



PLAYer Yardage Book Answer Key

Welcome!

Our hope is that participants will complete their own work to the best of their abilities, but we understand that sometimes they may need some direction. Please use this as a guide if your child becomes “stuck” while working on their yardage book.

If your child has a specific question, please speak with their Site Coordinator or Coach at class, or email Jordan@TheFirstTeeTriangle.org.

As a reminder, your participant's book must be completed in its entirety to attend certification. Your participant will not be eligible to certify for the next level without their yardage book fully completed.

The USGA Rules of Golf book and online resources are wonderful tools to help your child learn more about the game. Please click here to visit this free online resource: <https://www.usga.org/content/usga/home-page/rules-hub.html>

Good luck this session!

PLAYer Level

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 golf including the rules, skills for playing and the Code of Conduct. You will also learn how The First Tee Nine Core Values, such as respect, honesty, sportsmanship and confidence, will help you achieve success at home, school and in life.

The First Tee coaches will also introduce you to The First Tee Nine Healthy Habits. In this level, you will learn about the habits of play, energy and safety which will help you learn how to keep your body healthy and strong.

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 stylized signature of Greg McLaughlin.

Greg McLaughlin
President
The First Tee

MY FIRST TEE YARDAGE BOOK



My name is:

_____ (print your full name)

The name of my school is:

I am in _____ grade.

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

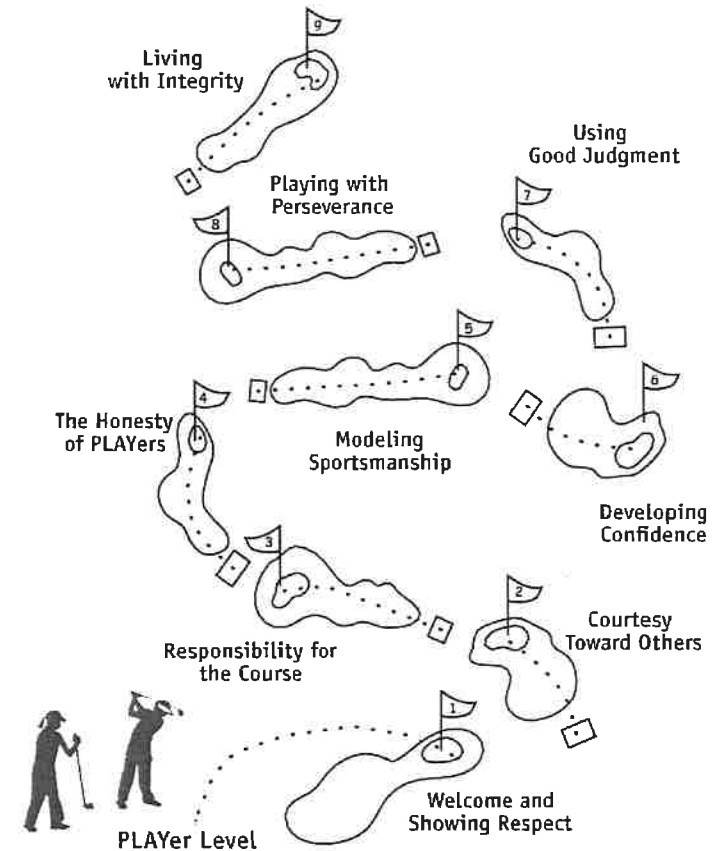
_____ (today's date)

DID YOU KNOW?

PLAYER IS MORE THAN A LEVEL OF THE FIRST TEE PROGRAM. **PLAY**ER IS ALSO A WORD THAT MEANS A PERSON WHO **PLAYS** THE GAME OF GOLF. **GOLF** IS A GAME WITH A TARGET, LIKE BASKETBALL, SOCCER OR ARCHERY. **AT THE BEGINNING**, YOU WILL PLAY SHORTER COURSES AND GAMES. **THE MORE YOU PLAY AND PRACTICE**, THE BETTER YOU WILL GET. **THEN**, YOU WILL BE ABLE TO PLAY LONGER AND MORE CHALLENGING COURSES.

PLAYer LEVEL LIFE SKILLS AND CORE VALUE BEHAVIORS

WHAT YOU WILL LEARN



PLAYer LEVEL GOLF SKILLS, HEALTHY HABITS, ETIQUETTE (MANNERS) AND RULES

WHAT YOU WILL LEARN



DISTANCE! How to hit the ball far, medium and short when needed.

TARGETS! *What do they look like?*
How to find your target.



How to **GET READY** to hit your best shots ever!

HEALTHY HABITS that keep you safe, energized and playing the game for your whole life.



RULES AND ETIQUETTE! What rules and manners you need to know to start playing golf.

CLUBS! *How many? Why?*
What size? What they do?



CORE LESSON #1

WELCOME AND SHOWING RESPECT

RESPECT – to be nice and kind in one's actions

In golf, it is important to show respect for myself, the people I play with and the golf course.

A PLAYer learns about the Code of Conduct and shows 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 space below.)



- waiting your turn
- shaking hands at the end of a round of golf.
- saying please or thank you.

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 be safe so I can stay healthy.
- I will be honest with myself, 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.
- I will encourage others to be safe and physically active.

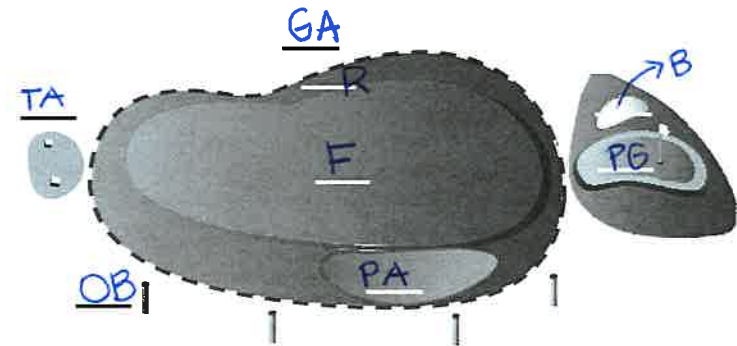
Respect for My Surroundings

- 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.

