



# PLAY*er*

## YARDAGE BOOK

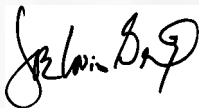


## **Welcome to The First Tee.**

Are you ready to have fun and learn all about the great game of golf? In this program, you will explore how the skills you learn through golf can be applied to your everyday life.

The First Tee will teach you everything you need to know about the game, including the rules, skills for playing, and how to act on the golf course. You also will learn how values such as respect, honesty, sportsmanship and confidence, will help you achieve success at home, school and wherever you go. In addition, you will have a lot of fun meeting new people and making new friends.

Get ready to tee it up and have some fun!

A handwritten signature in black ink, reading "Joe Louis Barrow, Jr." in a cursive style.

Joe Louis Barrow, Jr.  
Chief Executive Officer, The First Tee



## My The First Tee **PLAYer** Yardage Book

My name is \_\_\_\_\_ .  
(print your full name)

I go to \_\_\_\_\_ School.

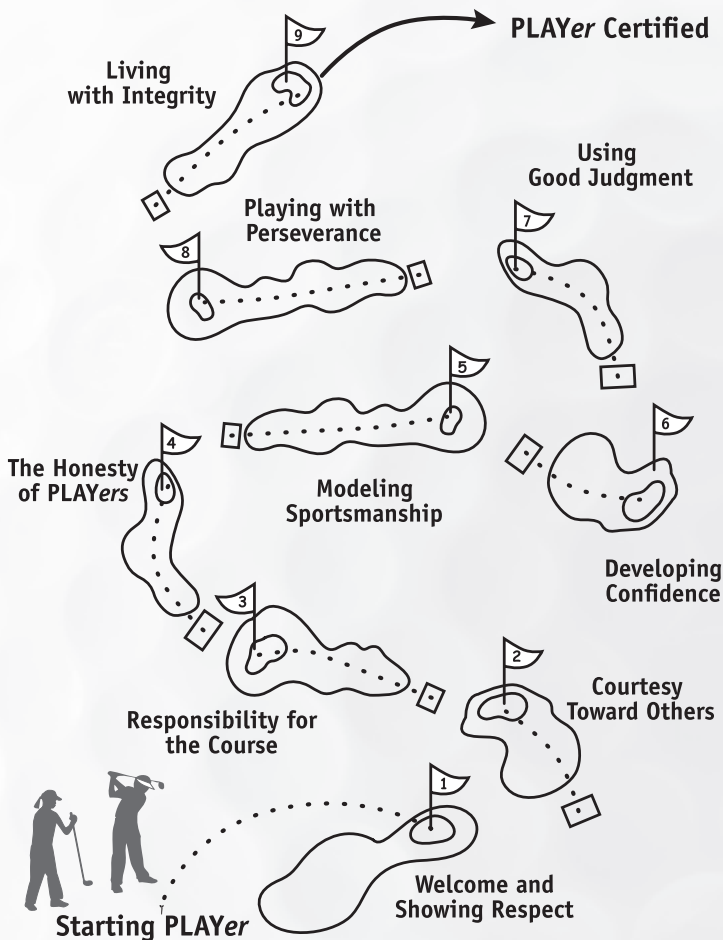
I am in \_\_\_\_\_ grade.

I started the **PLAYer level** at The First Tee on

\_\_\_\_\_.  
(write in today's date)

### Did you know?

PLAYer is more than a level of The First Tee program. It's also a word that refers to you! Everyone who plays the game of golf is a **PLAYer** (a.k.a. golfer); just like when you play other sports you are a basketball player, a volleyball player or a soccer player. If you are new to golf, you might play holes of shorter distances, but you can still play. Over time, if you decide you want to become an advanced **PLAYer** of the game, you can choose to play and practice more to improve your skills.








# PLAYER LEVEL LIFE SKILLS, GOLF SKILLS, ETIQUETTE AND RULES

## WHAT YOU WILL LEARN

-  How the behaviors in The First Tee Code of Conduct and Nine Core Values will help you on and off the golf course  
.....
-  The importance of being target-oriented when playing golf; like many of the other sports you might play  
.....
-  The importance of having clubs that are the right size for you  
.....
-  How clubs work and what else is in your bag  
.....
-  Understand that different golf shots (putt, chip, pitch and full-swing) go different heights  
.....
-  The importance of getting ready before each shot (putt, chip, pitch and full-swing) when playing golf  
.....
-  The importance of being able to control distance when playing golf  
.....

# PLAYer LEVEL LIFE SKILLS, GOLF SKILLS, ETIQUETTE AND RULES

## WHAT YOU WILL LEARN

-  The importance of having good balance when playing golf  
(and in life)  
.....
-  The importance of making solid impact between your golf  
club and the ball when playing golf  
.....
-  How the ground and swing make the ball curve  
.....
-  The importance of warming-up safely before playing golf  
.....
-  Safety, golf terms, golf etiquette and **The Rules of Golf** for  
stroke play as approved by the United States Golf Association®  
and R&A Rules Limited  
.....

