

The First Tee Skill Level Progression

Life Skill Level	Target	PLAYer 3	PLAYer 6	PLAYer 9	PAR	BIRDIE	EAGLE	Ace
Age Requirement	5 & 6	7 & 8	7,8,& 9	9 & Up	9 & Up	10 & Up	12 & Up	14 & Up
Skill Level Curriculum	Provides fun and safe environment that creates curiosity about the game of golf with the focus on playing games	Introduces the 9 Core Values. Focusing on: (1)Welcome & Showing RESPECT (2) COURTESY Toward Others (3) RESPONSIBILITY for the Course	Introduces: (1) The HONESTY of PLAYers (2) Modeling SPORTSMANSHIP (3) Developing CONFIDENCE Reinforcing previous core values.	Introduces: (1) Using Good JUDGEMENT (2) Playing with PERSEVERANCE (3) Living with INTEGRITY Reinforcing previous core values and demonstrate behaviors reflective of the 9 Core Values before completing PLAYer Level.	Emphasizes developing interpersonal skills such as meeting and greeting, finding their “Personal Par”.	Birdie focuses exclusively on goal setting and how to go about achieving both long term and short term goals.	Eagle focuses on wellness and health for the mind and body as well as conflict resolution, diversity, and explores the various jobs in the golf industry.	Ace focuses on personal planning, reinforces interpersonal communication, self-management, goal-setting, self-coaching, and resistance skills. Ace encourages giving back to the community and the pursuit of higher educational opportunities.
Minimum # of Sessions	One,7-Week Session	One,7-Week Session	One,7-Week Session	Two, 7-Week Sessions	Two, 7-Week Sessions	Three, 7-Week Sessions	Three, 7-Week Sessions	No Session Needed
Minimum # of Practice Hours/ Skill Level Requirements	No practice required for skill level. However, it is recommended to start practicing so that participant is prepared/ready for the PLAYer skill level.	3 hours of practice each 7-week session. *It’s the participants responsibility to maintain practice hour log and have in golf bag at all times*	6 hours of practice each 7-week session. *It’s the participants responsibility to maintain practice hour log and have in golf bag at all times*	9 hours of practice each 7-week session. *It’s the participants responsibility to maintain practice hour log and have in golf bag at all times*	10 hours of practice each 7-week session. *It’s the participants responsibility to maintain practice hour log and have in golf bag at all times*	14 hours of practice each 7-week session. *It’s the participants responsibility to maintain practice hour log and have in golf bag at all times*	21 hours of practice each 7-week session. *It’s the participants responsibility to maintain practice hour log and have in golf bag at all times*	Prepare projects that focus on: golf, giving, careers, and education. Project 1: Enjoy Golf for Life Project 2: Plan for Life & Career Possibilities Project 3: Give Back to Community Project 4: Explore Educational Opportunities
Playing Requirements (on course)				One, 9-Hole Round (under 60) at Mosholu Golf Course from the Red Tees or Similar Yardage (2,000) at a Regulation Golf Course. Must turn signed scorecard to TFT Office.	Five, 9-Hole Round (all under 55) at Mosholu Golf Course from the Red Tees or Similar Yardage (2,000) at a Regulation Golf Course. Last round must be supervised by TFT coach. Must turn signed scorecards to TFT Office.	Ten, 9-Hole Rounds (all under 45) at Mosholu Golf Course from the Red Tees or Similar Yardage(2,000) at a Regulation Golf Course. Last round must be supervised by TFT coach. Must turn signed scorecards to TFT Office.	Ten,18-Hole Rounds (all under 85) at Mosholu Golf Course from the Red Tees or Similar Yardage (4,000) at a Regulation Golf Course. Last round must be supervised by TFT coach. Must turn signed scorecards to TFT Office.	Complete the following from the 4 projects: -Golf Skill Assessment sheets -On-Course Assessments -Weekly Practice Log
Putting Skills		3-Holes Ability to play a 3-Hole putting course in a “fast, safe, & courteous” manner.	6-Holes Ability to play a 6-Hole putting course in a “fast, safe, & courteous” manner.	9-Holes Ability to play a 9-Hole putting course in a “fast, safe & courteous” manner.	9-Holes Max Score of 23	9-Holes Max Score of 19	9-Holes Max Score of 18	Complete Putting Skill Assessment:6ft,15ft,25ft, & over 40ft. Complete Putting Playing Assessment: 18 hole Putting Course – various distances
Short Game Skills					3-Holes Max Score of 12	6-Holes Max Score of 21	9-Holes Max Score of 27	Complete Chipping, Pitching, and Bunker Skill Assessment.
Full Swing (greens)						Must hit 3 out of 6 Min distance: 55-75 yards to middle of green	Must hit 3 out of 6 Min distance: 80-100 yards to middle of green	Complete Full Swing Skill Assessment.
Full Swing (fairways)							Must hit 3 out of 6 Min distance: 160-190 yards to a fairway 40-45 yards wide	Complete Full Swing Skill Assessment.
Life Skills Knowledge		Must pass written assessment w/ min 80%	Must pass written assessment w/ min 80%	Must pass written assessment w/ min 80%	Must pass written assessment w/ min 80%	Must pass written assessment w/ min 80%	Must pass written assessment w/ min 80%	
Golf Knowledge		Must pass written assessment w/ min 80%	Must pass written assessment w/ min 80%	Must pass written assessment w/ min 80%	Must pass written assessment w/ min 80%	Must pass written assessment w/ min 80%	Must pass written assessment w/ min 80%	
Simulated Course		Play 3 holes in a “fast, safe, & courteous” manner.	Play 3 holes in a “fast, safe, & courteous” manner.					