I have read and promise to abide by The First Tee Code of Conduct by showing the utmost respect for myself, others and my surroundings both on and off the course.

PLAYEr's Signature

WELCOME AND SHOWING RESPECT



Use the letters next to the words to identify (label) parts of the golf course in the figure above.

B – Bunker	GA – General Area
F – Fairway	OB – Out of Bounds
PA – Penalty Area	TA – Teeing Area
R – Rough	PG – Putting Green

Where do I stand when other PLAYers are hitting so that I am **SAFE** and don't get hit by the club or ball? Safety zone

Draw what a **SAFETY ZONE** looks like:





AWAY FROM THE FIRST TEE

RESPECT

I showed RESPECT for myself when I: brush my teeth

Date and place I did this: _____

I showed RESPECT for others when I: held the door open

Date and place I did this: _____

I showed RESPECT for my surroundings when I: helped clean up after class and cleaned my golf clubs.

Date and place I did this: _____

HEALTHY HABITS

I used the Healthy Habit of SAFETY at home when I: made sure the door was locked.

Date and place I did this: _____

Parent/Guardian reviewed this page. Sign/Date



CORE LESSON #2

COURTESY TOWARDS OTHERS

COURTESY – being or acting polite to others

A round of golf begins and ends with a handshake between PLAYers in a group. You should be still and quiet while others are getting ready to swing and playing a shot.

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

1. Staying 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 space below.)

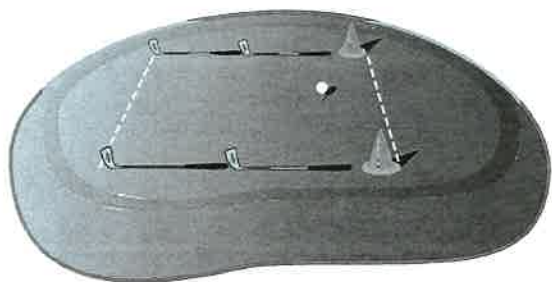


• Holding the door open for someone else.
• Listen when the coach is talking.

COURTESY TOWARDS OTHERS

Where do I tee up the ball? the teeing ground or teeing area

What do I do when someone else is playing his/her shot?
wait quietly and a safe distance away



If I do a swing (stroke) and a miss, does it count in my score?

yes add 1 stroke

If my ball falls off the tee when I am getting ready to swing but I did not try to hit the ball yet, does it count in my score?

NO. NO penalty.

If I do a swing (stroke) and a miss THEN the ball falls off the tee.

Does that count? yes

How many strokes (points) do I add to my score?

1

Why? Because you were attempting to hit the ball.



COURTESY TOWARD OTHERS

PUTTING CHALLENGE!



- Make a 3 or 4-hole putting challenge like the picture above.
- Start each hole at the teeing area.
- Count how many swings it takes you to get the ball in the hole (target). You can play many times to see how good you get!
- Play on your own or with friends. Remember to shake hands before you start - and when you end - to show Courtesy.

If you are playing this game with others, put the letter S in the picture above to show where the safety zone goes on each hole.



How do you know whose turn it is? person farthest away

What is the Courteous thing to do if your ball is going toward another PLAYER? yell "FORE"

What is your favorite warm-up game to PLAY before you golf or do other sports?
sharks and minnows



AWAY FROM THE FIRST TEE

COURTESY

I showed COURTESY at home when I: helped my parents cook dinner

Date and place I did this: _____

I showed COURTESY at school when I: raised my hand

Date and place I did this: _____

HEALTHY HABITS

I used the Healthy Habit of PLAY at home when I: played basketball with my friends

Date and place I did this: _____

Parent/Guardian reviewed this page. Sign/Date _____



CORE LESSON #3

RESPONSIBILITY FOR THE COURSE

RESPONSIBILITY – it's up to me; I am the one myself and others depend on to make it happen

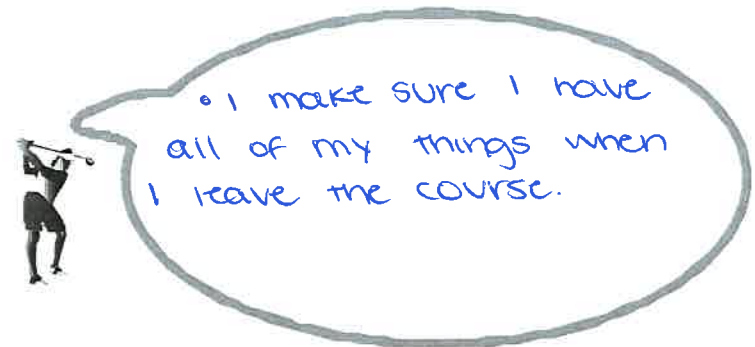
PLAYers are responsible for their actions on the golf course. It is up to them to keep score, repair divots, rake bunkers, repair ball marks on the green and keep up with the pace of play.

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

1. Keeping up with the pace of play
2. Taking care of the golf course by repairing ball marks and replacing divots; taking care of his/her equipment by keeping it clean and ready to play.

What does responsibility mean to me?

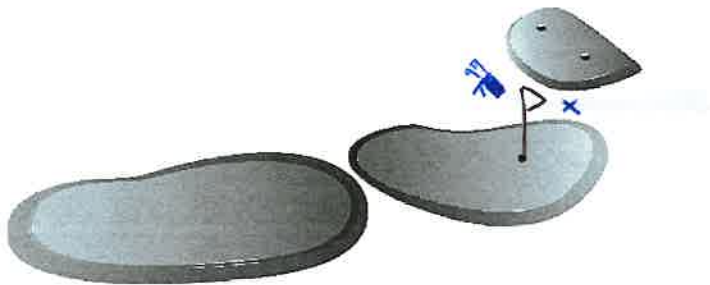
(Write or draw in the space below.)



RESPONSIBILITY FOR THE COURSE

Draw a golf bag on the picture to show where you put your clubs before walking onto the putting green.

