

PAR

Summary of Learner Objectives

Building on the foundation of the PLAYer experience, the Par level is designed to allow participants to examine and explore the areas of the game and their experience they most enjoy and would like to improve. Curriculum is focused primarily on interpersonal communication and self-management skills. Golf skills are more frequently quantified and used as benchmarks to introduce the concept of goal-setting through “Personal Par”.

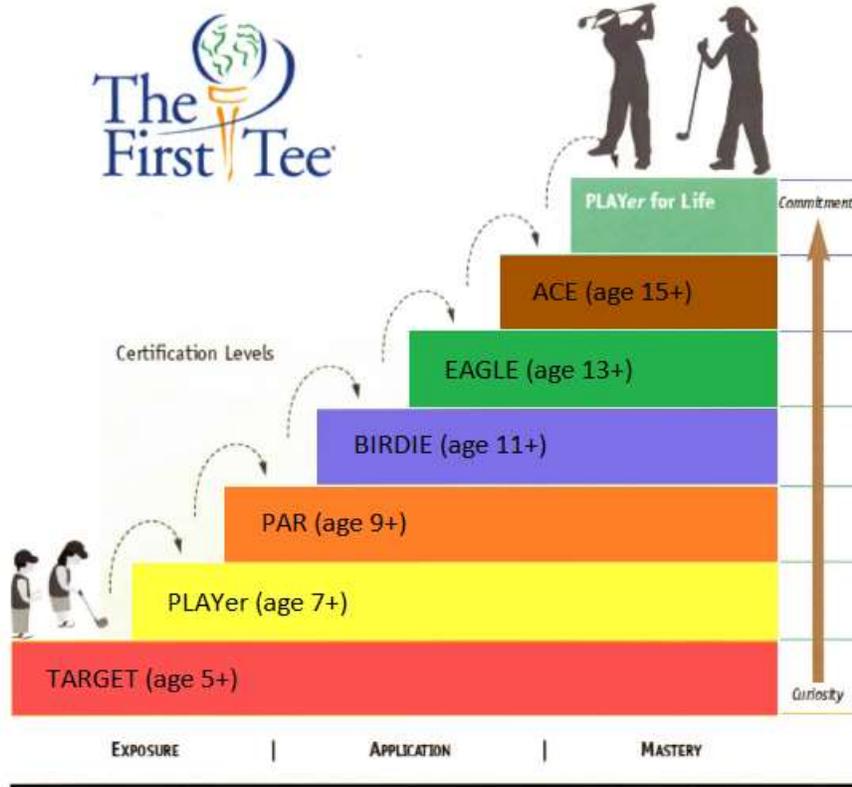
Level Certification Checklist			
Category	Target	Category	Target
Age	9+	Putting	23 (9h)
Attendance	75%	Up-and-In	12 (3h)
Homework	75%	Approach	3/6 (25yds)
Life Skill Test	80%	Driving	3/6 (50yds)
Golf Skill Test	80%	9h Score	54 (Par-3)
# Sessions	2-6	# Rounds	2 (9h)*
Core Lessons	10-15	Yardage Book	Complete

*Includes (1) round in a chapter event (e.g., Week 9 Championship).

Core Lesson Outline

1	<p>#10 - Exploring the G.A.M.E.</p> <p>A PLAYer explores the game by: 1) trying out different ways to hit each club in order to find out what makes the ball go different distances, and 2) practicing in a group and on his/her own to discover the most fun parts of playing golf.</p>
	<p>#11 - Respecting the Rules</p> <p>A PLAYer learns and respects the Rules of Golf while playing different formats, such as stroke and match play, and also by playing safe and fair in practice areas on the course.</p>
2	<p>#12 - Meeting & Greeting with A-L-R</p> <p>Be courteous and introduce yourself. For example, follow these 5 steps at the start of a round of golf: 1) face the person, 2) smile and look them in the eye, 3) give a firm handshake, 4) state your name clearly and loudly enough to be heard, and 5) Ask and open-ended question, Listen for their response, and Respond with your own.</p>
	<p>#13 - Having Fun While You Learn (P.P.A.)</p> <p>Golf is a rewarding, but challenging game, so remember to use the three tips for having fun while you learn: 1) be Patient, 2) be Positive, and 3) Ask questions or for help from your coaches. Maintain a good attitude, no matter what happens.</p>
3	<p>#14 - Staying Cool with the 4 R's</p> <p>Maintaining one's composure on the golf course is key to performing well and demonstrating proper etiquette. When you feel emotionally-charged, pause and: 1) Replay the previous shot or action in your mind, 2) Relax and regain composure, 3) get Ready to move on, and 4) Redo the shot or action again.</p>
	<p>#15 - Finding your Personal Par</p> <p>Introduction to goal-setting techniques begins with an understanding of one's current performance level. Golf course “par”, which is defined as the expected score of an expert player, may be a reasonable goal in the future, but what is your Personal Par? This concept can apply to any aspect of golf or life, so players can begin to quantify and measure different categories.</p>

