

January 2018



**Dear Parents and Players,**

Thank you for choosing to participate with The First Tee of Greater Seattle. Since 2002, we have offered youth golf and life skills programs at local schools and golf courses in King County. Only one season of participation per year is required to stay an active member, but we invite you to participate as often as possible to ensure a continuous education of golf skills and life skills. Throughout the year we offer three regular class sessions, play days, skills clinics, special events, and leadership opportunities for teenagers.

In addition to learning fundamentals of the golf swing and the game, our character education and life skills programs help to prepare youth and teens for success at school, at home, and in their community. Development of golf and life skills is a journey, not a destination, and so is The First Tee experience. Thanks for playing!

Sincerely,

**The First Tee Coaches and Staff**

**Membership Benefits**

**Mentorship**

Coaches and volunteers provide positive guidance for all players in the program.

**Skills for Life**

On and off the course, participants will develop an array of valuable life skills, including greater confidence, respect, and creativity.

**Open Play**

Play any of the Par-3 Courses for only \$2!

**Open Range**

Between seasons and during designated times, participants can practice for free. See schedule.

**Special Events**

Clinics, fitness days, tournaments, and field trips are scheduled throughout the year.

**Birdie Level and higher:**

**WSGA Membership**

Complimentary WSGA membership includes an active GHIN Handicap through the USGA.

**Youth on Course Membership**

For only \$10 per year, play a list of local 18h golf courses for \$5, including Chambers Bay.

**The First Tee National Opportunities**

Apply for academies once you reach age 14 with at least 2 years of membership.

**Leadership Experience**

At age 13, participants are welcome to apply as a Junior Coach, at age 15 as an intern, and age 16 as a staff Assistant Coach.

For more information, visit: [www.thefirstteeseattle.org](http://www.thefirstteeseattle.org)



**Greater Seattle Program Locations**

<b>The First Tee office</b>	(206) 762-2334
P.O. Box 31020, Seattle, WA 98103	
<a href="mailto:information@thefirstteeseattle.org">information@thefirstteeseattle.org</a>	
<b>Auburn GC</b>	253-833-2350
29630 Green River Rd SE, Auburn, WA 98092	
<b>Blue Heron GC</b>	425-333-5015
1810 W Snoqualmie River Rd, Carnation, WA 98014	
<b>Crossroads Par-3</b>	425-452-4873
15801 NE 15th St, Bellevue, WA 98008	
<b>Jackson Park GC</b>	206-363-4747
1100 NE 135th St, Seattle, WA 98125	
<b>Jefferson Park GC</b>	206-762-4513
4101 Beacon Ave S, Seattle, WA 98108	
<b>Lake Wilderness GC</b>	425-432-9405
25400 Witte Rd SE, Maple Valley, WA 98038	
<b>Riverbend GC</b>	253-854-3673
2019 W Meeker St, Kent, WA 98032	
<b>Tam O'Shanter G&amp;CC</b>	425-746-3855
1313 183rd Ave NE, Bellevue, WA 98008	
<b>Willows Run GC</b>	425-883-1200
10402 Willows Rd, Redmond, WA 98052	

## 2018 Session & Registration Schedule

	Register	Begins	Ends
<b>Winter</b> 3-week clinics*	5-Dec	13-Jan	27-Jan
	5-Dec	10-Feb	24-Feb
<b>Spring</b> 8-week session	30-Jan	20-Mar	13-May
<b>Summer</b> 8-week session	17-Apr	27-Jun	13-Aug
<b>Fall</b> 8-week session	1-Aug	12-Sep	5-Nov

### Registration Notes:

- Registration for all class sessions and events is **available online at [www.thefirstteeseattle.org](http://www.thefirstteeseattle.org)**.
- **Always register early!** Classes fill fast, and we manage class sizes carefully.
- At the completion of each season, participants receive a **Progress Report** with level recommendation for the next season.

## 2018 Special Events Schedule

Event	Date	Location
<b>PGA Junior League Golf</b>	May 7 – July 30	All Program Locations
<b>Drive, Chip &amp; Putt Clinic</b>	Sat, June 9	Newcastle
<b>Pat Caso Family Scramble</b>	Sun, June 10	Jefferson Park
<b>Junior Golf-a-Thon</b>	July 11 & 12	CRD & JFP
<b>Family Golf Night at Safeco</b>	Tue, 7/24 or Mon 7/30	Safeco Field
<b>Boeing Emirates Clinic</b>	Tue, Aug 21	Snoqualmie Ridge & Mount Si
<b>Family Day at the Boeing Classic</b>	Sat, Aug 25	Snoqualmie Ridge

*Visit [www.thefirstteeseattle.org](http://www.thefirstteeseattle.org) for info & signups.*

# FREQUENTLY ASKED QUESTIONS

## Can we make up a missed class?

Players should attend only their scheduled class. However, in the case of an absence, a player is allowed *two “make-up” classes per season* at a different time during the same calendar week. We ask that you consult the program schedule to find an appropriate make-up class (must be the same level).

Make-Up Procedure: to check in, players should mark their name on the back of the class roster *and* on their regular daily roster to ensure accurate attendance records. Advanced notice to your Coach or Program Director is *not required*, but players and parents should check in and introduce themselves to the coaches prior to start of the make-up class.