A black and white photograph of two young people, a male and a female, shaking hands on a golf course. The male is on the left, wearing a dark polo shirt, a dark baseball cap, and plaid shorts. The female is on the right, wearing a striped polo shirt, a white baseball cap, and shorts. Both are holding golf clubs. The background shows a grassy field and trees under a clear sky.

## PLAY*er* LEVEL GAMES

## CORE LESSON #1

# WELCOME AND SHOWING RESPECT

### RESPECT – to feel or show deferential regard for; esteem

In golf, it is important to show respect for oneself, playing partners, fellow competitors, the golf course and for the honor and traditions of the game.

### A PLAYer learns about the Code of Conduct and exhibits respect for self and others by:

1. Following instructions and safety rules
2. Dressing neatly and wearing golf or athletic shoes



**What does respect mean to me?** *(Write or draw in the box below.)*

Place a check mark in the box and record the class date if you demonstrated (when asked by your coach) or exhibited (you did it on your own) at least one of the behaviors of respect during class.

☐ Class date \_\_\_\_\_ ☐ Class date \_\_\_\_\_ ☐ Class date \_\_\_\_\_



# THE FIRST TEE 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 take care of myself so I can stay healthy.
- I will be honest at all times, 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

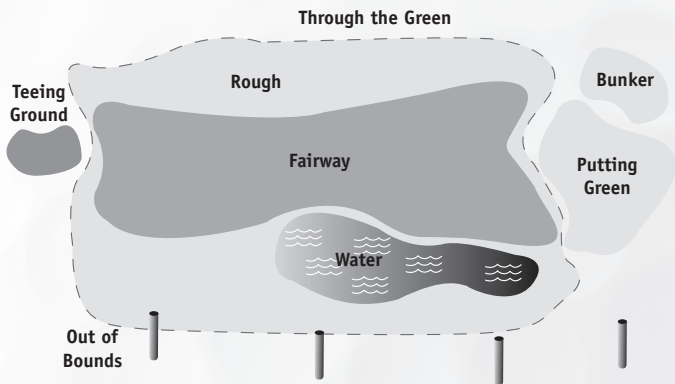
- I will follow all instructions and safety rules.
- I will keep up with the pace of play on the golf course.
- I will be friendly, courteous and helpful.
- I will remain still and quiet while others are playing and have fun without being loud and rowdy.
- I will be a good sport toward others whether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

## 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.

## CORE LESSON #1

# WELCOME AND SHOWING RESPECT



Where do I start when I play a hole on the golf course?

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Where do I finish when I play a hole on the golf course?

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What can I do to show respect for myself, others and my surroundings when playing golf?

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## CORE LESSON #1

# WELCOME AND SHOWING RESPECT

What have I learned about respect and golf skills?

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### AWAY FROM THE FIRST TEE

- 1. When I was at school, home or playing other sports, I showed respect for myself by:**

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Date/place I did it 

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- 2. When I was at school, home or playing others sports, I showed respect for others by:**

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Date/place I did it 

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- 3. When I was at school, home or playing other sports, I showed respect for my surroundings by:**

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Date/place I did it 

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*(Parent/Guardian/Mentor's Signature)*

## CORE LESSON #2

# COURTESY TOWARD OTHERS

**COURTESY** – considerate behavior toward others; a polite remark or gesture

A round of golf should begin and end with a handshake between fellow competitors. PLAYers should also be still and quiet while others are preparing and performing a shot.

**A PLAYER learns about the Code of Conduct and exhibits courtesy toward others by:**

1. Remaining still and quiet while others are playing
2. Being friendly and shaking hands when greeting others



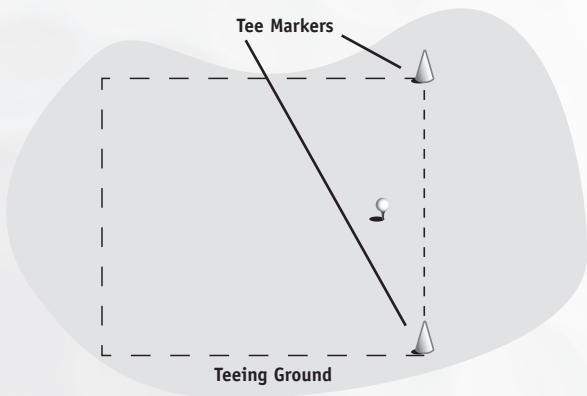
**What does courtesy mean to me?** *(Write or draw in the box below.)*

Place a check mark in the box and record the class date if you demonstrated (when asked by your coach) or exhibited (you did it on your own) at least one of the behaviors of courtesy during class.

