

## CORE LESSON 9: LIVING WITH INTEGRITY

Living with integrity is in The First Tee Code of Conduct and primarily falls under the sub-category of respect for myself. PLAYers at the 9-hole sub-level are purposely exposed to games/activities that reinforce showing integrity.

For each PLAYER class on living with integrity, coaches should create multiple opportunities for participants to play the game, learn behaviors that are reflective of integrity, learn the golf fundamental of get ready to swing, and appreciate the etiquette and Rules of Golf. More specifically, Core Lesson 9 focuses primarily on helping PLAYers appreciate the scoring of the game.



Upon completion of Core Lesson 9 at the 9-hole sub-level, PLAYers should understand, demonstrate and exhibit behaviors that show integrity.

### COACHES' TIP

PLAYER Core Lesson 9 helps provide a foundation for Par Core Lesson 14: Staying Cool.

### GENERAL LEARNER OBJECTIVES

After completing classes at the 9-hole sub-level on Core Lesson 9, PLAYers should be able to:

- State the meaning of integrity
- Understand that The First Tee Code of Conduct emphasizes integrity and the importance of this core value
- Understand, demonstrate and exhibit (9-hole) that they maintain their composure and etiquette even when they think others are not watching
- Utilize integrity away from The First Tee and be able to share/explain how it was put into action
- Understand the importance of getting ready to swing (hold, set-up, aim & alignment) when playing golf
- Understand the etiquette and the Rules of Golf related to water hazards and lateral water hazards while playing golf
- Follow the etiquette and Rules of Golf related to scoring while playing golf
- Understand, demonstrate and exhibit (9-hole) the physical healthy habits of energy, play and safety

## CORE LESSON 9



### LIFE SKILL CATEGORY ADDRESSED

- Self-management

### BEHAVIORS REFLECTIVE OF THE CODE OF CONDUCT AND NINE CORE VALUES


**INTEGRITY** — knowing the difference between right and wrong; doing the right thing even when no one is looking

A PLAYer learns about the Code of Conduct and shows integrity in his/her actions by:

1. Staying calm and having good etiquette even when s/he thinks no one is watching
2. Staying in safety zones while playing golf even without being told

### SUGGESTED PLAYER PROGRESSION FOR GOLF SKILL CATEGORIES AND GOLF FUNDAMENTAL

For more information on the Golf Skill Categories and progression of the Golf Fundamentals at the PLAYer level, coaches are encouraged to review the Golf Skills section of this guide. Core Lesson 9 for PLAYer 9-hole sub-level focuses on the following:

- Golf Skill Categories—Select two or more from putt, chip, pitch and full-swing
- Golf Fundamental— Get Ready to Swing (hold, set-up, aim & alignment)



Go to the members' side of [www.thefirsttee.org](http://www.thefirsttee.org) to find PDFs that can be downloaded from the PLAYer Yardage Book.

**SEE 9-HOLE SAMPLE LESSON PLAN ON THE MEMBERS' SIDE OF [WWW.THEFIRSTTEE.ORG](http://WWW.THEFIRSTTEE.ORG).**



## CORE LESSON 9



# APPRECIATE

As one of the Nine Core Values of The First Tee, integrity requires PLAYers to adhere to a set of standards upon which their behavior will be judged—a sense of personal honesty. PLAYers who live with integrity know the Rules of Golf and embrace the etiquette of the game. They hold relationships in high regard and maintain their composure even when they think no one is looking.

In some regards, living with integrity is the totality of The First Tee Nine Core Values put into action on and off the course by PLAYers at The First Tee—doing what's right when no one else is looking. During all core lessons associated with living with integrity, PLAYers will experience situations that challenge their thoughts and rationale on how to act with integrity while exploring the entire golf course and different playing formats.