Put an X where you put the flagstick when it is pulled out of the hole.



Who is responsible for taking the flagstick out of the hole (if needed)?

person who hit their ball the closest

Who is responsible for putting the flagstick back in the hole (if needed)?

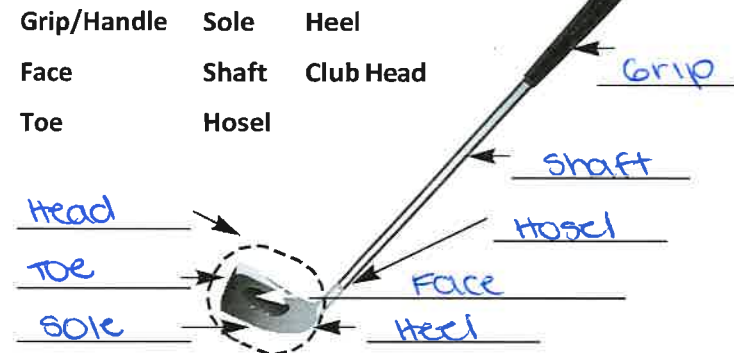
person who holed out first.

What can I do to show responsibility on the putting green?

Fix my divots.

RESPONSIBILITY FOR THE COURSE

Label the golf club (choices listed below)



What is the highest number of clubs the rules say are OK to carry in my bag? 14

What is the lowest number of clubs the rules require me to carry in my bag? 1

What items am I responsible to have ready in my pocket when playing golf? tees, balls, divot tool, & ball markers.

What snacks can I carry in my golf bag to give me the best Energy to play golf?

Bananas, carrots, granola bars, apples



AWAY FROM THE FIRST TEE

RESPONSIBILITY

I showed RESPONSIBILITY at school when I:

turned in my homework

Date and place I did this: _____

I showed RESPONSIBILITY at home when I:

cleaned my room w/o being asked.

Date and place I did this: _____

HEALTHY HABITS

I used the Healthy Habit of ENERGY at home when I:

ate a healthy snack.

Date and place I did this: _____

Parent/Guardian reviewed this page. Sign/Date _____



CORE LESSON #4

THE HONESTY OF PLAYers

HONESTY – to tell the truth

Golf is different from other sports because PLAYers regularly call penalties on themselves and report their own score.

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

1. Calling a penalty on himself/herself when the Rules say a penalty is due to a PLAYer
2. Writing and reporting my correct score that includes counting all strokes and penalties

What does honesty mean to me?

(Write or draw in the space below.)



• DOING my own work at school.

THE HONESTY OF PLAYers

How to keep score. Play a hole and use this grid to help you count.

Name _____	
Hole #1	
Number of swings (strokes) to get to green?	<u>3</u>
Number of swings (strokes) to get from green into hole?	<u>3</u>
Number of penalty strokes?	<u>0</u>
Add numbers above to get total score for the hole:	<u>6</u>



Who is the referee? I am!

Who is the scorekeeper in golf? I am!

Where can you find a scorecard at the golf course you play?

in the clubhouse, on the cart, or on the course.

What else do you need to get in order to keep your score?

Pencil

THE HONESTY OF PLAYers

What does Pace of Play mean? Keeping up with the group in front of you; your speed.

How long should it take you to play one hole at your golf course?

NO more than 15 minutes

Where should YOU start playing the hole so that you can finish in

the right amount of time? where you are comfortable



GAME:

Step 1: Pick your favorite iron and hit 6 balls: three with a small swing and three with a big swing. What happened to the distance the ball traveled?

Big swing = farther

* Step 2: At the driving range hit 6 balls with your shortest club. What club is that? wedge

How far does it usually go?

* Depends on child

Step 3: Then, hit 6 balls with your

* longest club. What club is that?

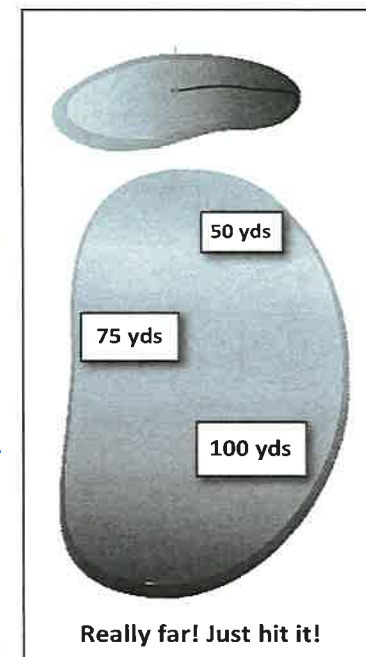
Driver

How far does it usually go?

* Depends on child

18 | **PLAYER LEVEL**

* varies by child *





AWAY FROM THE FIRST TEE

HONESTY

I showed HONESTY at home when I:

told my dad that I didn't
clean my room yet.

Date and place I did this: _____

A time it was hard to use HONESTY was:

when I broke my mom's
favorite lamp.

Date and place I did this: _____

HEALTHY HABITS

I used the Healthy Habit of SAFETY at school when I:

used The buddy system

Date and place I did this: _____

Parent/Guardian reviewed this page. Sign/Date _____



CORE LESSON #5

MODELING SPORTSMANSHIP

SPORTSMANSHIP – playing by the rules and acting nice to others no matter if you are winning or losing

PLAYers should know the Rules of Golf and be able to behave in a kind and respectful manner toward others even in a competitive game.

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

1. Treating others kindly whether he/she is winning or losing
2. Following the Rules of Golf no matter how he/she is playing

What does sportsmanship mean to me?

(Write or draw in the space below.)

