



LIFE SKILLS EXPERIENCE

The First Tee Life Skills Experience is one of the unique features that differentiates The First Tee from many other successful junior golf programs.

These lessons for life are taught through a variety of golf-related activities designed with the primary goal of having fun. Participants learn about themselves and others through a range of experiences enhancing their golf skills as well as their fundamental values for life.

There are a total of 5 levels of progression within the Life Skills curriculum. In order to progress from level to level there is a certification process that tests both the participant's aptitude in golf skills and life skills.

LIFE SKILL LEVELS

TARGET

Target is the most basic Life Skill (LS) level and introduces beginners to the game of golf. All new groups begin at Target. There is no certification process to advance from Target to Par, and no prior golf experience is necessary.

PLAYer

PLAYer introduces how to play the game of golf with special emphasis on learning golf and The First Tee Code of Conduct, appreciating the rules and etiquette of the game, and developing your game in golf and life.

PAR

All Par students must be PLAYer certified. No prior golf experience is necessary. Students work on their swing, grip, and stance as well as learn how to introduce themselves, the meaning of respect, and finding their "personal par". Certification in Par is required to advance to Birdie.

BIRDIE

All Birdie students must be Par certified. Birdie focuses on goal setting and how to go about achieving both long term and short term goals. Golf skills include: course management, etiquette, and advanced swing/putting skills. Certification in Birdie is required to advance to Eagle.

EAGLE

All Eagle students must be Birdie certified. Eagle focuses on wellness and health for the mind and body as well as conflict resolution, diversity, and explores careers in the golf industry. Golf skills include: playing competitively, effective practice strategies, how to self-correct, and accuracy.

ACE

All Ace participants must be Eagle certified. Ace focuses on personal planning, reinforces interpersonal communication, self-management, goal setting, self-coaching, and resistance skills. Ace encourages volunteerism and the pursuit of higher education. All while providing the student the support structure to flourish and excel in their lives after high school not only in golf but academically and socially as well.

For more information go to:

[The First Tee](#)

[NYC/Westchester First Tee Programs](#)