

## Our Mission

The mission statement of The First Tee of South Dakota is to impact the lives of young people by providing educational programs and learning environments that build character, instill life-enhancing values, and promote healthy choices through the game of golf.

## Our Vision

To provide young people of all socioeconomic backgrounds, an opportunity to develop, through golf and character-education, a core set of life-enhancing values such as honesty, integrity, respect, and perseverance.

### The First Tee Nine Core Values™ & The First Tee Nine Healthy Habits

|                |           |
|----------------|-----------|
| HONESTY        | PLAY      |
| ~              | ~         |
| INTEGRITY      | ENERGY    |
| ~              | ~         |
| SPORTSMANSHIP  | SAFETY    |
| ~              | ~         |
| RESPECT        | MIND      |
| ~              | ~         |
| CONFIDENCE     | FAMILY    |
| ~              | ~         |
| RESPONSIBILITY | VISION    |
| ~              | ~         |
| PERSEVERANCE   | FRIENDS   |
| ~              | ~         |
| COURTESY       | SCHOOL    |
| ~              | ~         |
| JUDGMENT       | COMMUNITY |



## Program-Parent Handbook

Elmwood Golf Course  
2604 West Russell St.  
Sioux Falls, SD 57104  
(605)-367-7092 ext 109 or 119  
[www.thefirstteesouthdakota.org](http://www.thefirstteesouthdakota.org)  
[thefirstteesouthdakota@yahoo.com](mailto:thefirstteesouthdakota@yahoo.com)



“Like” us on Facebook – The First Tee of South Dakota Page

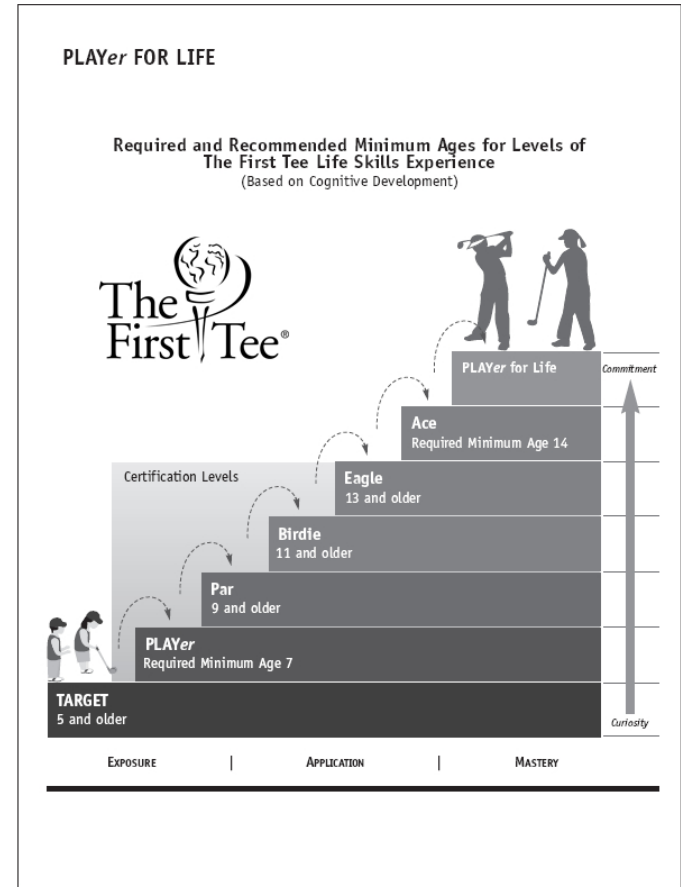


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# The First Tee Program Levels



## The First Tee of South Dakota Sponsors



## What you will learn at the Eagle Level

### *Golf Skills*

- How to warm up before practicing and playing
- How to get the most out of practice sessions
- How to self-check your swing fundamentals
- How to use strategy on the golf course

### *Life Skills*

- Wellness
- Go-To-Team
- Appreciating Diversity
- CARE
- Go To Person
- Planning for the Future
- Career

## Eagle Level Benefits

- Jr. Holes can be played for FREE at any time. Please check in with Pro Shop
- Reduced Green Fee- \$3
  - Kuehn Park during certain times
- \$1.00 Range Tokens with First Tee ID (name tag). You may only purchase 1 token at a time. Good at Elmwood, Prairie Green and Kuehn Park

## Eagle Level Requirements

In order to complete Eagle and advance to the Ace level you must complete the following:

- Complete a 9 hole putting course in 18 strokes or less
- Complete a 9 hole chipping course in 27 strokes or less
- Make 3 out of 6 approach shots to the green from the following distances:
  - 80-100 yards to middle of green
- Make 3 out of 6 drives into the fairway from the following distances:
  - 160-190 yards to a fairway 40-45 yards wide
- Play 10 -18 hole rounds shooting 108 or less from 5000-6000 yds.
- Pass a written golf assessment scoring 20 out of 25
- Pass a life skills assessment scoring a 25 out of 30
- Complete 6 service hours helping the program
- Complete the Eagle Yardage Book
- Eagle Review- Personal Certification Review

Dear Participant of The First Tee:

Thank you for your interest and participation in the youth development programs of The First Tee of South Dakota. We are committed to providing a vehicle through which you can have positive learning experiences in a **fun** and **safe** environment.

