

## First Tee Life Skills Experience – Explanation of Levels

First Tee's signature Life Skills Experience seamlessly combines life skills lessons with the game of golf. Participants progress through five different levels starting from the PLAYer level and culminating with the Ace level in high school. Each level builds on the previous level to empower youth with skills including conflict resolution techniques, resiliency, goal setting, planning for the future, self-management, and giving back. These are considered *certifying* levels. Participants acquire hours, knowledge, and skills throughout their time in each level until they are eligible to move on to the next level through a certification process (find out more about the certification process below). Participants begin in certifying levels as young as 7 years old and continue through high school.

We also offer our Junior Links non-certifying classes for children as young as 5 to grow curiosity for the game of golf and introduce a few of our signature core values.

### See the Breakdown of Each Level Below

**Junior Links** (ages 5-6) - Non-certifying level, grows curiosity for the game and introduces basic golf skills and core values.

**PLAYer** (required minimum age 7) – Tee up for the first time and learn the game of golf and First Tee's Code of Conduct.

**PLAYer 12-18** – This level is designed for participants ages 12-18 who are just getting started in our program. They will learn a combination of both PLAYer and Par curriculum and will be allowed to advance at a faster pace.

**Par** (recommended minimum age 9) – Focus on interpersonal and self-management skills on and off the course.

**Birdie** (recommended minimum age 11) – Emphasis on setting goals and making them a reality.

**Eagle** (recommended minimum age 13) – Learn resilience, conflict resolution, and future planning.

**Ace** (required minimum age 14 or entering 9th grade) – Put it all together and hone in on setting goals, career education, and giving back to the community.

## **Advancement through Levels - Certification**

Each level of First Tee marks growth in both life skills and golf skills. In order to progress through each level, participants must complete the requirements for their respective levels which include a minimum number of programming hours, work in their yardage book, play requirements, a written test and a golf skills test. While participants are expected to work on these requirements throughout their time in a level, the written and golf skills tests are administered at the end of each session or camp when a participant is ready to certify into the next level. See what your participant needs to certify at the link below.

[See Certification Requirements by Level](#)

## **Other Opportunities**

**Competitor Class** – For those looking to advance their golf skills to compete in high school and/or college, this class offers lessons on both the mental and skill aspects of the game, including course management, competition golf, managing emotions and more.

**Local Opportunities** – There are often opportunities for participants to demonstrate their character growth by representing First Tee – Fort Worth at events and functions including professional tournament, charity and fundraising events, and public speaking opportunities. Additionally, we play several competitive events between other First Tee chapters, as well as run a tournament series of our own, and have a local section of PGA Jr. League.

**National Opportunities** – As part of a national organization, First Tee offers a variety of events that include golf, leadership, and character development content for participants ages 14-18. These events must be applied to for selection through a vigorous application, and occasionally, an interview process. These are meant to mimic job interviews to give participants experience in these real-life processes. These opportunities often include travel across the country and once-in-a-lifetime experiences, often at no cost to the participant's family!