### SUGGESTED CONTENT TO APPRECIATE — THE GAME, ETIQUETTE AND THE RULES OF GOLF

#### 9-HOLE SUB-LEVEL

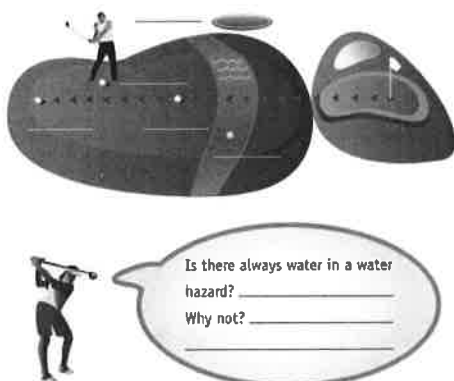
| 9-HOLE  |   |   |
|---|---|---|
| THE GAME  | ETIQUETTE   | RULES OF GOLF   |
| <b>Areas of the Course</b> <ul style="list-style-type: none"> <li>Understand areas of the course that have less favorable consequences — <i>Bunkers, water and lateral hazards</i></li> </ul>   | <b>Safety</b> <ul style="list-style-type: none"> <li>Follow all safety procedures while playing golf</li> </ul>   | <ul style="list-style-type: none"> <li>Water Hazards (26-1) — <i>Red vs. Yellow Stakes</i></li> <li>Water Hazards (26-1a, b, c)</li> <li>Water Hazards (26-2)</li> <li>Dropping and Re-Dropping (20-2)</li> <li>Other Forms of Play (29; 30; 31; 32)</li> </ul> |
| <b>Terminology/Procedures</b> <ul style="list-style-type: none"> <li>Stake color associated with parts of the course (out of bounds, water hazards and lateral water hazards)</li> <li>Match Play, Stableford, Best Ball, Scramble, Alternate Shot</li> </ul> | <b>Pace of Play</b> <ul style="list-style-type: none"> <li>Set a good pace while playing golf by staying up with the group in front of you</li> </ul>               |   |
|   | <b>Consideration for Other PLAYers</b> <ul style="list-style-type: none"> <li>Always be aware when others are ready to play by remaining still and quiet</li> </ul> |   |
|   | <b>Care for the Course</b> <ul style="list-style-type: none"> <li>Repair all ball marks and divots when playing</li> </ul>  |   |
|   |   |   |

# EXAMPLE OF WATER HAZARD AND LATERAL WATER HAZARD ACTIVITY IN PLAYEr YARDAGE BOOK

## WATER HAZARD – YELLOW STAKE OR LINE

When you hit your ball into a water hazard, you have a decision to make. Here are four choices. Match the choices to the picture.

**NO penalty shot added to your score if you use this choice:**  
**Choice 1:** Play the ball from the hazard.



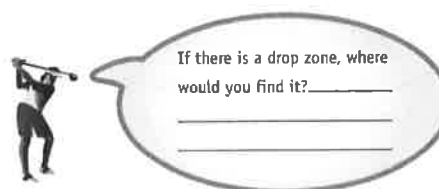
38 | www.thefirsttee.org | PLAYER LEVEL

**ADD ONE PENALTY SHOT (STROKE) to your score if you use any of these choices:**

**Choice 2:** Play a ball from the spot where you hit when it went in the water hazard.

**Choice 3:** Play a ball so the water stays between you and the hole. There is no limit to how far back you can go.

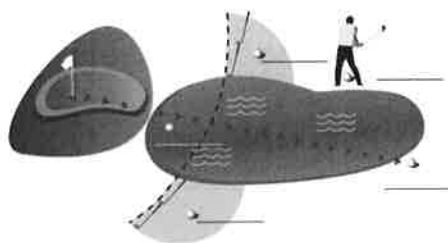
**Choice 4:** Drop Zone. Sometimes golf courses have a spot on the other side of the water where you can play your ball so you don't have to hit over the water to get on the green.



39 | www.thefirsttee.org | PLAYER LEVEL

## LATERAL WATER HAZARD – RED STAKE OR LINE

When you hit your ball into a lateral water hazard, you have a decision to make. Here are six choices. Match choices to the picture.



**NO penalty shot added to your score if you use this choice:**  
**Choice 1:** Play the ball from the hazard.

**ADD ONE PENALTY SHOT (STROKE) to your score if you use any of these choices:**

**Choice 2:** Play a ball from the spot where you hit when it went in the water hazard.

40 | www.thefirsttee.org | PLAYER LEVEL

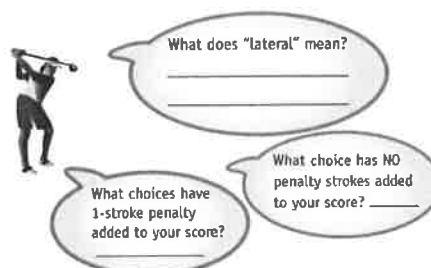
**Choice 3:** Play a ball so the water stays between you and the hole. There is no limit to how far back you can go.

**Choice 4:** Drop Zone. Sometimes golf courses have a spot on the other side of the water where you can play your ball so you don't have to hit over the water to get on the green. Draw the drop zone area into the picture on the left.

Choices just for a Lateral Water Hazard:

**Choice 5:** Play a ball within two club-lengths of the spot where the ball crossed into the lateral water hazard. Reminder: It can't be closer to the hole.

**Choice 6:** Play a ball on the opposite side of the hazard and within \_\_\_\_\_ club-lengths of \_\_\_\_\_.



41 | www.thefirsttee.org | PLAYER LEVEL