

# TARGET

## Summary of Learner Objectives

The TARGET level is for those age 5 & 6 and is unique to The First Tee, as it precedes the formal Life Skills Experience (LSE) and the accompanying certification process. The objective of the TARGET level is to foster enjoyment for the game and time spent at the golf course, as a foundation of understanding, but also to ensure that players are more apt to play golf in the long-term (i.e. become a "PLAYer for Life").



## Core Lesson Outline

### T – Take Aim

*Select a target, and then develop methods of alignment to ensure you are properly aimed. This lesson provides not just the golf technique of alignment, but also the beginning of goal-setting.*

### A – Anyone Can Play

*Golf is a game that anyone can enjoy, and should be allowed to play, regardless of skill level, background, what equipment one owns, or any other external factor. As long as a person commits to respect for self, others, and surroundings, and wants to learn, they can play golf!*

### R – Respect

*The First Tee Code of Conduct includes respect for oneself, others, and surroundings. This provides a foundation of appreciation for the game and those who play it, and fosters a long-term relationship with learning.*

### G – Golf is a Game

*There are many games, and golf is one. Players learn the similarities and differences between golf and other games (and sports). Golf is fun, challenging, and focuses on both the process and the outcome.*

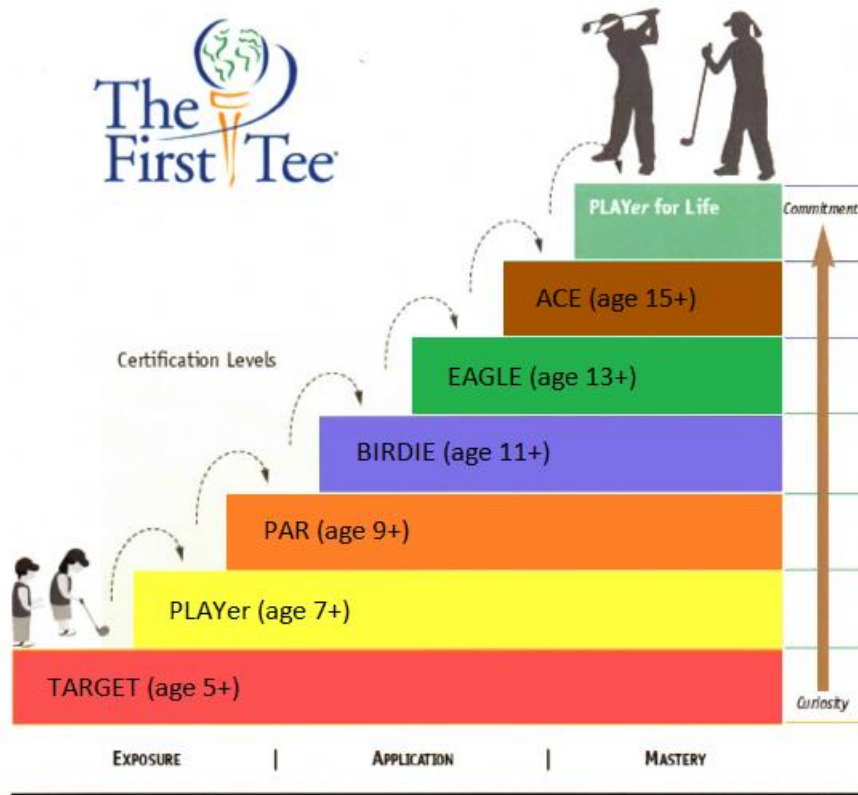
### E – Enjoy Yourself

*Consider what makes golf fun for you. Do you like the social aspect of spending time with friends and classmates? Do you enjoy competition and playing your best? Do you like being outside? To become a "PLAYer for Life," one must develop a personal appreciation and enjoyment for the game.*

### T – Try It!

*Develop the confidence to try new things, both in golf and outside of golf. Don't be afraid to try something that is new, challenging, or different. Test new clubs and balls, challenging lies and shots, and different ways to stand and hold the club. And try new sports and activities off the course as well!*

# Level Progression Guidelines



Level	Primary Course Played During Class Time	Life Skill Focus
<b>TARGET</b>	Par-3 Course <i>Modified Distances</i>	Enjoy Yourself in Golf, Rules and Formats, and Game Play
<b>PLAYER</b>	Par-3 Course <i>Modified Distances</i>	Nine Core Values and Interpersonal Skills
<b>PAR</b>	Par-3 Course <i>Standard Distances</i>	Self-Management, Self-Assessment, and Personal Par
<b>BIRDIE</b>	Par-3 Course <i>Some Regulation Course</i>	Goal-Setting, Dreams & Goals and Dealing with Challenges
<b>EAGLE</b>	Regulation Course	Planning for the Future, Building a Go-To Team, Staying Well for Life
<b>ACE</b>	Regulation Course	Career Planning, Interview Skills, and Community Service

# CERTIFICATION GUIDELINES

## 2017

Category	Description	PLAYer	Par	Birdie	Eagle	Ace
<b>Age Guideline</b>	<i>Required Minimum</i>	<b>7</b>	<b>9</b>	<b>11</b>	<b>13</b>	<b>15</b>
	<i>Eligibility is determined by the season following a participant's birthday, and given the completion of the following certifications.</i>					
<b>Core Lesson Mastery</b>	Sessions Per Level	2-6	2-6	2-6	2-6	2-6
	Class Attendance	75%	75%	75%	75%	75%
	Homework/Assignments	75%	75%	75%	75%	75%
	<i>These are recommended averages per season to achieve optimal exposure to and practice with each core lesson.</i>					
<b>Written Tests</b>	Golf Knowledge	8/10	12/15	16/20	20/25	Custom
	Life Skills Knowledge	10/12	15/18	20/24	25/30	Custom
<b>Short Game</b>	Putting Course (10-30 ft)	27 (9h)	23 (9h)	21 (9h)	18 (9h)	15 (9h)
	Up-and-in Course (2-20 yd)	18 (3h)	12 (3h)	21 (6h)	27 (9h)	23 (9h)
<b>Full Swings</b>	Approach Shots	10+ yd	25+ yd	55+ yd	80+ yd	100+ yd
	Driving/ Tee Shots	25+ yd	50+ yd	100+ yd	160+ yd	200+ yd
	<i>From this distance, players must achieve a score of 50% (ball comes to rest on green/fairway).</i>					
<b>Course Play (9h)</b>	Minimum # Complete Rounds	2	2	5	10	10*
	<i>Must include at least one tournament and one non-tournament round at each level (scoring guidelines below). Must be stroke play format and outside of regular class session (Week 8 does not qualify). *Ace rounds must include 10 different golf courses.</i>					
	Target Score	63	54	45	108	92
		<i>9h - Par-3 Course (recommended 1,500+yd)</i>			<i>18h - Regulation Course (5,000+yd)</i>	
<b>Other</b>	Completion of Yardage Book	PLAYer (white)	Par (orange)	Birdie (blue)	Eagle (green)	Ace

### NOTES:

- Certification guidelines are designed and administered by The First Tee, World Golf Foundation and the governing bodies of golf to provide reasonable goals and structure for each level in the program.
- There is no certification process for the **Target** level; the Life Skills Experience (LSE) officially begins at PLAYer.
- In order to advance to the next level, a player must: 1) be age eligible (no exceptions), and 2) be fully certified (all items complete). Exceptions can be made to allow players to progress to the next level, but their record will need to reflect outstanding performance in one or more other categories. *No exceptions are made for the **age** requirements listed above.*