Through a dynamic curriculum, The First Tee experience provides supportive instruction to promote positive character development.



The First Tee seeks to foster an appreciation for the discipline and sportsmanship required in the game of golf and to demonstrate how these qualities can be applied to everyday life experiences. Through the game of golf, The First Tee instills high standards of academic performance, personal integrity, leadership, athletic accomplishment, and the transmission of family values.

We hope that you enjoy your experiences with The First Tee of South Dakota. Please feel free to contact us if you ever have any questions, suggestions, or concerns. We can be reached by phone at 605-367-7092 ext 109 or 119 (Coralee or Kelli) or by email at [jcoralee@hotmail.com](mailto:jcoralee@hotmail.com) or [thefirstteesouthdakota@yahoo.com](mailto:thefirstteesouthdakota@yahoo.com).

Sincerely,

Coralee Jorgensen, Executive Director  
Kelli Sinksen, Program Director  
The First Tee of South Dakota



## Our Programs

The First Tee of South Dakota offers our summer programs of PLAYer, Par, Birdie, Eagle, Ace, and Little Duffers. We also have the National School Program and after-school middle school programs for girls in the spring and boys in the fall.

Full or partial scholarships are available upon request for families needing financial assistance.

For registration information and forms, please visit our website at [www.thefirstteesouthdakota.org](http://www.thefirstteesouthdakota.org)

## Our Affiliates

### Aberdeen

Moccasin Creek CC  
4807 130<sup>th</sup> St.  
Aberdeen, SD 57401  
605.226.0989

### Dell Rapids

Rocky Run GC  
47364 Golf View Dr.  
Dell Rapids, SD 57022  
605.428.3498

### Yankton

Fox Run  
600 West 27<sup>th</sup> St.  
Yankton, SD 57078  
605.668.5205

### Lee Park

1028 8<sup>th</sup> Ave. NW  
Aberdeen, SD 57401  
605.626.7092

### Watertown

Cattail Crossing  
351 S. Lake Drive  
Watertown, SD 57201  
605.882.6262

### Brookings

Edgebrook Golf Course  
1415 22<sup>nd</sup> Ave. S.  
Brookings, SD 57006  
605.692.6995

## Communication

**Program information is primarily communicated by email. Please be sure to frequently check your email accounts for the most recent The First Tee of South Dakota information.**

**If you do not have access to email, then you are responsible for contacting The First Tee of South Dakota to receive the latest program information.**

## What you will learn at the Birdie Level

### *Golf Skills*

- Advanced putting and short game skills
- How to improve your full swing
- How to read 'breaks' on the green
- More golf etiquette & rules

### *Life Skills*

- Dreams and Goals
- Positively Stating a Goal that is Important
- Setting Goals Under your Control
- Goal Ladder
- STAR

## Birdie Level Benefits

- Jr. Holes can be played for FREE at any time. Please check in with Pro Shop
- Reduced Green Fee- \$3
  - Kuehn Park during certain times
- \$1.00 Range Tokens with The First Tee ID (name tag). You may only purchase 1 token at a time. Good at Elmwood, Prairie Green and Kuehn Park

## Birdie Level Requirements

In order to complete Birdie and advance to the Eagle level you must complete the following:

- Complete a 9 hole putting course in 23 strokes or less
- Complete a 6 hole chipping course in 21 strokes or less
- Make 3 out of 6 approach shots to the green from the following distances:
  - 55-75 yards to middle of green
- Make 3 out of 6 drives into the fairway from the following distances:
  - 130-160 yards to a fairway 35-40 yards wide
- Play 5 -9 holes shooting 63 or less from 1900-2500 yds.
- Pass a written golf skill assessment scoring a 16 out of 20
- Pass a written life skill assessment scoring a 20 out of 24
- Complete 6 service hours helping the program
- Complete the Birdie Yardage Book and Parent Life skill packet
- Birdie Review- Personal Certification Review

## What you will learn at the Par Level

### *Golf Skills*

- How to hold a club
- How to prepare to swing
- How to swing a club
- How to putt
- Basic Rules
- How to Behave on a golf course

### *Life Skills*

- Meeting & Greeting
- Respecting the Rules
- 3 Tips for Having Fun
- Staying Cool with the 4 R's
- Personal Par

