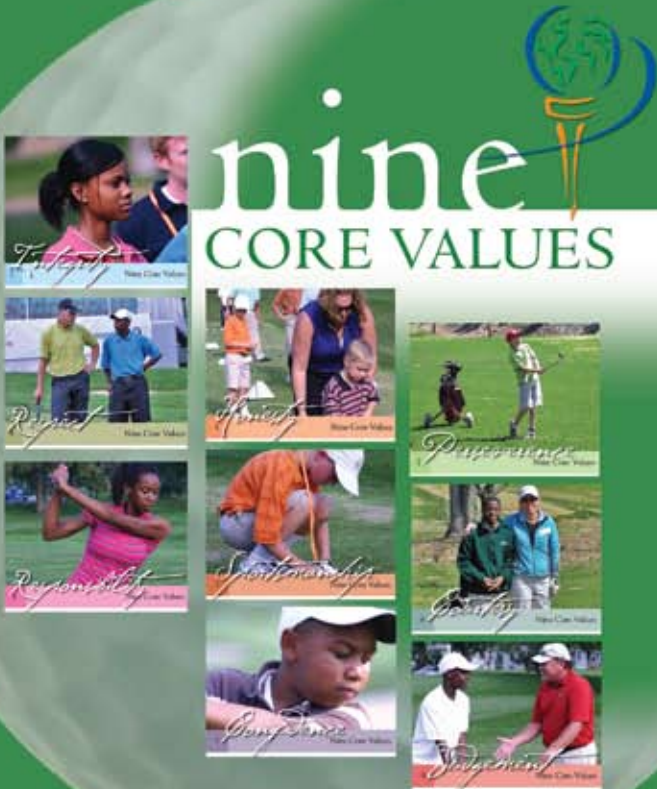


# The First Tee Curriculum



The First Tee Life Skills Experience, a curriculum for teaching character education through specific life skills, is one of the unique features that differentiates The First Tee from other youth initiatives and junior golf programs and ultimately strives to instill in participants The First Tee Nine Core Values: honesty, integrity, sportsmanship, respect, confidence, responsibility, perseverance, courtesy and judgment.

The First Tee of Greater St. Louis is a 501(c)(3) non-profit organization. We would not be successful without the generous support of the community through volunteerism, in-kind donations, and

**501(c)(3)** financial support. With your help the young people of our community have access to programs that teach valuable life lessons through the game of golf - life lessons that emphasize courtesy, honesty, self-discipline, respect, and skills such as communication, self-management, and goal-setting.



5163 Clayton Drive  
MAILING ADDRESS  
P.O. Box 15175  
St. Louis, MO 63110  
[314] 533-6400

[www.thefirstteestlouis.org](http://www.thefirstteestlouis.org)

*To impact the lives of young people in the Greater St. Louis area by providing educational programs that build character, instill life-enhancing values and promote healthy choices through the game of golf.*



# what is The First Tee?

**The** First Tee is an international youth development organization that uses golf as a tool to teach young people the positive values inherent in the game such as honesty, integrity, sportsmanship and confidence. The First Tee lessons are taught in traditional settings such as golf courses and driving ranges as well as in schools and other youth service agencies. Research has proven that our participants are learning and using life skills such as goal setting, interpersonal communication, self-management and resistance skills. Perhaps most importantly, many of our participants are receiving college scholarships and career opportunities because of their involvement with The First Tee.

The First Tee of Greater St. Louis has been serving youth since 2006.

## Age Requirements

The age requirement for The First Tee is 7–17. The First Tee of Greater St. Louis' programs serve a diverse population of youth. Students from over 200 greater St. Louis schools participate in the programs.

## Advancement Levels

All participants receive The First Tee Card so their progress can be tracked as they advance through The First Tee certification levels of **PLAYER**, **Par**, **Birdie**, **Eagle** and **Ace**. Each stage introduces young people to different aspects of golf and life skills.

Advancement from one level to the next is accomplished by demonstrating required life skills, learning the rules of golf, posting a number of rounds on the golf course and having the recommendation of the instructor.



## Teaching Life Skills Through Core Lessons

A key strategy The First Tee uses to deliver life skills programs successfully is the use of core lessons. Core lessons are formal plans through which coaches determine a life skill they will teach then consistently create teaching templates based upon the following:

- Participants' ages and golf skill levels
- Selection of a practical golf activity to match the life skill lesson
- Bridging the golf lesson to life by asking open-ended questions

### Participants Learn To:

- Introduce themselves
- Resolve conflict
- Plan for the future
- Manage emotions
- Set step-by-step goals
- Appreciate diversity

### Coaches and Mentors Work To:

- Empower youth to make decisions by thinking about the consequences
- Build rapport and establish positive relationships
- Nurture golf and life skill development
- Create a fun learning environment

*Participants learn about themselves and others through a range of experiences that enhance their golf fundamentals as well as their foundational values for life. As their opportunities on the golf course expand, so do their futures.*

# More Than A Game

## Positive Values

Through the Life Skills Experience young people around the world discover how skills essential to success on a golf course can also help them flourish in life. These skills include:

Self-management

Interpersonal

Communication

Goal setting

Mentoring and

Effective conflict resolution

This curriculum was developed by experts in the field of positive youth development and is delivered by coaches trained through **The First Tee Coach Program**.



# support

The First Tee of Greater St. Louis is supported through private and corporate contributions, grants, and sponsorships. Fundraising events include: direct mail campaigns and an annual golf tournament.