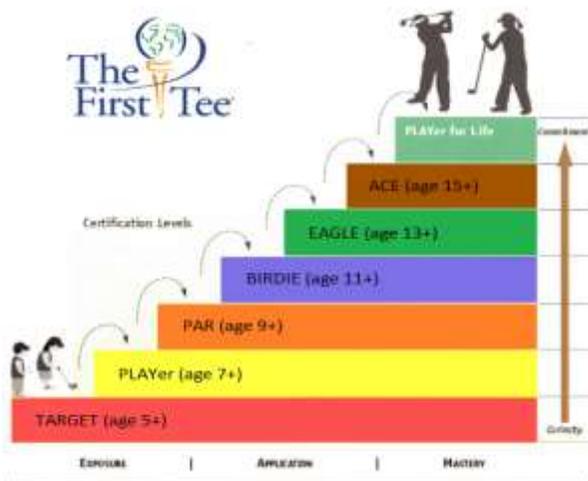
Since our curriculum and lessons are progressive and change weekly, *classes cannot be made up during a different calendar week*. Therefore, make-up classes must be completed during the same week as the absence (Tuesday thru Sunday). *Please limit make-up classes to two per season!*

## How do I progress to the next level?

Participants new to The First Tee begin at the Target, PLAYer, or Teen level. From there, everyone progresses at their own pace. Eligibility for promotion to the next level is based on three criteria: 1) completion of certification requirements at your current level, 2) meet the minimum age guideline for the next, and 3) coach endorsement.

Participants are expected to monitor their own progress, using their Yardage Book and accompanying checklist. At the same time, coaches and staff keep and have access to participant records and are there to help along the way to ensure that participants have adequate opportunities to learn and demonstrate skill development in each golf and life skill category.

## Progression Guidelines



# LIFE SKILLS CATEGORIES

## Interpersonal

Participants learn to introduce themselves properly, carry on a conversation, show respect for rules and other people, ask for and give help, and empathize with others as a basis for resolving conflicts effectively.

## Self-management

Management begins with awareness of one’s abilities (internal; physical, psychological, emotional) and their surroundings (external; environment and social support) to understand what it takes to perform at your best on and off the course. Participants learn how to maintain a positive attitude, deal with frustrations, form a support team, and set, track, and modify personal standards.

## Goal-setting

Learn to define, set, and achieve meaningful goals to address internal and external factors that may influence outcomes. Plan for the future, overcome challenges, and set specific goals to achieve and maintain success and overall wellness, and ultimately apply these skills to develop long-term education and career plans.

## Resilience

Participants develop the confidence to make their own decisions and succeed in the face of adversity and peer pressure. Resilience includes the ability to adapt to challenging circumstances, deal with conflicts in a proper way, and opt for healthy choices.

## Where can I find more information?

Visit our homepage at [www.thefirstteeseattle.org](http://www.thefirstteeseattle.org) for registration, program schedules, special events, chapter details, and more Frequently Asked Questions.

# Being a member of The First Tee

## **Commit to the Code of Conduct.**

On and off the golf course, always remember to show respect for yourself, for others, and for your surroundings.

## **Try your best.**

Golf is a challenging game, so understand that it won't always be easy. If you give your best effort, seek your coaches' help when you have a question, and learn from your mistakes, you will stay on course and ultimately reach your full potential.

## **Keep an open mind.**

Whether you are new to golf or have been playing for a long time, there are always new lessons to learn, as there are in life. The First Tee is a unique program and we do things differently, and with the end in mind. Our approach is youth-centered and mastery-driven, allowing players to explore their interests and develop a long-term relationship with golf.

## **Attend often and over the long term.**

Success on and off the course comes with practice and dedication. The First Tee experience is designed to help youth develop skills related to age and cognitive maturity, with the ultimate goal being a successful transition to adulthood and becoming a true *PLAYer for life*.

## **Participate in chapter events and opportunities.**

Outside of your regular weekly class, we offer additional opportunities to learn and have fun with your peers, friends, coaches, and families. Visit the website for more details.

## **Master your core lessons and curriculum.**

Practice your golf swing often, but also make sure to master the life skills curriculum, rules, and etiquette. Stay engaged in class, keep up with your homework, and complete your Yardage Book. Be sure to ask your coach if you need help!

***Have fun and enjoy yourself!***



## **CODE OF CONDUCT**

### ***Respect for MYSELF***

- ❖ I will dress neatly and wear golf or athletic shoes.
- ❖ I will always try my best when I play or practice.
- ❖ I will keep a positive attitude and catch myself doing something right regardless of the outcome.
- ❖ I will be physically active, eat well, get enough sleep, and be safe so I can stay healthy.
- ❖ I will be honest with myself, including when I keep score and if I break a rule.
- ❖ I will use proper etiquette and maintain my composure even when others may not be watching.

### ***Respect for OTHERS***

- ❖ I will follow all instructions and safety rules.
- ❖ I will keep up with the pace of play on the golf course.
- ❖ I will be friendly, courteous and helpful.
- ❖ I will remain still and quiet while others are playing and have fun without being loud and rowdy.
- ❖ I will be a good sport toward others whether I win or lose.
- ❖ I will encourage others to be safe and physically active.

### ***Respect for my SURROUNDINGS***

- ❖ I will keep the golf course and practice areas clean and in as good or better shape than I found them.
- ❖ I will clean and take care of my and others' golf equipment.
- ❖ I will be careful not to damage anything that belongs to others.