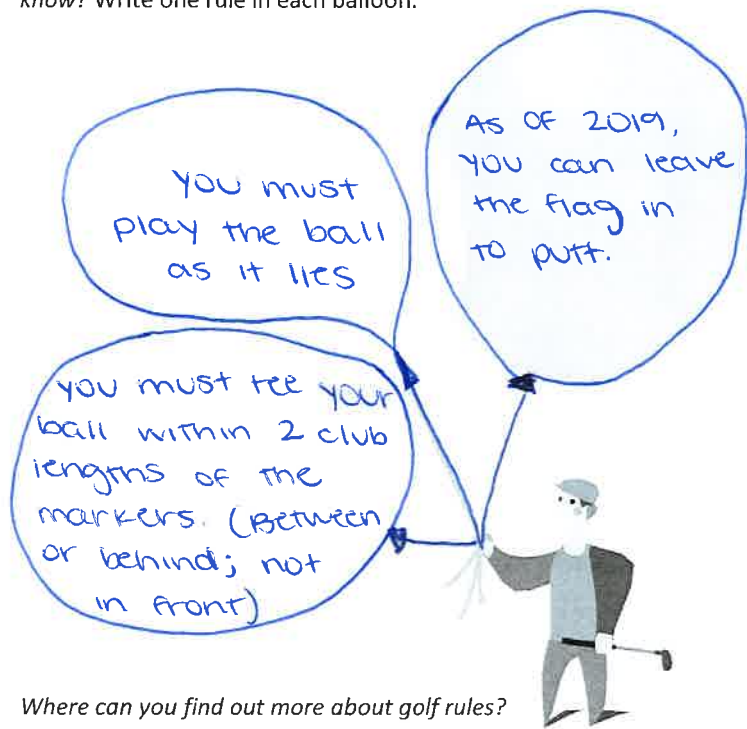


- Be a team player.
- HIVE five others

MODELING SPORTSMANSHIP

What does Etiquette (player conduct 1.2) mean? being polite or using good manners

All games have rules. What are some of the golf rules you already know? Write one rule in each balloon.



Where can you find out more about golf rules?

USGA RULES OF GOLF BOOK OR ONLINE

MODELING SPORTSMANSHIP



GAME you can play: Lily Pads

Supplies: golf balls, 9-iron or pitching wedge, items to make targets such as towels or string

How to play:

- Spread out the targets (lily pads) on the green (targets can be different sizes).
- Each PLAYer chips his/her golf ball onto a lily pad.
- Each team should know which golf balls belong to their team. (For example, one team hits yellow golf balls and the other team hits white golf balls.) Another option is for PLAYers to work together to pick a team logo and put that on the ball with a marker. (A smiley face is one idea.)
- The team with the most golf balls in or on the targets (lily pads) wins the game.

How can you show Sportsmanship while playing this game?

Cheer on your teammates

How can you make this game more challenging to play with your friends?

Move the targets further away

TRY IT!





AWAY FROM THE FIRST TEE

SPORTSMANSHIP

I showed SPORTSMANSHIP when I:

said "congrats" to the other team.

Date and place I did this: _____

I showed SPORTSMANSHIP when I play:

baseball

How: High five at end of game

Date and place I did this: _____

HEALTHY HABITS

I used the Healthy Habit of PLAY at school when I:

went outside for play time

Date and place I did this: _____

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CORE LESSON #6

DEVELOPING CONFIDENCE

CONFIDENCE – a feeling of “I can do it!”

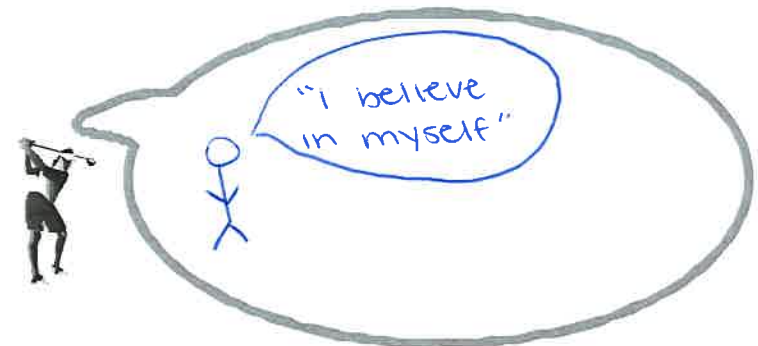
Confidence plays a big role in how low of a score a PLAYer can shoot. PLAYers can increase confidence in their skills every time they play by being positive and focusing on something they are doing well no matter what the outcome.

A PLAYer learns about the Code of Conduct and shows confidence in himself/herself by:

1. Noticing something he/she is doing well no matter what the result
2. Keeping a positive attitude no matter how he/she is playing

What does confidence mean to me?

(Write or draw in the space below.)

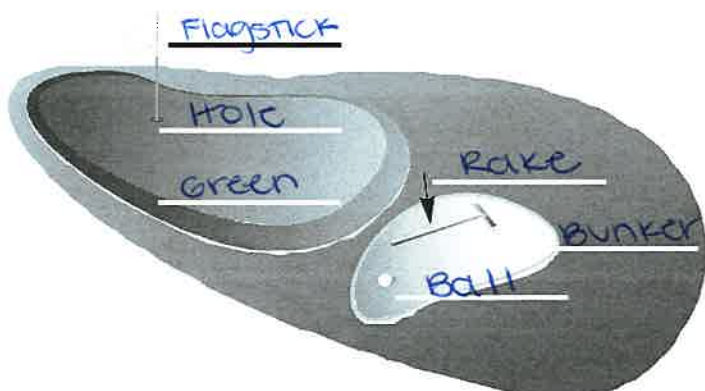


DEVELOPING CONFIDENCE

Fill in the following areas of the course:

Greenside bunker Rake Hole

Green Flagstick Golf ball



Why is there a rake in or around the bunker? to rake up the sand after you hit.

Where do I go to get in and out of the bunker? Near your ball. Take the rake w/you.

What can I do to improve my confidence in golf? Practice!

How can eating healthy snacks and drinking water give me confidence when I play golf? It can give you energy which can give you confidence.

DEVELOPING CONFIDENCE

Word Search

Ball Mark

Chip

Confidence

Courtesy

Divot

Etiquette

Fairway

Fore

Honesty

Iron

Judgment

Out of Bounds

Perseverance

Pitch

Putter

Putting Green

Respect

Rough

Teeing Area

Wood





AWAY FROM THE FIRST TEE

CONFIDENCE

I showed CONFIDENCE at school when:

Raised my hand to answer
a question.