☐ Class date \_\_\_\_\_ ☐ Class date \_\_\_\_\_ ☐ Class date \_\_\_\_\_

## CORE LESSON #2

# COURTESY TOWARD OTHERS



**Where do I tee up the ball on the teeing ground?**

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**Where do I stand when someone else is playing his/her shot?**

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**What do I do when someone else is playing his/her shot?**

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**What is the courteous thing to do if I hit the ball and it flies toward another person?**

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**What can I do to be friendly toward other people when on the golf course?**

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## CORE LESSON #2

# COURTESY TOWARD OTHERS

What have I learned about courtesy and golf skills?

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What have I learned or do I appreciate about the game, etiquette and the Rules of Golf?

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### AWAY FROM THE FIRST TEE

When I was at school, home or playing others sports, I showed courtesy by:

1. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

2. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

3. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

\_\_\_\_\_  
(Parent/Guardian/Mentor's Signature)

## CORE LESSON #3

# RESPONSIBILITY FOR THE COURSE

### RESPONSIBILITY – accounting for one's actions; dependable

PLAYers are responsible for their actions on the golf course.

It is up to them to keep score, repair divots, rake bunkers, repair ball marks on the green and keep up with the pace of play.

### A PLAYER learns about the Code of Conduct and exhibits responsibility for the surroundings by:

1. Keeping up with the pace of play
2. Taking care of the practice areas and course by repairing ball marks, replacing divots, raking bunkers, etc.
3. Cleaning and taking care of his/her/others' golf equipment, as well as anything that belongs to others



**What does responsibility mean to me?** *(Write or draw in the box below.)*

Place a check mark in the box and record the class date if you demonstrated (when asked by your coach) or exhibited (you did it on your own) at least one of the behaviors of responsibility during class.

☐ Class date \_\_\_\_\_ ☐ Class date \_\_\_\_\_ ☐ Class date \_\_\_\_\_



## CORE LESSON #3

# RESPONSIBILITY FOR THE COURSE



To help keep up the pace of play, where do I put my golf clubs prior to walking onto the putting green?

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Where does the flagstick go and whose responsibility is it to remove? And put back?

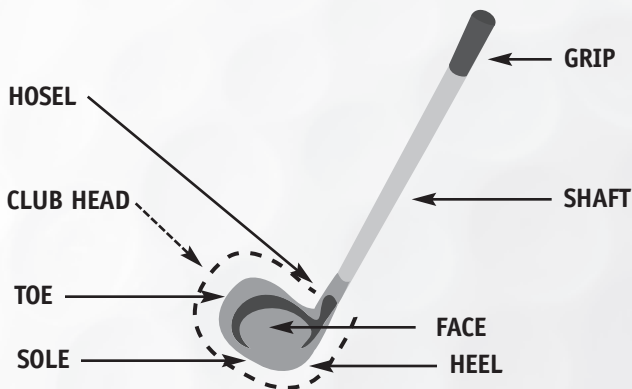
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What else can I do to show responsibility on the putting green? On other areas of the golf course?

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## CORE LESSON #3

# RESPONSIBILITY FOR THE COURSE



Whose job is it to keep your clubs clean and ready for play?

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What is the minimum number of clubs you can carry in your bag?

Maximum number?

What golf equipment and other items should you usually have in your bag when playing golf?

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## CORE LESSON #3

# RESPONSIBILITY FOR THE COURSE

What have I learned about responsibility and golf skills?

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What have I learned or do I appreciate about the game, etiquette and the Rules of Golf?

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### AWAY FROM THE FIRST TEE

When I was at school, home or playing others sports, I showed responsibility by:

1. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

2. \_\_\_\_\_

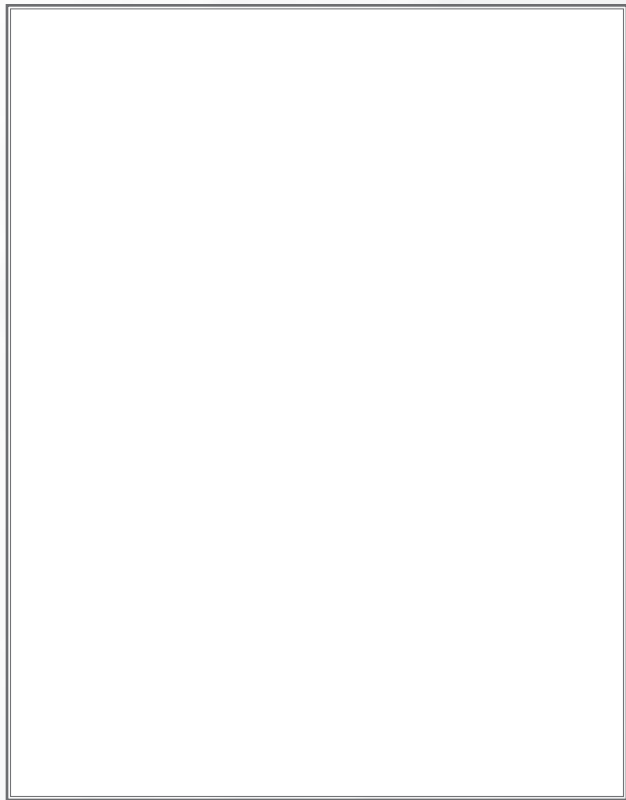
Date/place I did it \_\_\_\_\_

3. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

\_\_\_\_\_  
(Parent/Guardian/Mentor's Signature)

## MY PROGRESS: 3-HOLE MARKERS

A large, empty rectangular box with a thin black border, intended for a user to track their progress with 3-hole markers.

To help you learn and track your progress, ASK YOUR COACH to download a *PLAYer* Scorecard and/or other *PLAYer* activities available on the member's side of [www.thefirsttee.org](http://www.thefirsttee.org).

## CORE LESSON #4

# THE HONESTY OF PLAYers

**HONESTY – the quality or state of being truthful; not deceptive**

Golf is unique from other sports in that PLAYers regularly call penalties on themselves and report their own score.

**A PLAYER learns about the Code of Conduct and exhibits honesty by:**

1. Calling a penalty on himself/herself if he/she breaks a rule
2. Accurately recording and reporting team and individual scores



**What does honesty mean to me?** *(Write or draw in the box below.)*

Place a check mark in the box and record the class date if you demonstrated (when asked by your coach) or exhibited (you did it on your own) at least one of the behaviors of honesty during class.

☐ Class date \_\_\_\_\_ ☐ Class date \_\_\_\_\_ ☐ Class date \_\_\_\_\_

## CORE LESSON #4

# THE HONESTY OF PLAYers

Below is an example of a 9-hole scorecard. You can learn to keep score on the scorecards provided at The First Tee and/or the golf course(s) where you play.

HOLE#											
YARDS	BLACK	438	367	197	647	196	395	516	386	350	3392
	WHITE	395	344	165	520	152	366	468	363	328	3101
	RED	332	266	139	435	139	337	407	303	253	2610
PAR	4	4	3	5	3	4	5	4	4	4	36

Who is the scorekeeper in golf? Who is the referee?

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**Where are the etiquette and the Rules of Golf located?**

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**Which tee markers or yardage markers in the fairway (for example, 50, 100, 150, and 200 yards) should I tee off from in order to keep up with the pace of play?**

Tee Markers:

Yardage Markers in Fairway:

## CORE LESSON #4

# THE HONESTY OF PLAYers

What have I learned about honesty and golf skills?

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What have I learned or do I appreciate about the game, etiquette and the Rules of Golf?

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### AWAY FROM THE FIRST TEE

When I was at school, home or playing others sports, I showed honesty by:

1. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

2. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

3. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

\_\_\_\_\_  
(Parent/Guardian/Mentor's Signature)



## CORE LESSON #5

# MODELING SPORTSMANSHIP

### **SPORTSMANSHIP – observing the rules of play; winning or losing with grace**

PLAYers must know and abide by the Rules of Golf and be able to conduct themselves in a kind and respectful manner toward others even in a competitive game.

### **A PLAYer learns about the Code of Conduct and exhibits sportsmanship toward others by:**

1. Treating others kindly whether he/she is winning or losing
2. Abiding by the Rules of Golf regardless of how he/she is playing



**What does sportsmanship mean to me?** *(Write or draw in the box below.)*

Place a check mark in the box and record the class date if you demonstrated (when asked by your coach) or exhibited (you did it on your own) at least one of the behaviors of sportsmanship during class.

☐ Class date \_\_\_\_\_ ☐ Class date \_\_\_\_\_ ☐ Class date \_\_\_\_\_

## CORE LESSON #5

# MODELING SPORTSMANSHIP

**What are the names of the three sections of *The Rules of Golf* book?**

Section I

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Section II

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Section III

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**The Rules of Golf are numbered 1 through \_\_\_\_\_.**

**What two organizations approve the Rules of Golf?**

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**What does USGA stand for? What does R&A stand for?**

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**In the etiquette section, what is the “spirit of the game?”**

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**In what section is the pace of play mentioned?**

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## CORE LESSON #5

# MODELING SPORTSMANSHIP

What have I learned about sportsmanship and golf skills?

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What have I learned or do I appreciate about the game, etiquette and the Rules of Golf?

