

#### Why we Exist:

• Building character to help youth succeed in life.

#### How we Coach:

- Provide a supportive, safe, and positive environment where relationships can form and students feel empowered, and included.
- Engage participants by creating a fun, activity-based experience where participants learn and apply our life and golf skill curriculum through participation in our games.
- Deliver process-focused coaching to build a growth mindset among our participants.

#### What we Coach - Updated Curriculum:

- All sessions are organized by grade groups Grades 2-4, 5-6, 7-8, 9-12
- 3 parts to the curriculum Life Skills, Golf Cues, Golf Ready
- 6 Life Skills, 6 Golf Cues, 6 Golf Ready concepts taught across all grade groups
- Each Life Skill and Golf Cue has four related tools (variations), each with three tips, one for each grade group (24 total lessons)
- Each week the different grade groups will learn one tool from each of the three parts Life Skill, Golf Cue, Golf Ready.

## Structure of a Class

- Warm Up 10 mins- Life Skill intro/activity or exercise
- Activities 70 mins–Integration of Life Skills & Golf Cues through games and oncourse play
- Wrap up 10 mins- Bridge core lessons to life

## Classes and Achievement Challenges

- Grade Groups 2-4, 5-6, 7-8, 9-12
- Each Grade Group has a Practice and a Course class
- Practice = 6 of 8 weeks on practice areas
- Course = 6 of 8 weeks on golf course
- Play = all 8 weeks on the golf course
- Each Grade Group Practice and Course class has golf and life challenges and standards
- FTSV Achievements are result of completing golf and life skill challenges



- Achievement is not tied to progression or next class
- Achievement challenges help participants set goals and take ownership over their skill development
- Participants are encouraged to set their own achievement goals if the challenge standards are too low or too high.
- It is important to <u>repeat sessions</u> for retention of information and for pursuing personal goals.

## Expanded Sessions for Grades 9-12

- New Practice and Course classes specifically for Grades 9-12
- Plan Your Future sessions Career, Education, Volunteer, and Golf now open to all.

## Updated Ace-Achievement and National Opportunities Eligibility

- Ace-Achievement still available. To be eligible participants must
  - Complete achievement challenges in Grades 9-12 Practice and Course
  - Complete all 4 Plan Your Future sessions and post session documents
  - Participate in FTSV for a minimum of 3 years and take a minimum of 2 sessions per year.
- To be eligible for National Opportunities participants must
  - Complete achievement challenges in Grades 9-12 Practice and Course
  - Participate in FTSV for a minimum of 3 years and take a minimum of 2 sessions per year.

## Safety:

- All coaches complete a background check every other year, and take the Safe Sport, Mandatory Reporter, Concussion, and Heat Illness Trainings each year.
- Participants and coaches are encouraged to not attend class if they show any signs of illness, or test positive for COVID-19.

## FTSV Policies

- Attendance no make ups, inform staff about absences one week prior.
- Punctuality arrive 10 min early.
- Late policy 1 minute after class starts, participant will be turned away.



- Attendance policy We encourage participants to not miss more than <u>2</u> sessions (classes). However, we will not turn anyone away if more than 2 classes are missed. Challenges take place weeks 7 and 8. No make up.
- Check in/out parents/guardians walk students to and from the check in/out.
- Dress code pockets, athletic shoes.
- Water please bring their own water to class.
- Clubs provided in class if needed. We have a club leasing program for those on financial aid and clubs available for purchase for everyone else while supplies last. For more information contact manny@ftsv.org
- Class held rain or shine. Class may be cancelled if temperature is under 50 degrees AND raining or exceeds the temperature + humidity on our head index chart. For extreme weather (flooding, lightning, smoke, and extreme heat) please email weather@tftsv.org by 11am of the same day to get an update on the day's class and by 6pm on Friday for Saturday classes.

#### Local Opportunities

- Discount cards (just for students!) handed out week 2 for all new participants.
- NCGA Youth on Course card (playing discounts) for more details email <u>manny@ftsv.org</u>
- Golf Play/Practice, Seasonal Tournaments, Girls Golf, National Opportunities

#### Parent/Guardian Resources

- Video Library available on our Private Page (www.firstteesiliconvalley.org/private-pages/) PW: Class23
  - Life Skill Videos
  - Review Sheets
  - Golf Cue Videos
  - External Scorecard Document
  - Golf Course Need to Knows Video
  - Positive Coaching Alliance Resources
- Private lessons?
  - Visit our "<u>About Us</u>" and click on "Staff and Board" and then scroll down to the "Instructors (Private)" list.

#### <u>Other</u>

- Questions? Office Hours: Tue-Fri 10am-6pm
  - Weekly email "Fore! Families" (sent every Tuesday)
  - Website (thefirstteesiliconvalley.org); Participant Private Page (Class23) for all policies, parent resources, and certification details.

