

The First Tee Life Skills Experience Progression Chart Overview:



The First Tee of the Tri-Valley's Golf and Life Skills Experience introduces the game of golf and its inherent life skills to youth between the ages of 7-17. Our Certified Instructors expose participants to fundamental golf and life skills that promote character development and life-enhancing values.

The Life Skills Experience is divided into five core levels: PLAYer, Par, Birdie, Eagle and Ace. All participants new to the program start at the PLAYer Level and progress through more advanced levels. Participants complete levels by demonstrating their ability to meet the guidelines of each level of the program. In addition to the five core levels, there are two supplemental levels: Tee and Fairway allowing participants more time to focus on golf and life skills preparing them for the Par and Birdie levels respectively.

The program is self-paced, encouraging participants to explore and assess their abilities and goals while meeting the established requirements at each level. This Progression Chart outlines the requirements for participants to be certified to move through each level in the program. At the end of each season participants are given formal assessments which the instructors use to determine the recommendations for the next season. The criteria that have been set for advancement at each level are outlined below. In addition, we have also included recommendations for practice regimen outside of the time spent at class and rounds of golf played and posted for participants at specific levels of the program. Golf is the most challenging sport you can learn and requires years of dedication and commitment. Coming once a week to the LSE classes is not enough to steadily progress through the levels. Golf requires as much if not more time than you put into your soccer, baseball/softball, swimming, gymnastics, or any other activity you are involved in. The good news is GOLF is a skill that will last you a lifetime. You will be able to play at all levels throughout your scholastic years, your business career, and your recreational life. This is truly a game for a Lifetime, so enjoy the journey!

The First Tee Tri-Valley Certification Guidelines & Requirements

LEVELS:	PLAYer	PLAYer Certified	PAR	Par Certified	BIRDIE	EAGLE	ACE
Recommended Minimum Age	7	8	9	10	11	13	15
Class Attendance	75% (6 out of 8)	75% (6 out of 8)	75% (6 out of 8)	75% (6 out of 8)	75% (6 out of 8)	75% (6 out of 8)	75% (6 out of 8)
Rules Assessment	7/9 on exam	7/9 on exam	3 out of 5	4 out of 5	4 out of 5	5 out of 5	5 out of 5
Etiquette Assessment	7/9 on exam	7/9 on exam	2 out of 3	3 out of 3	3 out of 3	3 out of 3	3 out of 3
Life Skills Assessment	7/9 on exam	7/9 on exam	2 out of 3	3 out of 3	3 out of 3	3 out of 3	3 out of 3
Putting Skills Assessment	Putt 9 holes Safe, Fast & Courteous Maximum score 24	Place 4 balls 3' from hole at N,S, E, W make 3 out of 4	2 putt from 12' 3 out of 5 times	Putt 9 holes Safe, Fast & Courteous Maximum score 21	Place 4 balls 4' from hole at N,S, E, W make 3 out of 4	Putt 9 holes Safe, Fast & Courteous Maximum score 18	2 putt from 25' 4 out of 5 times
Chipping Skills Assessment	Chip 3 out of 5 balls on to the green with 9i or 8i	Chip 3 out of 5 balls on to the green within 12' of hole	Chip 3 out of 5 balls on to the green within 10' of hole with 9i or 8i	Chip 4 out of 5 balls on to the green within 10' of hole	Chip 3 out of 5 balls on to the green within 8' of hole	Chip 3 out of 5 balls on to the green within 6' of hole	Chip 4 out of 5 balls on to the green within 3' of hole
Pitching Skills Assessment			From 15 yds, 3 out of 5 on to green	From 25 yds, 3 out of 5 on to green within 12' of hole	From 25 yds, 3 out of 5 on to green within 8' of hole	From 35 yds, 3 out of 5 on to green within 6' of hole	From 35 yds, 4 out of 5 on to green within 5' of hole
Bunker Skills Assessment (From Greenside Bunker)						Hit 3 out of 5 onto green within 12'	Hit 5 out of 5 onto green within 8' of hole
Full Swing Skills Assessment	Hit 3 out of 5 balls 20yds in the air	Hit 3 out of 5 balls 35 yds in the air	Hit 3 out of 5 balls 50 yds in the air	Hit 3 out of 5 balls 75 yds in the air	Hit 4 out of 5 balls 100 yds in the air	Hit 4 out of 5 balls 150 yds in the air	Hit 4 out of 5 balls 200 yds in the air
Playing Skills Test (Played with Threesome)		First hole played in 20 min or less shoot 7 or less	First hole played in 15 min or less shoot 7 or less	First two holes played in 30 min or less shoot 13 or less	First two holes played in 25 min or less shoot 10 or less	First three holes played in 30 min or less shoot 13 or less	First nine holes played in 100 min or less shoot 33 or less
Practice Recommendations (Outside of Class Each Week)	One hour Driving Range Visit	Two - One hour Driving Range Visits	One hour Driving Range Visit & a One hour Golf Course Visit	Two hours of Driving Range Visits & a One hour Golf Course Visit	One hour Driving Range Visit & Two hours of Golf Course Visits	One hour Driving Range Visit & Three hours of Golf Course Visits	Four hours of Golf Course Visits
Annual Rounds Posted (GHIN Recommendations)			3, 9-Hole Golf Rounds	5, 9-Hole Golf Rounds	7, 9-Hole Golf Rounds	11, 18-Hole Golf Rounds	13, 18-Hole Golf Rounds