



2011 Program

Welcome to The First Tee of Tuscaloosa,

The First Tee is a fun-filled program where your child will learn all about the great game of golf. This year they will learn how to swing the club, the rules of the game and how to act on the golf course. I promise they will learn more than just how to play the game.

The First Tee Life Skill Experience is one of the unique features that separate The First Tee from many other successful junior golf programs.

Through the Life Skills Education, participants learn valuable lessons about the importance of maintaining a positive attitude; how to make decisions by thinking about the possible consequences; how to define and set goals; and how to transfer values such as responsibility, honesty, integrity, respect, confidence and sportsmanship from the golf course to every day life.

These lessons for life are taught through a variety of golf-related exercises designed with the primary goal of having fun. Participants learn about themselves and others through a range of experiences that not only enhance their golf skills and fundamentals but also improve their fundamental values for life. You will find out that golf is a lot like life. Sometimes you get a good bounce and sometimes your ball rolls into the rough. What golf teaches is that what ever happens in the game or in life you have to stay positive, believe in yourself, and do your best to achieve your goals.

Most of all, we are here to have fun. Your child will meet new people and make new friends.

For more information on The First Tee please visit www.thefirsttee.org or come by and visit us at Ol'Colony Golf Complex located at 401 Ol'Colony Rd. across from Sokol Park in Northport.

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The First Tee of Tuscaloosa
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Registration and Fees:

The First Tee of Tuscaloosa offers free Introductory Classes for students not yet enrolled in the program. Participants who wish to enroll will be charged a registration fee per season. There are three seasons; spring, summer, and fall. If you would like to pay for the entire year you may do so only in the spring (\$85). If you would like to pay as you go the costs will be as followed; spring \$35, summer \$40, and fall \$35 per participant. If a student is unable to pay this fee there are scholarships available. These scholarships will cover the registration fee through a First Tee of Tuscaloosa Scholarship.

No child will be denied access to the program based on their inability to pay their registration fee but will still be required to fill out a registration form.

Equipment:

Students are welcome to bring their own equipment. In the event that a student does not have the necessary equipment, The First Tee of Tuscaloosa will gladly provide it upon request.

Advancement through the program:

In order for a student to advance to the next level the student must participate in at least 25 hours of The First Tee Program and be at least 8 years of age. They must also pass an evaluation consisting of golf skills, life skills, etiquette, vocabulary and rules, and rounds of golf before advancing to the next level. Lastly, advancement through the program will be the sole responsibility of the child and will not be forced to advance.

Saturday Makeup Sessions

Saturday session will only be utilized if there is inclement weather during our regularly scheduled session of that week. Spring and Fall Only!!!!

For example:

A missed Tuesday session due to weather will be held at 8:00am Saturday

A missed Wednesday session due to weather will be held at 10:00am Saturday

A missed Thursday session due to weather will be held at 12:00(noon) Saturday

A missed Friday session due to weather will be held at 2:00pm Saturday

Visit www.thefirsttee.org for more information on The First Tee.

Dress Code

The recommended dress code is a collared shirt and knee length shorts or slacks (no denim) at all times for everyone on the practice facility and golf course. Spike-less golf shoes or tennis shoes are appropriate. Tank tops, t-shirts, sweatpants, jeans, cut-offs, spandex or gym shorts, doo-rags , bandanas, and flip flops will not be permitted. Caps and visors must be worn properly at all times. Male patrons will be expected to wear their shirt tails tucked inside their pants and remove their caps upon entering the building.

Sign in and out policy

Every parent or guardian must sign their child in and out for each class. On the registration form there is a place to list possible guardians that would pick up your child so that instructors are aware. If you will not be able to pick your child up from class on a particular day and you will be having some else do it you must fill out a form of permission.

Safety Rules

- **Pay Attention at all times**
- **Do not swing a golf club if someone is in your safety zone.**
- **Do not swing golf clubs inside the Pro Shop.**
- **Do not swing a club or hit balls toward anyone.**
- **No Running, yelling, throwing, bad language, or horseplay will be tolerated.**
- **Do not collect balls on the driving range.**
- **Head to the club house immediately when the lightning alarm sounds, but do not run!**
- **No students are allowed to drive golf carts, unless they are 16 years old and have a drivers license.**
- **Sign in at the front desk before playing a round of golf, in the event of an emergency, we'll know who's on the course.**

Repeated violations of safety rules, code of conduct and program policies will result in disciplinary action or suspension

The First Tee Nine Core Values

The First Tee has established Nine Core Values that represent some of the many inherently positive values connected with the game of golf. These Nine Core Values are seamlessly incorporated into lessons through The First Tee Life Skills Experience.

- 1. Honesty** - *the quality or state of being truthful; not deceptive.*
Golf is unique from other sports in that players regularly call penalties on themselves.
- 2. Integrity** - *strict adherence to a standard of value or conduct. Personal honesty and independence.*
Golf is a game of honesty, etiquette and composure. You are responsible for your actions and personal conduct on the golf course.
- 3. Sportsmanship** - *observing the rules of play and winning or losing with grace.*
You must know and abide by the rules of golf and be able to conduct yourself in a respectful manner.
- 4. Respect** - *to feel or show deferential regard for; esteem.*
In golf, it is important to show respect for yourself, your partners, your opponents and the golf course, as well as for the honor and traditions of the game.
- 5. Confidence** - *reliance or trust. A feeling of self-assurance.*
Confidence plays a key role in the level of play that you achieve. You must have confidence in your abilities every time you play.
- 6. Responsibility** - *accounting for one's actions; dependable.*
In golf, you are responsible for yourself and your actions on the golf course. It is up to you to keep score, repair divots, rake bunkers, repair ball marks on the green and keep up with the pace of play.
- 7. Perseverance** - *to persist in an idea, purpose or task despite obstacles.*
To succeed in golf, you must learn to persevere through bad breaks and your own mistakes.
- 8. Courtesy** - *considerate behavior toward others. A polite remark or gesture.*
A round of golf should begin and end with a handshake between fellow competitors. Show courtesy toward others by remaining still and quiet while they prepare and execute a shot.
- 9. Judgment** - *the ability to make a decision or form an opinion. A decision reached after consideration.*
Using good judgment is critical in golf. It comes into play when deciding on strategy, club selection, when to play safe and when to take a chance, the type of shot you consider executing, as well as understanding and abiding by etiquette.