

### 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 participants 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. Focus is on effort, learning from mistakes, and life skill demonstration

### What we Coach - 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
- 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 & Course class has golf & life challenges & 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's important to <u>repeat sessions</u> for retention of information and for pursuing personal goals. For example, just because we know what Respect means, doesn't mean we can't learn new ways to improve our demonstration of respect

### Opportunities for Grades 9-12

- Practice and Course classes specifically for Grades 9-12
- Ace Classes Career, Education, Volunteer, and Golf
- National Opportunities
- Scholarships
- <u>Junior Council</u> open to all high schoolers. They plan events/opportunities, fundraise, contribute to our marketing/social media

### Ace Classes

- A layered approach incorporating self-exploration, active investigation of potential education & career plans, demonstration of leadership & investment in their community, & development of goals & real-world assets to kick-start their future
- Includes (4) 8-week seminar classes & an optional Ace-Certification process
- The classes and certification process provides the opportunity to apply the 6 First Tee Life Skills and develop a skill set that prepares them for post high school life.
- The following (4) 8-week classes are open to participants 14-17, new & returning:
  - <u>Education class</u> (Fall Sept to Oct) financial planning for college, college application process, school identification/exploration strategies
  - Give Back class (Winter Dec to Feb) going above and beyond, learning transferable skills, networking, professionalism
  - <u>Career class</u> (Spring Mar to May) resume-building, interview skills, adaptive and content skill development, professional correspondence, and career explorations
  - Golf class (Summer Jun to Aug) golf psychology, optimal practice habits, and goal setting
- To be eligible for Ace-Certified participants must
  - o Complete achievement challenges in Grades 9-12 Practice and Course
  - o Complete all 4 Ace Classes & post class course work on the FT App.



- o Participate in FTSV at least 3 years & take a min of 2 sessions per year
- Any high school participants can take Ace classes, even if they are not eligible to be Ace-Certified. They can still take the classes

# National Opportunities

- First Tee Home Office provides events around the country that our high school participants are invited to apply for
- To apply, participants are encouraged to
  - o 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
  - Our team sends out a Google Form sheet to high schoolers with details on the national opportunities, and then they are selected to apply based on their engagement in our program and whether they meet the national opportunity requirements

### Scholarships

- Participants are selected based on achievement, longevity, and financial need
- Scholarship opportunities include the Joyce Taylor Award, Dennis Kettman Award, FT College Scholarship Program, YOC Scholar, and Silicon Valley Community Fund Scholarships (regional)

## Opportunities - All

- Discount cards (just for students!)
  - Handed out week 2 for all new participants
  - o Offers discounted rates for range balls to practice on your own
- NCGA Youth on Course card (playing discounts)
  - available when registering (year-round)
  - Provides playing discounts at over 100 golf courses
- Pre-season <u>Seasonal Tournaments</u>, <u>Girls Golf</u>, <u>Appreciation Events</u>

#### <u>Safety</u>

- All coaches complete a background check, and take the Safe Sport, Mandatory Reporter, Anti-Harassment, 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 late policy
- 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
- Spectating Must stay 25 yards away during class. However, it is important to consistently check in with coaches and staff before or after 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 <a href="weather@tftsv.org">weather@tftsv.org</a> by 11am of the same day to get an update on the day's class and by 6pm on Friday for Saturday classes. Credits will be issued if more than 2 classes are cancelled
- Make-Ups For logistical reasons, there will be no option to make up classes by taking a class at a different time or day

#### Parent/Guardian Resources

- Video Library available on our Private Page PW: Class24
  - Life Skill Videos & Golf Cue Videos
  - Review Sheets
  - Golf Course Need to Knows Video
  - Positive Coaching Alliance Resources
- Private lessons?
  - Click on "About Us" then "Staff and Board" then "Instructors (Private)"
- Parent Clinics
  - o Parents/guardians can sign up for a group golf lesson from our staff

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

- Questions? Office Hours: Tue-Fri 10am-6pm
- Weekly email "Fore! Families" (sent every Tuesday)
- Website (thefirstteesiliconvalley.org); Participant Private Page (Class24) for all policies and parent resources.