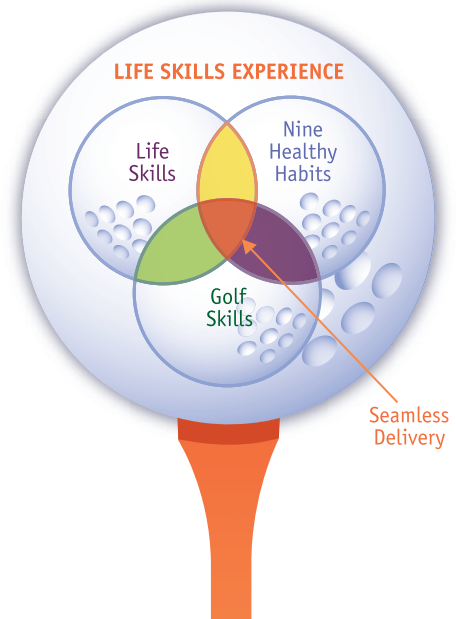


THE FIRST TEE LIFE SKILLS EXPERIENCE: WHAT WE DELIVER

The Life Skills Experience is comprised of the Life Skills curriculum (known as the Nine Core Value behaviors at the PLAYer level); the Golf Skills curriculum and the Nine Healthy Habits.

It consists of four certification levels, starting with PLAYer for new participants and progressing through Par, Birdie and Eagle. Each level can be delivered seamlessly with a variety of golf skills and fundamentals. In addition to the four certification levels, The First Tee offers TARGET as an introduction to the Life Skills Experience, as well as Ace, the advanced level of the Life Skills Experience. The table below provides an overview of all levels of The First Tee Life Skills Experience.



THE FIRST TEE LIFE SKILLS EXPERIENCE BY CERTIFICATION LEVELS

TARGET	CERTIFICATION LEVELS	ACE
Introduction to The First Tee Life Skills Experience; provides a fun and safe environment that creates curiosity about the game of golf.	PLAYer —Introduces playing the game of golf with special emphasis on learning The First Tee Code of Conduct, core values, golf skills and healthy habits as well as appreciating the etiquette and rules of the game of golf.	The advanced level of The First Tee Life Skills Experience; focuses on personal planning for golf, career, volunteerism and education.
	Par— Focuses on interpersonal communication and self-management skills, golf skills and healthy habits.	
	Birdie— Emphasizes goal-setting, golf skills and healthy habits.	
	Eagle— Builds on PLAYer, Par and Birdie levels and emphasizes resilience skills, conflict resolution, planning for the future, golf skills and healthy habits.	

PROGRESSION MODEL

Participants who are seven and older must initiate their involvement in the Life Skills Experience at the PLAYer level and progress through each level of certification in sequence, albeit at their own pace. This progression is depicted on the following page, along with the required and recommended minimum age for each level.

The PLAYer level is designed to expose participants of all ages and ability levels to the game of golf and its inherent values through purposeful games and golf learning activities. This level of The First Tee Life Skills Experience builds on TARGET™ and emphasizes the importance of “purposeful play” in the development of skills for golf and life, as well as behaviors associated with the physical healthy habits of energy, play and safety.

The Par level focuses on the life skills of interpersonal skills and self-management in a more sophisticated manner than at the PLAYer level. Golf skills are further explored and exposure to the Nine Healthy Habits may be expanded to some of the emotional and social healthy habits. Subsequently, the Birdie level deals primarily with goal-setting, golf skills development and may include the remaining emotional and social healthy habits. As participants progress through these two levels they learn how to introduce themselves, show respect for others, keep a positive attitude, control their emotions, and set and achieve individual goals on and off the golf course.

While the emphasis in the PLAYer, Par and Birdie levels is on the individual, the Eagle level focuses more on group and community interaction. The lessons provide opportunities for more advanced instruction and practice in mastering PLAYer, Par and Birdie level life skills, as well as additional topics such as conflict resolution, mentoring and educational planning. Participants learn to interact more effectively with others so they can become good citizens and exert a positive influence both at The First Tee and in their communities. Development of golf skills continues through the delivery of each of The First Tee Nine Golf Fundamentals and the application of the Nine Healthy Habits.

For learning and skill development to be effective at each level of the Life Skills Experience, coaches must allow sufficient time to ensure concepts are experienced, understood, explored and can be applied in different situations. The certification requirements at each level become progressively more challenging for participants in view of their increased commitment and capabilities. Coaches should keep in mind that, in general, participants should take ***a minimum of two years at each of the certification levels*** to master life skills, golf skills and healthy habits required to successfully complete certification.