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### AWAY FROM THE FIRST TEE

When I was at school, home or playing others sports, I showed sportsmanship by:

1. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

2. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

3. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

\_\_\_\_\_  
(Parent/Guardian/Mentor's Signature)

## CORE LESSON #6

# DEVELOPING CONFIDENCE

**CONFIDENCE – reliance or trust in one's abilities; a feeling of self-assurance**

Confidence plays a key role in the level of play that one achieves. PLAYers can increase confidence in their abilities every time they play by being positive and focusing on something they are doing well regardless of the outcome.

**A PLAYER learns about the Code of Conduct and exhibits confidence in himself/herself by:**

1. Identifying something he/she is doing well regardless of the outcome
2. Maintaining a positive attitude regardless of how he/she is playing



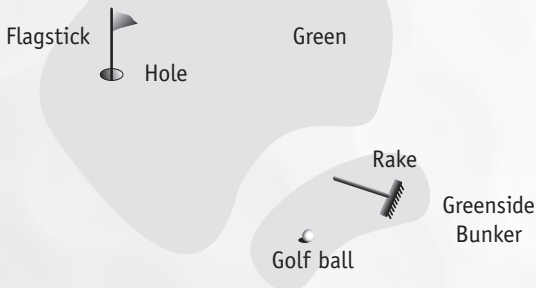
**What does confidence mean to me?** *(Write or draw in the box below.)*

Place a check mark in the box and record the class date if you demonstrated (when asked by your coach) or exhibited (you did it on your own) at least one of the behaviors of confidence during class.

☐ Class date \_\_\_\_\_ ☐ Class date \_\_\_\_\_ ☐ Class date \_\_\_\_\_

## CORE LESSON #6

# DEVELOPING CONFIDENCE



**If I want to improve, how much practice time will it take to get better at bunker shots?**

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**Outside of class time, how often do I hit shots on the putting green? Range? Bunker?**

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**What can I do to improve my confidence in different areas of my golf game? In playing the game?**

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## CORE LESSON #6

# DEVELOPING CONFIDENCE

What have I learned about confidence and golf skills?

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What have I learned or do I appreciate about the game, etiquette and the Rules of Golf?

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### AWAY FROM THE FIRST TEE

When I was at school, home or playing others sports, I showed confidence by:

1. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

2. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

3. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

\_\_\_\_\_  
(Parent/Guardian/Mentor's Signature)

## MY PROGRESS: 6-HOLE MARKERS

A large, empty rectangular box with a thin black border, intended for a player to track their progress on 6-hole markers.

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## CORE LESSON #7

# USING GOOD JUDGMENT

**JUDGMENT – the ability to make a decision or form an opinion; a decision reached after consideration**

Using good judgment is very important in golf. It comes into play when deciding on strategy, club selection, when to play safe and when to take a chance, the type of shot PLAYers consider executing, as well as making healthy choices on and off the golf course.

**A PLAYER learns about the Code of Conduct and exhibits good judgment by:**

1. Making healthy choices at the golf course, such as being physically active (walking the course), drinking water and eating healthy snacks
2. Making decisions about which clubs to use on a variety of golf shots



**What does good judgment mean to me?**

*(Write or draw in the box below.)*

Place a check mark in the box and record the class date if you demonstrated (when asked by your coach) or exhibited (you did it on your own) at least one of the behaviors of good judgment during class.

☐ Class date \_\_\_\_\_ ☐ Class date \_\_\_\_\_ ☐ Class date \_\_\_\_\_



## **CORE LESSON #7**

# **USING GOOD JUDGMENT**

**BEFORE** playing nine holes:

**What is something good to do for my body while I am waiting to play golf?**

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**How many steps a day do I think a healthy person generally takes?**

**How many steps do I think I will take while playing three holes of golf today?**

**What snacks and drinks do I have in my bag today, or usually have, that will help my golf game?**

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**What golf clubs do I like to carry in my bag?**

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## CORE LESSON #7

# USING GOOD JUDGMENT

### Did you know?

Physical exercise is good for the mind and body. Several studies, including a recent one by Dr. Charles Hillman that was reported on ABC News, support this conclusion: Exercise increases brainpower. Dr. Hillman says that even taking a 20-minute fast walk on the morning prior to a test could help your test performance.

### WHILE playing nine holes:

GAME 1: COUNT YOUR STEPS	Hole <input type="text"/>	Hole <input type="text"/>	Hole <input type="text"/>	Total Steps
Count your steps while playing the first three holes of a 9-hole round.				

## GAME 2: FUEL YOUR BODY

Record what you drink/eat during your round.

	What did I eat and/or drink?	When?	How did what I ate or drank make me feel?
<b>Round 1</b> # of holes played ____			
<b>Round 2</b> # of holes played ____			

## GAME 3: SELECT YOUR CLUBS

Play a round with number of clubs stated below. Record your results.

