



## First Tee Life Skills Experience – Changes in 2022

First Tee's signature Life Skills Experience seamlessly combines life skills lessons with the game of golf. Traditionally, participants progress through five different levels starting from the PLAYer level and culminating with the Ace level. Each level builds on the previous level to empower youth with skills including conflict resolution techniques, resiliency, goal setting, planning for the future, self-management, and giving back. These are considered certifying levels. Participants acquire hours, knowledge, and skills throughout their time in each level until they are eligible to move on to the next level through a certification process (find out more about the certification process below). Participants begin in certifying levels as young as 7 years old and continue through high school.

We also offer our Target level non-certifying classes for children as young as 4 to grow curiosity for the game of golf and introduce a few of our signature core values.

**Beginning in 2022**, First Tee is undergoing a curriculum refresh, and First Tee – Green Valley Ranch is proud to play an integral part in piloting this refreshed curriculum, as well as provide critical feedback to our First Tee HQ. Participants and families will notice that our classes have shifted to an age-based structure, regardless of skill level or current status in the Life Skills Experience program. The advantages of switching to an age-based structure are numerous and participants may find that learning amongst peers their own age proves a more comfortable environment. Participants with greater golf experience and those who have progressed to higher levels of the program will also find they have the opportunity to demonstrate leadership amongst their peers by helping others during class and setting a good example. Participants will now be exposed to lessons previously reserved for upper levels earlier in their First Tee journey. Lessons like goal setting and conflict management are introduced early on.

**For those who have worked hard to progress through the levels of the program, their levels still count!** We will still be tracking hours in each level, working with the yardage books, and tracking golf skill and lesson knowledge to certify into higher levels. However, instead of having a single week of certification, participants will demonstrate their skills and knowledge throughout the session, allowing them more opportunities within our foundation!

### Previous First Tee Levels

**TARGET** (ages 4-6) – Non-certifying level, grows curiosity for the game and introduces basic golf skills.

**PLAYer** – Tee up for the first time and learn the game of golf, First Tee's Code of Conduct, and the Nine Core Values.

**Par** – Focus on interpersonal and self-management skills on and off the course.

**Birdie** – Emphasis on setting goals and making them a reality.

**Eagle** – Learn resilience, conflict resolution, and future planning.

**Ace** (required minimum age 14) – Hones in on setting goals, career education, and giving back to the community.

### Other Opportunities

**Friday Play Days** – For those looking to apply their skills learned during class, Play Days are an earned opportunity to gain experience with pace of play, interpersonal skills, course management, managing emotions and more.

**Local Opportunities** – Participants can demonstrate their character growth by representing First Tee – Green Valley Ranch at various events and functions. Opportunities include volunteering with the Colorado Open Championships, representing FTGVR on Leadership Council, and giving back to the community (Food Bank of the Rockies, Gathering Place).

**National Opportunities** – As part of a national organization, First Tee offers a variety of events that include golf, leadership, and character development content for participants ages 14 – 18. These events must be applied to for selection through a vigorous application, and occasionally an interview process. These are meant to mimic job interviews to give participants experience in these real-world processes. These opportunities often include travel across the country and once-in-a-lifetime experiences, often at no cost to the participant's family!