### Par Level Benefits

- \$1.00 Range Tokens with The First Tee ID (name tag). You may only purchase 1 token at a time. Good at Elmwood, Prairie Green and Kuehn Park
- Jr. Holes can be played for FREE at any time. Please check in with Pro Shop
- Reduced Green Fee- \$3
  - Kuehn Park during certain times



### Par Level Requirements

In order to complete Par and advance to the Birdie level you must complete the following:

- Complete a 9 hole putting course in 27 strokes or less
- Complete a 3 hole chipping course in 12 strokes or less
- Make 2 out of 6 approach shots to the green from the following distances:
  - 75 yards to middle of green
- Make 2 out of 6 drives into the fairway from the following distances:
  - 90-130 yards to a fairway 30-35 yards wide
- Play 9 holes shooting 72 or less from 1500-1900 yards
- Pass a written golf assessment scoring a 12 out of 15
- Pass a written life skills assessment scoring 15 out of 18
- Complete Life Skills Parent Packet

### Attendance, Missing Lessons, & Changing Times

Attendance is vital to a successful First Tee experience. Since each lesson acts as a “building block” participant’s are encouraged to attend every lesson.

Missing a lesson does happen. We will be documenting attendance at each lesson. If your child misses a lesson, we have make-ups scheduled within lessons to get the information that was missed. **No other days will be added or rescheduled as we build in this make up day.**

Changing times can happen ONLY twice. All of the sessions are full and we ask that you bring your child to their assigned session every week. If you child cannot attend a class due to an emergency or other unavoidable situation, but is able to do it at a different time that day, please let us know and we should be able to accommodate this. We would rather have them attend a different session for that day rather than miss the class and have to make it up.

### Inclement Weather

As we cannot control Mother Nature we do not cancel due to bad weather. We will conduct indoor activities for the scheduled time. If the weather clears up then we would resume class outside. Play on the course before or after class may be cancelled due to bad weather.

### Participant Responsibilities

- Come prepared and on time. On time means ready to go at the start of the session.
- Bring Materials-Yardage book, bag tag, name badge, golf clubs (if you have them).
- If you don't have your own clubs, you should wear shorts or pants that have a back pocket where your yardage book and bag tag can be kept. Fanny packs or other small carrying cases may be used. If your child did not receive one or more of these items in week 1, he/she will get them next week.
- Practice proper safety and behavior-before, during, and after lessons and whenever they are at the facility
- Dress—each participant will receive a color-coded t-shirt that they should wear each week. Tennis shoes or golf shoes are the proper footwear. Shirts should be tucked in.

## The First Tee Code of Conduct

### *Respect for Myself*

- I will dress neatly and wear golf or athletic shoes.
- I will always try my best when I play or practice.
- I will keep a positive attitude and catch myself doing something right regardless of the outcome.
- I will be physically active, eat well, get enough sleep, and be safe so I can stay healthy.
- I will be honest with myself, including when I keep score and if I break a rule.
- I will use proper etiquette and maintain my composure even when others may not be watching.

### *Respect for Others*

- I will follow all instruction and safety rules.
- I will keep up with the pace of play on the golf course.
- I will be friendly, courteous, and helpful.
- I will remain still and quiet while others are playing and have fun without being loud and rowdy.
- I will be a good sport toward others whether I win or lose.
- I will encourage others to be safe and physically active.

### *Respect for My Surroundings*

- I will keep the golf course and practice areas clean and in as good or better shape than I found them.
- I will clean and take care of my and others' golf equipment.
- I will be careful not to damage anything that belongs to others.

## Clubs and Other Equipment

Clubs and other items needed may be provided by The First Tee, however any equipment distributed remains the property of The First Tee. If you have your own golf clubs have them individually labeled with name and phone number. Participants may check out clubs and return clubs at the end of the lesson. Participants may use equipment as long as they are actively participating in The First Tee.

## National Participant Events

Every year, The First Tee has National academies that participants can apply for at the Birdie level or above. Some of these National events include the Life Skills Academy, Future Leaders Forum, and The Nature Valley First Tee Open at Pebble Beach. These are great opportunities for your child to have a chance at qualifying for.

## What you will learn at the PLAYer Level

### *Golf Skills*

- How the behaviors in The First Tee Code of Conduct & 9 Core Values help you
- Target-oriented
- Understanding different golf shots
- Importance of getting ready to hit

### *Life Skills*

- Showing Respect
- Courtesy towards others
- Responsibility for the course
- Developing Confidence
- Living with Integrity

## PLAYer Level Benefits

- \$1.00 Range Tokens with The First Tee ID (name tag). You may only purchase 1 token at a time. Good at Elmwood, Prairie Green and Kuehn Park
- Jr. Holes can be played for FREE at any time. Please check in with Pro Shop
- Reduced Green Fee- \$3
  - Kuehn Park during certain times



## PLAYer Level Requirements

In order to complete PLAYer and advance to the Par level you must complete the following:

- Complete a 9 hole putting course
- Complete a 3 hole chipping course
- Make 1 out of 6 approach shots to the green from the following distances:
  - 50 yards to middle of green
- Make 1 out of 6 drives into the fairway from the following distances:
  - 60-90 yards to a fairway 25-30 yards wide
- Play 9 holes Fast-Fun-Safe
- Pass a written golf skills assessment scoring 8 out of 10
- Pass a written life skills assessment scoring 10 out of 12
- Complete Life Skills Parent Packet

## What you will learn at the Little Duffer Level

### *Golf Skills*

- Parts of the golf club
- Basic set-up
- Basic grip and stance
- How to aim
- How to swing
- Rules of golf

### *Life Skills*

- Meeting & Greeting
- Respecting the Rules
- Golf is a Game
- How to overcome obstacles
- Being safe while you play

### Little Duffer Level Benefits

- Jr. Holes can be played for FREE at any time. Please check in with Pro Shop
  - Reduced Green Fee- \$3
    - Kuehn Park during certain times.
  - \$1.00 Range Tokens with The First Tee ID (name tag). You may only purchase 1 token at a time. Good at Elmwood, Prairie Green and Kuehn Park



### Little Duffer Level Requirements

In order to complete Little Duffers and advance to the PLAYer level you must complete the following:

- Complete ALL 4 lessons
- Meet the PLAYer age requirement of 7

### 5-2-3 System

Learning to play golf in the appropriate time (2 hours for 9 holes) 5-2-3 system helps utilize pace of play. Each player gets 5 full swings, including misses. If they are not within 20 yards of green after 5 swings, pick up and move to 20 yards off green. They get 2 chances to chip onto the green. If they are not on yet, pick up and place on edge of green. They get 3 putts to get within a foot of hole. Progress is measured on how many holes they can complete without having to use 5-2-3.

### Drop Off & Pick UP

For Drop Off – please park in the parking lot and bring your child up to the colored signs or the black cart and check them in.

For Picking Up- please park in the parking lot and come in to get your child.

At the end of each session, we will gather the children in the grass area near the putting green, which is just to the right of the clubhouse. Park and come get your child there. We do not let kids wander in the parking lot.

### Practice & Playing Time

As a The First Tee member, your child can use the practice facilities at any of our courses. The putting and chipping greens are free and the driving range tokens can be purchased for \$1 each. Please show The First Tee nametag as ID to get your token. This is for First Tee participants ONLY. Others need to pay the regular price for tokens. As anything else, practice shows improvement. **Be practicing between lessons.** Golf courses to practice at Elmwood GC, Prairie Green GC, Kuehn Park GC.

Playing Golf- Participants can pay \$3 and play at this discounted rate at Kuehn Park during certain times.

**The final pick-up time from the last session from the course is 2:15 P.M. No Exceptions! Please do not be late!**

## Purposeful Practice

Purposeful practice we offer on Wednesday's. Participants can come out for ½ hour up to 2 hours and get help from our assistant coaches on ways to practice with a purpose. They will cover various practice routines and rotate to different skills set. Purposeful practice is held at Elmwood Golf Course from 8 am – 10 am. If you are interested in purposeful practice come on out on Wednesdays!

## League Day

We will conduct a league day on our OFF week with The First Tee schedule. This generally occurs on 4<sup>th</sup> of July week. Please watch for e-mails and information on our website for when league day will occur. League day offers participants to play in a tournament like setting. There is a small fee for league day to help cover prizes.



## Important Information

### Advancing Through the Program Levels

This handbook outlines the requirements participants must complete before moving between levels. The First Tee will always emphasize *learning and having fun* over being able to go from level to level. We agree that advancement is important; however, our experience has been that advancement is mostly tied to work ethic and access to practice opportunities outside of structured program times.

There are specific golf and life skill lessons at each level of the program. The purpose of certification is to ensure that participants have acquired and can demonstrate a designated level of proficiency with the newly acquired skills.

The following pages describe the various levels of The First Tee program.

### Program Descriptions

#### *Little Duffers*

This is a basic entry-level for 5-7 year olds to get acquainted with the game of golf, descriptions on page 8.

#### *PLAYer Level*

The entry-level program for youth who have little or no exposure to that game of golf or The First Tee. All youth will begin at the PLAYer level. The requirements to be met at the PLAYer level are listed on page 9

#### *Par Level*

The next level of advancement after PLAYer requirements are met. The requirements to be met at the Par level are listed on page 10

#### *Birdie Level*

The next level of advancement after Par requirements are met. The requirements to be met at the Birdie level are listed on page 11

#### *Eagle Level*

The next level of advancement after Birdie requirements are met. The requirements to be met at the Eagle level are listed on page 12

#### *Ace Level*

*\*\*Must talk to Executive Director\*\**