	What clubs did I pick?	Score	What would I choose differently next time?	Why?
<b>Round 1</b> 2-club game				
<b>Round 2</b> 4-club game				

**AFTER playing nine holes:**

**On and off the golf course, what will I do differently to improve the foods and drinks I put in my body?**

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**On and off the golf course, what will I do differently to increase my physical activity?**

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## CORE LESSON #7

# USING GOOD JUDGMENT

What have I learned about good judgment and golf skills?

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What have I learned or do I appreciate about the game, etiquette and the Rules of Golf?

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### AWAY FROM THE FIRST TEE

When I was at school, home or playing others sports, I showed good judgment by:

1. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

2. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

3. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

\_\_\_\_\_  
(Parent/Guardian/Mentor's Signature)

## CORE LESSON #8

# PLAYING WITH PERSEVERANCE

**PERSEVERANCE – to persist with an idea, purpose or task despite obstacles**

To succeed in golf, PLAYers must continue through bad breaks and their own mistakes while learning from past experiences.

**A PLAYer learns about the Code of Conduct and exhibits perseverance by:**

1. Trying his/her best regardless of how he/she is playing
2. Learning from his/her past experiences



**What does perseverance mean to me?** *(Write or draw in the box below.)*

Place a check mark in the box and record the class date if you demonstrated (when asked by your coach) or exhibited (you did it on your own) at least one of the behaviors of perseverance during class.

☐ Class date \_\_\_\_\_ ☐ Class date \_\_\_\_\_ ☐ Class date \_\_\_\_\_

## CORE LESSON #8

# PLAYING WITH PERSEVERANCE

### Putting Game for Perseverance – *Around the World*

Place six tees around the hole at a variety of distances from 2 – 5 feet. Number them 1, 2, 3, 4, 5 and 6. Playing in order, how many in a row can you get in the hole? Play with only one ball and start over at number one if you miss. Share with your coach what you are learning after each experience.

Date				
My Most in a Row				

### Chipping Game for Perseverance – *Leapfrog*

Place three golf towels on the green. Number 1 – where the green starts, number 2 – about two giant steps onto the green, number 3 – about four giant steps onto the green. Pick a starting spot 6 – 10 feet off the edge of the green. How many times in a row can you land the ball on number 1, then number 2 and then number 3? Play with a maximum of three balls and start over if you miss. For increased challenge, change the starting locations. Share with your coach what you are learning after each experience.

Date				
My Most in a Row				

## Range Game for Perseverance – *Partner Pitching*

Ask your coaches to help you create three different imaginary greens out of string or rope. Place the imaginary greens at approximately 20, 30 and 40 yards from the tee line. Play with a maximum of five balls, pick one distance, and see how many balls in a row you can land on the green. If you miss, pick up your balls and then switch with your partner. As you switch, share one thing with your partner that you learned from your previous shot(s) that will help you on your next turn. Take turns with your partner and see how many you can get in a row.

To make this game less challenging, move the greens closer and/or make them bigger. To make this game more challenging, move the greens further away, make them smaller and/or go to a different green on each shot.

Continue to state what you are learning after each experience. Also, are you trying your best no matter what the results are?

Date				
My Most in a Row				

### Did you know?

Rule 27-1, 2 can help you know what to do if you lose a ball or hit a ball out of bounds. If you don't find your ball within five minutes after you begin to search for it, then under a penalty of one stroke, you may play a ball as near as possible at the spot from which the ball was last played. Think about how playing with perseverance can help you in this situation.



## CORE LESSON #8

# PLAYING WITH PERSEVERANCE

### Word Search

Ball Mark  
Chip  
Confidence  
Courtesy  
Divot  
Etiquette  
Fairway  
Fore  
Hazards  
Honesty  
Iron  
Judgment  
Out of Bounds  
Perseverance  
Pitch  
Putter  
Putting Green  
Respect  
Rough  
Teeing Ground  
Wood



## CORE LESSON #8

# PLAYING WITH PERSEVERANCE

What have I learned about perseverance and golf skills?

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What have I learned or do I appreciate about the game, etiquette and the Rules of Golf?

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### AWAY FROM THE FIRST TEE

When I was at school, home or playing others sports, I showed perseverance by:

1. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

2. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

3. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

\_\_\_\_\_  
(Parent/Guardian/Mentor's Signature)

## CORE LESSON #9

# LIVING WITH INTEGRITY

**INTEGRITY – strict adherence to a standard of value or conduct; personal honesty and independence**

Golf is a game of etiquette and composure. PLAYers are responsible for their actions and personal conduct on the golf course even at times when others may not be looking.