Level Progression Guidelines



Level	Primary Course Played During Class Time	Life Skill Focus
TARGET	Par-3 Course <i>Modified Distances</i>	Enjoy Yourself in Golf, Rules and Formats, and Game Play
PLAYEr	Par-3 Course <i>Modified Distances</i>	Nine Core Values and Interpersonal Skills
PAR	Par-3 Course <i>Standard Distances</i>	Self-Management, Self-Assessment, and Personal Par
BIRDIE	Par-3 Course <i>Some Regulation Course</i>	Goal-Setting, Dreams & Goals and Dealing with Challenges
EAGLE	Regulation Course	Planning for the Future, Building a Go-To Team, Staying Well for Life
ACE	Regulation Course	Career Planning, Interview Skills, and Community Service

CERTIFICATION GUIDELINES

2018

Category	Description	PLAYer	Par	Birdie	Eagle	Ace
Age Guideline	<i>Required Minimum</i>	7	9	11	13	15
	<i>Eligibility is determined by the season following a participant's birthday, and given the completion of the following certifications.</i>					
Core Lesson Mastery	Sessions Per Level	2-6	2-6	2-6	2-6	2-6
	Class Attendance	75%	75%	75%	75%	75%
	Homework/Assignments	75%	75%	75%	75%	75%
	<i>These are recommended averages per season to achieve optimal exposure to and practice with each core lesson.</i>					
Written Tests	Golf Knowledge	8/10	12/15	16/20	20/25	<i>Custom</i>
	Life Skills Knowledge	10/12	15/18	20/24	25/30	<i>Custom</i>
Short Game	Putting Course (10-30 ft)	27 (9h)	23 (9h)	21 (9h)	18 (9h)	15 (9h)
	Up-and-in Course (2-20 yd)	18 (3h)	12 (3h)	21 (6h)	27 (9h)	23 (9h)
Full Swings	Approach Shots	10+ yd	25+ yd	55+ yd	80+ yd	100+ yd
	Driving/ Tee Shots	25+ yd	50+ yd	100+ yd	160+ yd	200+ yd
	<i>From this distance, players must achieve a score of 50% (ball comes to rest on green/fairway).</i>					
Course Play (9h)	Minimum # Complete Rounds	2	2	5	10	10*
	<i>Must include at least one tournament and one non-tournament round at each level (scoring guidelines below). Must be stroke play format and outside of regular class session (Week 8 does not qualify). *Ace rounds must include 10 different golf courses.</i>					
	Target Score	63	54	45	108	92
		<i>9h - Par-3 Course (recommended 1,500+yd)</i>			<i>18h - Regulation Course (5,000+yd)</i>	
Other	Completion of Yardage Book	PLAYer (white)	Par (orange)	Birdie (blue)	Eagle (green)	Ace

NOTES:

- Certification guidelines are designed and administered by The First Tee, World Golf Foundation and the governing bodies of golf to provide reasonable goals and structure for each level in the program.
- There is no certification process for the **Target** level; the Life Skills Experience (LSE) officially begins at PLAYer.
- In order to advance to the next level, a player must: 1) be age eligible (no exceptions), and 2) be fully certified (all items complete). Exceptions can be made to allow players to progress to the next level, but their record will need to reflect outstanding performance in one or more other categories. *No exceptions are made for the **age** requirements listed above.*