Date and place I did this: _____

I showed CONFIDENCE in the game of volleyball

when: lead my team & called
"I got it"

Date and place I did this: _____

HEALTHY HABITS

I used the Healthy Habit of ENERGY at school when I:

Drank plenty of water

Date and place I did this: _____

Parent/Guardian reviewed this page. Sign/Date _____



CORE LESSON #7

USING GOOD JUDGMENT

JUDGMENT – to make a decision or form an opinion

Using good judgment is very important in golf. It makes a difference when you are deciding where to hit the ball and what club to use. It also helps you make good choices about your Energy and Safety.

A PLAYER learns about the Code of Conduct and shows 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 space below.)



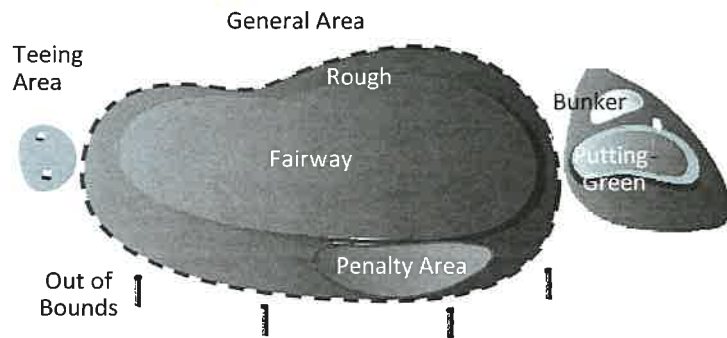
• Doing my homework
before I go hang out
with friends

USING GOOD JUDGMENT

What unit is used to measure a golf course?

Inches? Feet? Yards? Miles? yards

TRY IT: How big of a step do you have to make to equal one yard? depends on child



HOW FAR IS IT?

Pick a hole on your course and walk it to answer these questions.

How many steps is it from the teeing area to the fairway?

How many steps is it from the front of the green to the back of the green?

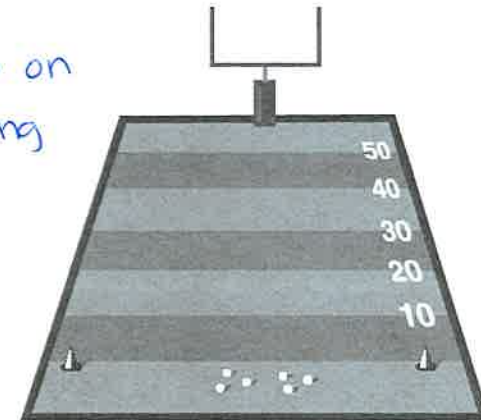
How many steps is it from one side of the fairway to the other side of the fairway?

You can play this again. If you pick a different hole, will you get the same answers?

depends on which hole your child plays

USING GOOD JUDGMENT

Try this on a driving range.



FOOTBALL PITCHING

On your own or with a team – hit the ball to each yardage line and then through the uprights.

How big of a swing do you need to reach each distance?

How can you change the distance on your shot?

If you changed clubs during this game, which was your favorite club?

To play this game on your own, use range buckets or golf towels to know your 10, 20, 30 yard distances.



AWAY FROM THE FIRST TEE

JUDGMENT

I showed JUDGMENT at home when I:

did my homework before I
hung out with friends

Date and place I did this: _____

Next time I play golf, I will bring these snacks and drinks for my golf bag to help me play my best: _____

Bananas, apples, water

Date and place I did this: _____

HEALTHY HABITS

I used the Healthy Habit of play at home when I: throw the frisbee with my brother.

Date and place I did this: _____

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CORE LESSON #8

PLAYING WITH PERSEVERANCE

PERSEVERANCE – to keep going no matter what

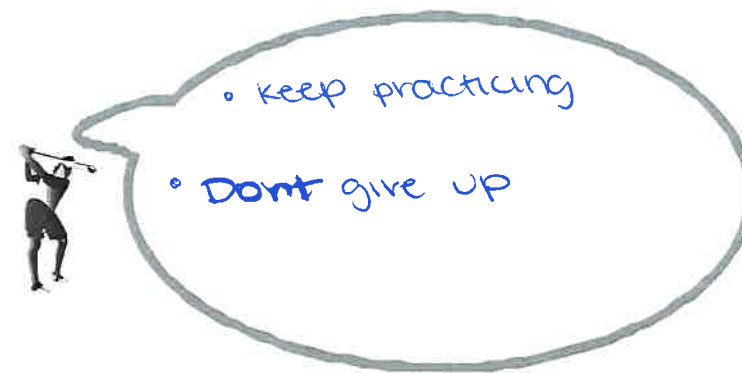
To play well in golf, PLAYers must keep going through tough breaks and their own mistakes. It is important to learn from past actions.

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

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

What does perseverance mean to me?

(Write or draw in the space below.)



PLAYING WITH PERSEVERANCE

WHAT DO I THINK?



How many steps do I think a healthy person takes in one day? 5,000 - 10,000



How many steps do I think I will take while playing 9 holes of golf? 5,000



What snacks and drinks do I have in my bag today, or usually have, that will help me feel good while playing golf? Fruit & water

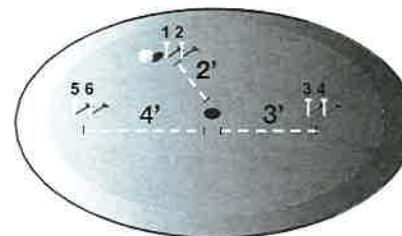


What golf clubs do I like to carry in my bag? putter, wedge, 7-iron, Driver

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.

PLAYING WITH PERSEVERANCE



PUTTING GAME FOR PERSEVERANCE – Around the World

- Place six tees around the hole (target) like this:
2 = two feet away from the hole
3 = three feet away from the hole.
4 = four feet away from the hole.
- Number them 1, 2, 3, 4, 5 and 6. *Playing in order, how many putts in a row can you get in the hole (target)?*
- Play with only one ball and start over at number one if you miss.
- For added challenge, change your hold/grip on each round. *How many holds can you invent? Which is your favorite?*

Play this game many times. Write down your scores to track how much you are improving.

