; Study highlights are after three consecutive years of participation in First Tee.



THE LIFE SKILLS EXPERIENCE

Experts in the field of positive youth development through sport created First Tee curriculum which is presented by trained coaches.

A LASTING IMPACT

FIRST TEE

Teens

87% Feel they have an improved sense of empowerment

84%

- Say the program helps them be a better student
- Feel like their coaches care, understand and inspire them
- Credit coaches for introducing them to new people and opportunities

81%

Say the program contributed to their personal transformation

Alumni

87%

- Refer to their coaches as mentors
- Say the coaches care, understand and inspire them
- Credit coaches for introducing them to new people and opportunities

85%

Say the program helped them be a better student

*Source: "A Lasting Impact: First Tee's Role in Fostering Positive Youth Development,"
2015, Springfield College Center for Youth Development and Research

THE PROGRAM

FIRST TEE

Youth (ages 4-18) progress in the program by moving through levels that introduce new and more advanced concepts of golf and life skills.

1 Pee Wee Putters, PLAYer & Teens on the Tee

The basics and introduction to our 9 core values in age appropriate curriculums.

2 PAR

Focuses on interpersonal communication and self-management skills

3 BIRDIE

Introduces goal-setting and strategies to reach personal goals

4 EAGLE

Emphasizes resilience skills, conflict resolution and planning for the future

5 ACE

The highest program level of First Tee – focuses on setting goals for golf, career and education, and giving back to the community





OUR COACHES

Young people do not care what a coach knows until they know a coach cares. We believe positive youth development happens through a meaningful, quality relationship between the coach and participant.

Our coaches are equipped to create positive relationships that inspire young people to discover their individual potential.

BEYOND THE COURSE

IN SCHOOL & AFTER SCHOOL



First Tee National School Program

First Tee National School Program has been introduced to more than 9,000 elementary schools in 1,400 school districts across the country.

Delivered by trained physical educators in schools nationwide, this program introduces golf along with values and life lessons to students in a physical education setting.

First Tee DRIVE Program

First Tee DRIVE is an engaging after-school program for kids and teens, providing an interactive approach to help introduce golf and life skills in a fun environment.

Since 2012, First Tee DRIVE has grown to more than 1,200 locations including the Ys, Boys & Girls Clubs and other youth-serving organizations.



COLLEGE SCHOLARSHIPS

First Tee encourages young people to pursue their dreams and advance their education. For many students, a college education is not possible without financial assistance. Since 2003, First Tee has provided more than \$10.6 million in scholarships to help fund participants' education.

OPPORTUNITIES

PARTICIPANTS & ALUMNI



National Participant Opportunities

Teenagers who advance in First Tee have the opportunity to participate in national leadership events. Thanks to corporate partners and generous donors, these events often become life-changing experiences for participants to expand their horizons, meet new people and learn more about themselves. Parents should inquire with their chapter about applying for these opportunities.



Alumni Network

There is no cost to become a member of the First Tee Alumni Network, which offers additional career and networking opportunities exclusively to past participants, regardless of the certification level completed. Alumni can join the program, search current career opportunities and connect via LinkedIn.

LIFE LESSONS

NINE CORE VALUES

Integrity

Maintain composure and etiquette even when you think others are not watching

Sportsmanship

Treat others kindly whether you win or lose

Respect

Follow instructions and safety rules

Courtesy

Remaining still and quiet while others are playing

Judgment

Make healthy choices at the golf course, such as be physically active, drink water and eat healthy snacks

Responsibility

Take care of the practice areas and course by repairing ball marks, replacing divots, raking bunkers, etc.

Confidence

Identify something you are doing well regardless of the outcome

Honesty

Call a penalty on yourself if you break a rule

Perseverance

Try your best regardless of how you play



COMMON QUESTIONS

FIRST TEE

Who can play?

First Tee offers group lessons to all youth ages 4-18, regardless of background or previous experience. All we ask is that kids and teens come with an open mind and positive attitude.

How many locations near me?

We offer programs at many locations at the Jersey Shore.

What about golf equipment?

Chapters provide access to clubs and balls. No need for specific golf attire.

What if my child has never picked up a golf club before?

Our coaches are trained in positive youth development. They are experts in making kids and teens feel comfortable and assure they have a positive, non-intimidating experience.

Kids and teens building character – really?

Each lesson is designed to foster golf skills as well as help youth understand and ultimately develop First Tee Nine Core Values. And, research proves it works.



How do kids progress?

Participants move through levels over time that introduce new and more advanced concepts of golf and life skills that build character on and off the course.

Is there competition and physical activity?

Absolutely! Kids and teens can burn up to 800 calories walking 9 holes of golf and coaches make lessons competitive while having fun.

Financial concerns?

No worries – we offer reduced fee programming and even full scholarships for those with financial need.



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