**A PLAYER learns about the Code of Conduct and he/she lives with integrity by:**

1. Maintaining his/her composure and etiquette even when he/she thinks others are not watching



**What does integrity mean to me?** *(Write or draw in the box below.)*

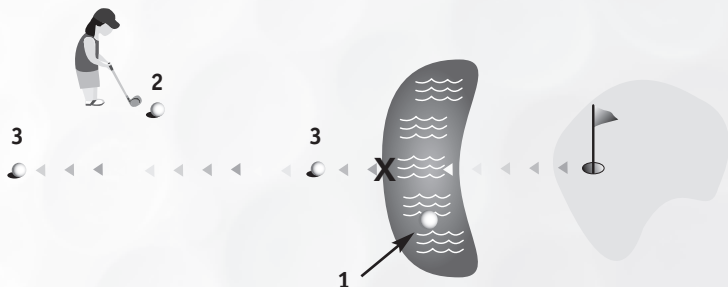
Place a check mark in the box and record the class date if you demonstrated (when asked by your coach) or exhibited (you did it on your own) integrity during class.

☐ Class date \_\_\_\_\_ ☐ Class date \_\_\_\_\_ ☐ Class date \_\_\_\_\_

## CORE LESSON #9

# LIVING WITH INTEGRITY

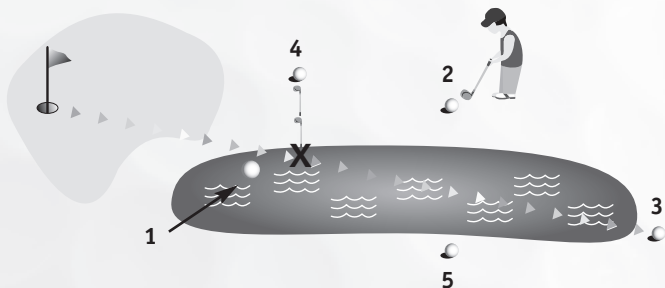
### Water Hazard



**What are my options if I hit the ball in a water hazard (yellow stake or line)?**

- (1) Play the ball from the spot it lies in the water hazard.
- (2) Play a ball as near as possible at the spot from which the original ball was last played.
- (3) Play a ball behind the water hazard, keeping the point it crossed into the hazard between the hole and the spot the ball is dropped. There is no limit to how far back you may go.

## Lateral Water Hazard



### What are my options if I hit the ball in a lateral water hazard (red stake or line)?

- (1) Play the ball from the spot it lies in the lateral water hazard.
- (2) Play a ball as near as possible at the spot from which the original ball was last played.
- (3) Play a ball behind the lateral water hazard, keeping the point it crossed into the hazard between the hole and the spot the ball is dropped. There is no limit to how far back you may go.
- (4) Play a ball within two club-lengths of and not nearer the hole from the point where the original ball last crossed into the lateral water hazard.
- (5) Play a ball from the opposite side of the lateral water hazard equal distance to the flagstick from the spot the original ball was played.

## CORE LESSON #9

# LIVING WITH INTEGRITY

### *Having Integrity while Playing a 9-Hole Putting Course*

If my ball rolls in the water, what do I do when no one is looking? (Integrity)

Play a 9-hole putting course that has a water hazard or lateral water hazard (marked with colored string, tees, small water buckets, or other) on each hole. If you putt the ball into the water hazard or lateral water hazard, proceed with the proper options. Inform your partner or your coach of your procedure if they are nearby. If no one is around, you must still play by the Rules of Golf and maintain your integrity. Keep your score throughout the nine holes. If you have any questions, ask your coach or your playing partner for help.

Date				
Best 9-hole putting score				

# CORE LESSON #9

## LIVING WITH INTEGRITY

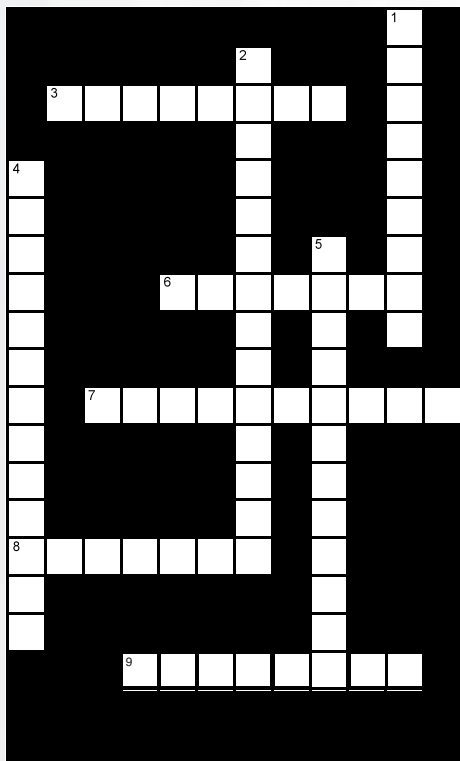
### Nine Core Values Crossword

#### Across

- 3 Being friendly
- 6 Following the safety rules
- 7 Keeping a positive attitude
- 8 Accurately recording score
- 9 Carrying water in your golf bag

#### Down

- 1 Calling a penalty on yourself when no one is looking
- 2 Replacing a divot after your shot
- 4 Win or lose, treating others kindly
- 5 Keep trying your best



## CORE LESSON #9

# LIVING WITH INTEGRITY

What have I learned about integrity and golf skills?