Date: _____ Score: _____	Date: _____ Score: _____	Date: _____ Score: _____
Date: _____ Score: _____	Date: _____ Score: _____	Date: _____ Score: _____



AWAY FROM THE FIRST TEE

PERSEVERANCE

I showed PERSEVERANCE at school when I:

Kept trying a new sport in PE.

Date and place I did this: _____

I showed PERSEVERANCE at home when I:

helped my dad with yard work

Date and place I did this: _____

HEALTHY HABITS

I used the Healthy Habit of safety at school when I:

didn't open the door for a stranger.

Date and place I did this: _____

Parent/Guardian reviewed this page. Sign/Date _____



CORE LESSON #9

LIVING WITH INTEGRITY

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

Golf is a game of etiquette (manners) and composure (keeping your cool). PLAYers are responsible for their actions on the golf course even at times when others may not be 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 he/she thinks no one is watching
2. Staying in safety zones while playing golf even without being told

What does integrity mean to me?

(Write or draw in the space below.)



• Being honest even when it is hard.
• Leading by example.

LIVING WITH INTEGRITY



What does it mean when you see stakes or lines on the golf course?

penalty areas, hazard areas,
out of bounds

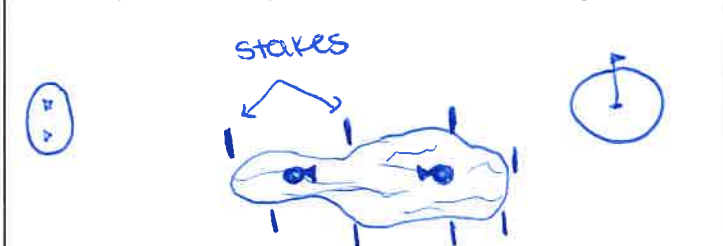
What does a WHITE stake or line mean? out of bounds

What does a RED stake or line mean? lateral water
hazard

What does a YELLOW stake or line mean? water hazards

What are examples of "penalty areas"? bunkers, water,
areas with a lot of brush.

Draw a picture of where you find these stakes or lines on the golf course.

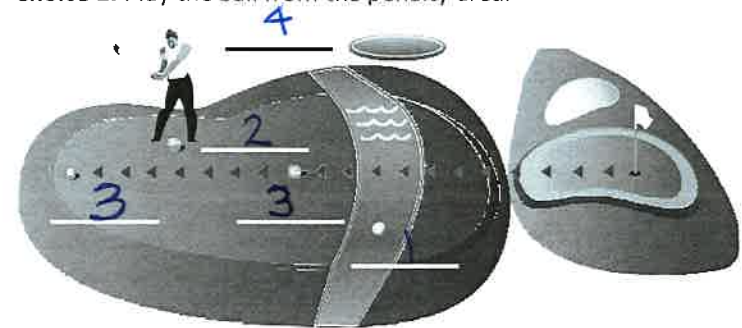


PENALTY AREA – YELLOW STAKE OR LINE

When you hit your ball into a yellow penalty area, 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 penalty area.



Is there always water in a
penalty area? NO

If not, why? they are now penalty
areas & sometimes just
have rough conditions.

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 penalty area.

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

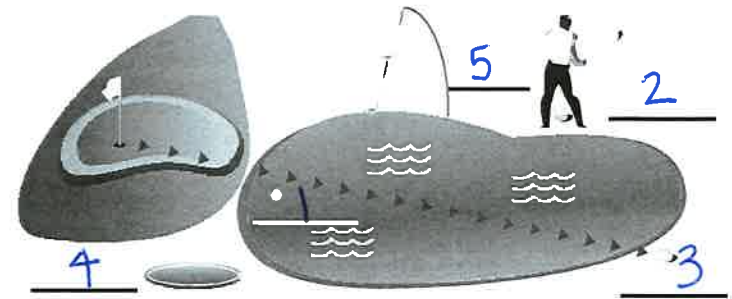
Choice 4: Drop Zone. Sometimes golf courses have a spot on the other side of the penalty area where you can play your ball so you don't have to hit over the penalty area to get on the green.



If there is a drop zone, where would you find it? it would be labeled & be on either side of the water.

PENALTY AREA – RED STAKE OR LINE

When you hit your ball into a red penalty area, you have a decision to make. Here are five 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 penalty area.

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 penalty area.

Choice 3: Play a ball so the penalty area 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 penalty area where you can play your ball so you don't have to hit over the penalty area to get on the green.

Other choice just for a red penalty area:

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



What does "lateral" mean?
Runs alongside or
parallel to the hole

What choices have 1-
stroke penalty added to
your score? 2, 3, 4,
5

What choice has NO
penalty strokes added
to your score? 1

LIVING WITH INTEGRITY

Nine Core Values Crossword

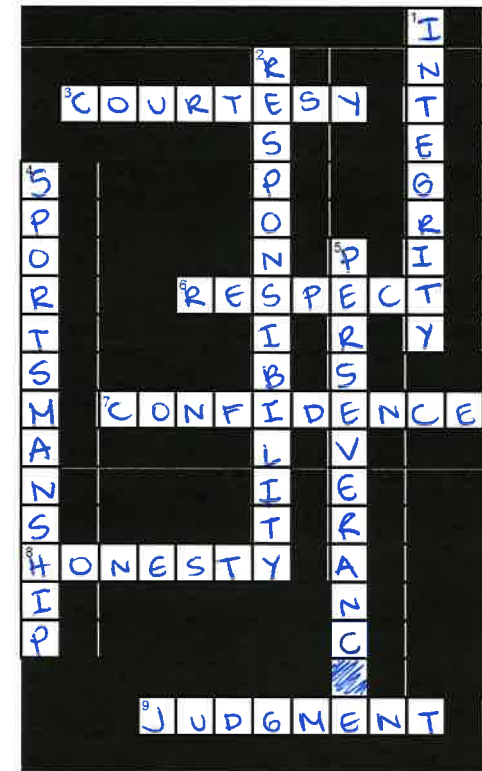
Across

- 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 *

↳ TYPO





AWAY FROM THE FIRST TEE

INTEGRITY

I showed INTEGRITY at school when I:

did my own work.

