

Welcome to The First Tee of Minnesota-Rochester Location

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Thank you for your interest in The First Tee of Minnesota- Rochester! Our mission is to impact the lives of the children around us by providing learning facilities and educational programs that promote character development and life enhancing values through the game of golf.

Preparation: Come dressed appropriately for the weather. Temperatures can often feel 10-15 degrees cooler at the golf course than when you leave your house. Please wear closed toed athletic shoes and bring a water bottle to your session.

Pick-Up and Drop-Off: Coaches will meet your child by the First Tee Tent at the driving range, the first driveway on the right after the houses, every morning before your session. It is important to drop off your child at least 10 minutes prior to the start of the session to get checked in with their group. In the event you are late to your session, please come to the tent and we can point your child in the correct direction to where their group is. Pick-up will be in the same location as drop-off. In the event of a rain day and you haven't received a cancellation email, please drop off and pick up your child at the Hadley Creek Clubhouse, first building after the houses on the left.

What Happens if I Miss a Session?: There are no make-up sessions scheduled. We hope to see you each day of the session, but we understand if you have previous commitments. Due to the large number of participants in our lesson programs, we don't have the room in other sessions if your child is absent.

Rain Days: We will meet on every scheduled session day. In the event of rain, we still have a variety of inside activities planned. Still come dressed to play in the rain because if there is no lightning, we will still practice outside. In the event of a severe thunderstorm, you will receive an email from info@firsttteerochestermn.org regarding your session being canceled either the evening before or the morning of your session. There will be no make-up session or refunds for the day.

-The First Tee's Nine Core Values-

Honesty- To tell the truth even when no one is looking.

Integrity- Do the right thing.

Sportsmanship- Treat others with kindness even if your opponent is doing better than you.

Respect- Treat others the way you wish to be treated.

Responsibility- Be dependable and follow the rules.

Judgment- Make good decisions.

Courtesy- Be caring.

Perseverance- Never give up!

Confidence- Believe in yourself!

We do have clubs for you to borrow that are available for pickup at Hadley Creek. A donation of \$15 would be appreciated for use of the clubs over the season and we would like that they be returned at the closing of the season.

-The First Tee Code of Conduct-

Respect for Myself-

- I will dress neatly in a clean shirt and pants/shorts and wear golf/athletic shoes.
- I will try my best and keep a positive attitude when I play or practice.
- I will eat right, get enough sleep and take care of myself so I can stay healthy.

Respect for Others-

- I will be friendly, courteous and helpful.
- I will follow instructions and safety rules.
- I will have fun without being loud and rowdy.
- I will be honest and be a good sport, whether I win or lose.

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 golf clubs.
- I will be careful not to damage anything that belongs to others.

-Description of Levels-

The First Tee Program is a progressive learning program that will develop the golfing skills and life skills of your child.

The various levels are Beginner, PLAYer, Par and Birdie. Participants will progress through their corresponding age-based level over several seasons. The progression and skills learned are outlined below.

Each week your child will receive a worksheet on the Monday of their session to be completed and turned in on the Thursday (last day) in their session week. The worksheet will cover the topics and activities we covered over the week and will be graded by our coaches. You will receive an email on the Friday of that same week with their scores and if you have any questions/concerns regarding their scores, feel free to email us or give us a call at Hadley Creek [\(507\)529-4119](tel:5075294119) and ask for a First Tee Coach!*

Beginner is the starting session if you are new to the golf world and to The First Tee. It exposes you to the game of golf and its inherent values through purposeful games and golf learning activities. This helps coaches gauge where your skill level is at and also helps you figure out if golf is the sport for you! **You must be 7 years old or older to participate.**

From there your child will advance to their corresponding age-based session then teaching them the basics of golf knowledge, life skills, The First Tee Nine Core Values, and the four basic golf skills-Putt, Chip, Pitch and Full Swing. As they progress through the summer in their age-based level, the curriculum will extend and cover G.A.M.E, The 4 R's (Replay, Relax, Ready and Redo) Tips for Having Fun, Meeting and Greeting Others, Respecting the Rules of Golf, Personal Par, Target Awareness, Body balance, Distance Response, Pre Shot Routines/Setup and Clubface/Ball Contact. The following are the age-based levels:

-PLAYer (Ages 7-9)- -Par (Ages 10-12)- -Birdie (Ages 12+)-

Unlike previous years, we will no longer have certifications at the completion of each level. You are required to be the age of the level you are participating in.

*The scores of their worksheets do not directly affect their moving up in levels over the years.

*Go out And explore My interests and Enjoy what's fun for me!

-We Strive For Positive Youth Development Through The Game of Golf-