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What have I learned or do I appreciate about the game, etiquette and the Rules of Golf?

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### AWAY FROM THE FIRST TEE

When I was at school, home or playing others sports, I showed integrity by:

1. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

2. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

3. \_\_\_\_\_

Date/place I did it \_\_\_\_\_

\_\_\_\_\_  
(Parent/Guardian/Mentor's Signature)





**PLAYer LEVEL**  
**TRACK YOUR PROGRESS**

NAME: \_\_\_\_\_

THE FIRST TEE OF: \_\_\_\_\_

PLAYER BAG TAG

☐ Living with Perseverance

☐ Living with Integrity

PLAYER CERTIFIED ☐

# RULES OF GOLF AND ETIQUETTE

I have learned:

1.

2.

3.

4.

5.

6.

7.

8.

9.

# GOLF TERMS AND DEFINITIONS

**I have learned:**

1.

---

2.

---

3.

---

4.

---

5.

---

6.

---

7.

---

8.

---

9.

---

# MY PROGRESS: 9-HOLE CERTIFICATION

## Playing Nine Holes on a Golf Course



## Putting Nine Holes on a Putting Course



# MY PROGRESS: 9-HOLE CERTIFICATION

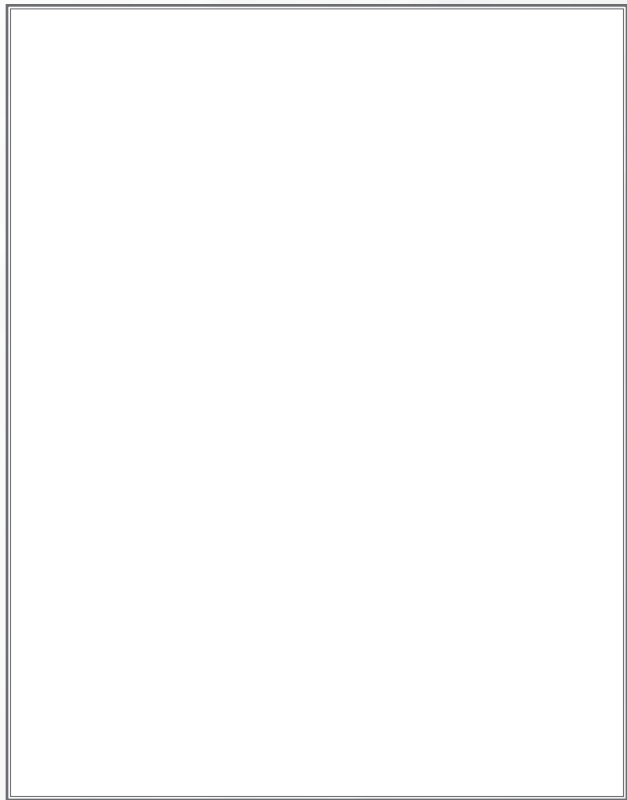
## Written or Verbal Tests

A large, empty rectangular box with a thin black border, intended for a student to write or draw their progress in written or verbal tests.

## Code of Conduct and Nine Core Value Behaviors

A large, empty rectangular box with a thin black border, intended for a student to write or draw their progress in understanding the code of conduct and nine core value behaviors.

## MY PROGRESS: 9-HOLE CERTIFICATION

A large, empty rectangular box with a thin black border, intended for a player to track their progress or record scores for 9-hole certification.

To help you learn and track your progress, ASK YOUR COACH to download a *PLAYER* Scorecard and/or other *PLAYER* activities available on the member's side of [www.thefirsttee.org](http://www.thefirsttee.org).

# CONGRATULATIONS ON COMPLETING THE PLAY<sub>er</sub> LEVEL!

This is to certify that

---

*(write your full name above)*

has met the following requirements for the  
PLAY<sub>er</sub> level of The First Tee Life Skills Experience:

- ☐ Successfully participated in multiple classes for all core lessons
- ☐ Successfully completed the playing requirement (nine holes on a golf course and nine holes on a putting course)
- ☐ Successfully completed the written (or verbal) assessment of The First Tee Nine Core Values, Code of Conduct, etiquette and the Rules of Golf
- ☐ Successfully demonstrated and exhibited behaviors reflective of The First Tee Nine Core Values and the Code of Conduct

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*(PLAY<sub>er</sub>'s Signature)*

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*(Coach's Signature)*

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*(Parent/Guardian's Signature)*

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*(Today's Date)*



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

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