Date and place I did this: _____

GOLF SKILLS

I showed INTEGRITY on the golf course when I:

I called a penalty on myself

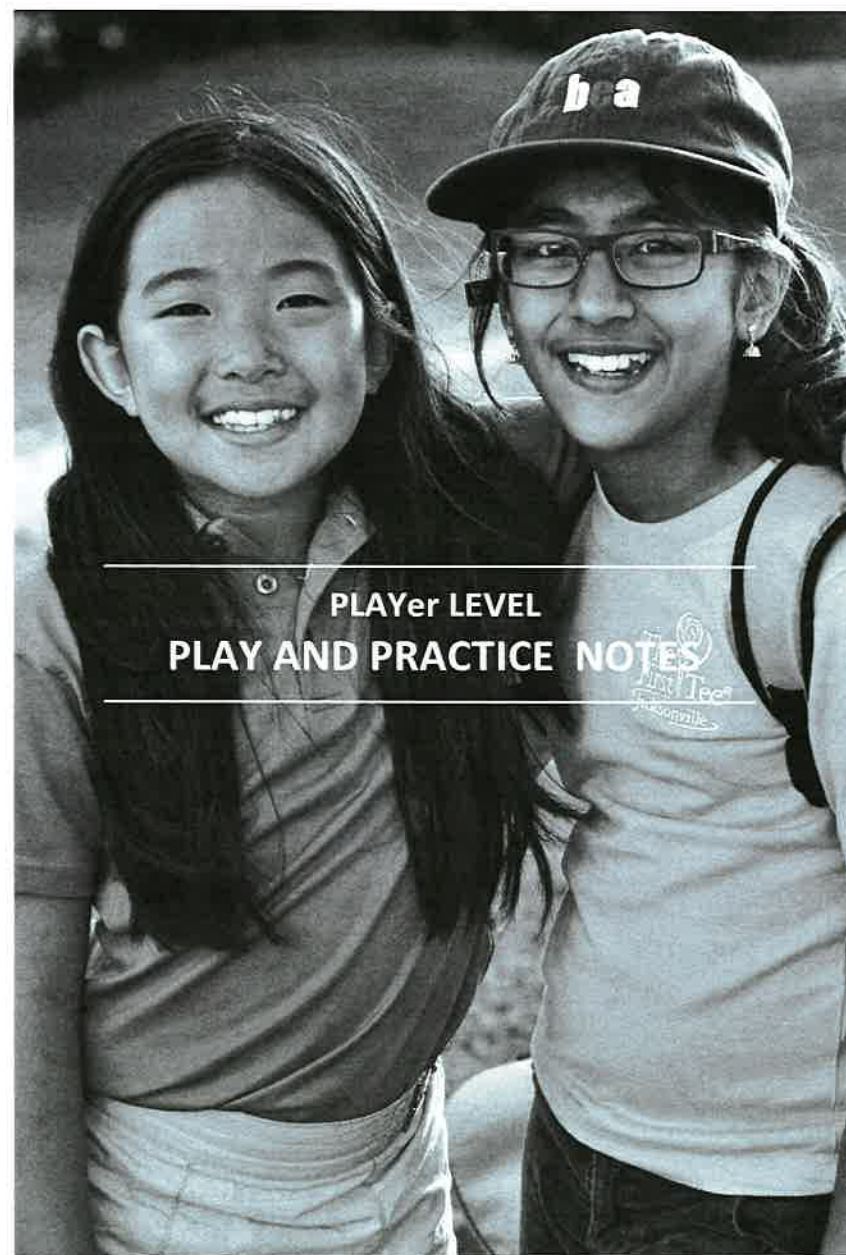
Date and place I did this: _____

HEALTHY HABITS

I used the Healthy Habit of energy at school when I: drank plenty of water

Date and place I did this: _____

Parent/Guardian reviewed this page. Sign/Date _____



MY PLAY AND PRACTICE NOTES

READY? Here's how to show that you understand and can do the PLAYer level skills (also called Certification).

General Requirement:	How You Know:	My Notes:
Attendance	Attend and participate in all nine lessons multiple times	
Behavior	Show in actions (PLAYer initiated) the behaviors of the Code of Conduct and reflective of the Nine Core Values and Nine Healthy Habits	
Playing the course	<ul style="list-style-type: none"> - Complete 9-hole round - Fast/safe/courteous - Keep own score accurately - No required score or distance 	
Putting	<ul style="list-style-type: none"> - Complete 9-hole round - Fast/safe/courteous - Keep own score accurately - No required score 	
Short Game		
Full-Swing (greens and fairways)		
Written	Correctly answer the questions on each of the Life Skill and Golf Skill Knowledge assessments	

Note: Your chapter of The First Tee may have some other checkpoints (requirements) in addition to the ones listed above. Ask your coach what else you can do to keep improving and be ready for the Par Level!

MY PLAY AND PRACTICE NOTES

Here's a space for you to write down the golf games you like to play and how good you are getting. Have FUN playing them with others!



My favorite putting games:

1. _____
2. _____
3. _____

9-hole putting challenge: Fast, safe and courteous, and keep your own score.



MY PLAY AND PRACTICE NOTES

A chip shot looks like: small swing.

Ball goes in the air a little bit & then rolls.

My favorite chipping games: *



1. _____
2. _____

On Course is FUN because: _____



Times I played the golf course and kept my score (write score)

1. Date: _____ Score: _____

2. Date: _____ Score: _____

RULES OF GOLF AND ETIQUETTE (MANNERS) – PLAYER LEVEL



=



Google "USGA RULES OF GOLF"

Use the Rule of Golf book or Review Sheet from your coach to look up the rules you have learned so far.

Player Conduct 1.2 (Etiquette) and Pace of Play 5.6

Definitions

Rules

Fundamentals of the Game	1.1, 1.3, 3.3a, 3.3b, 3.3c
Playing the Round and a Hole	5.5, 5.6, 6.1, 6.2, 6.3a, 6.4b
Playing the Ball	7.3, 8.1, 9.1, 10.1a, 10.1c, 10.1d
Bunkers and Putting Greens	13.1, 13.2b
Lifting and Returning a Ball to Play	14.3
Penalty Relief	17.1, 18.1, 18.2, 18.3

HEALTHY HABITS

Name the Healthy Habit and then write one way you have put the Healthy Habit into action.



Energy

eat healthy snacks

play my favorite
sports.



Play



safety

wear sunscreen

WORDS TO KNOW

Object of the game of golf: To hit the ball into the hole in the fewest strokes (swings + penalties)

Etiquette: Manners and actions used by PLAYers

Fore!: A warning shouted to alert other PLAYers that you are about to hit the ball or have hit a ball that is headed toward them

Stroke: The points a PLAYer gets by swinging the golf club or getting a penalty

Penalty: When a PLAYer breaks a rule, he/she is given a penalty. The penalty is usually a stroke or two added to the score. Other penalties are sometimes given such as losing distance or losing a hole.

Habit: Actions PLAYers do so often they become automatic and can be done without thinking

Energy (Healthy Habit): The body's fuel for living; including sleep

Play (Healthy Habit): The ultimate form of exercise that is done for fun and enjoyment

Safety (Healthy Habit): Actions done to stay out of danger and lower the chance of a PLAYer getting hurt

Putt: A short shot that rolls; usually done on the putting green

Chip: A short shot that goes low in the air and lots of roll; usually started from just off the side of the green

Pitch: A short shot that goes high and has only a little roll; usually done from a few yards off the green when a PLAYer needs to go over something like a bunker

Full Swing: A big swing to hit the ball as far as the club will make it go

WORDS TO KNOW (CONT'D)

Bunker: A hollow area on the golf course that is filled with sand

Dog-leg hole: A hole where the fairway bends around a corner

Green: The part of the golf course around the hole where the grass is cut the shortest

Fairway: On a hole, the grass between the tee and the green
(*Fairway grass is usually cut short.*)

Penalty Area: An area of the golf course that creates challenges for PLAYers. These include lakes or ponds, for example. (If you hit your ball into a penalty area, you have to add a penalty stroke to your score.)

Hole: 1. The small hole or cup cut into the green; 2. The part of a golf course consisting of a teeing area, putting green and the area in between. Also, if you “hole” your ball, you have hit it into the hole on the green

Lie: The spot where the ball is sitting

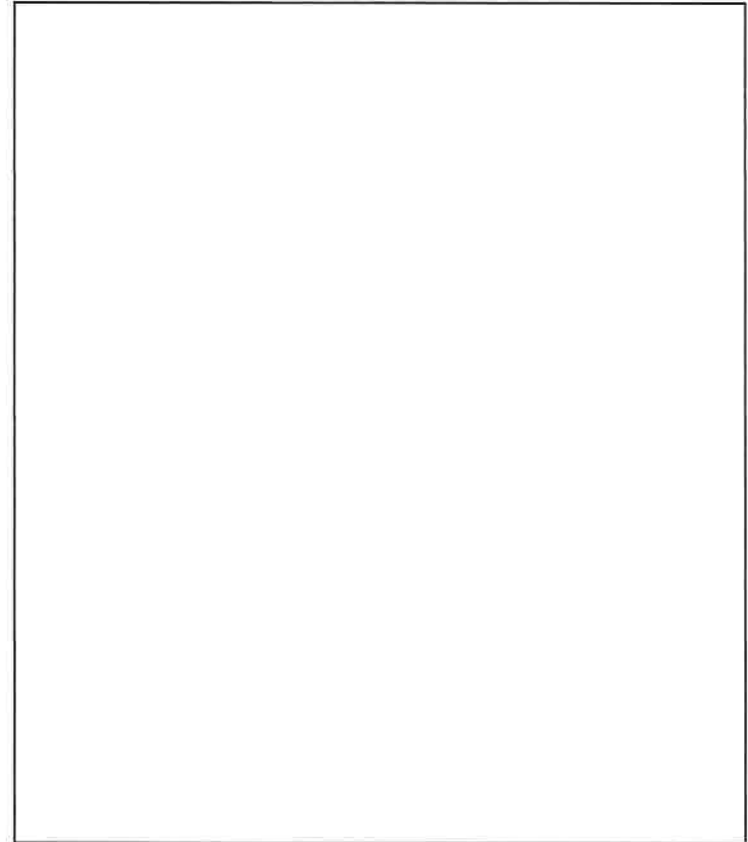
Out of bounds: The area of a golf course that is outside the official playing area. Golf courses use white stakes or paint a white line on the ground to mark the out of bounds

Range: A place where PLAYers can practice hitting balls

Rough: The area of long grass around tees, fairways and greens

Teeing area: The starting place for the hole to be played. Its shape and size is a rectangular area which is defined by two club lengths in depth, from two tee markers

MY PLAY AND PRACTICE NOTES: CERTIFICATION



CONGRATULATIONS ON COMPLETING THE PLAYER LEVEL!

This is to certify that

(Print your full name above)

has met the following requirements for the PLAYer level
of The First Tee Life Skills Experience:

- ☐ Successfully attended and participated in multiple classes for all core lessons.
- ☐ Successfully completed the playing requirement
- ☐ Successfully completed the putting requirement
- ☐ Successfully completed the written assessment of The First Tee Code of Conduct, Nine Core Values and the Healthy Habits
- ☐ Successfully completed the written assessment of the game of golf, etiquette and Rules of Golf
- ☐ Successfully showed the behaviors for The First Tee Nine Core Values and the Code of Conduct in his/her actions

(PLAYer's Signature)

(Coach's Signature)

(Today's Date)



PLAYer's Name: _____

The First Tee of _____

My home course is: _____



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