



The First Tee of NH at Fore-U Golf Center

2015 Program and Participant Guide

“More Than a Game”

The First Tee of New Hampshire at Fore-U Golf Center
298 N Plainfield Road
West Lebanon, NH 03784
(603) 298-9702
harrispeter123@gmail.com

Effective: 03/20/2015



2015 - PROGRAM OVERVIEW

The First Tee of New Hampshire's program offers unique and fun learning opportunities for young people from ages 5 - 17. The program utilizes the unique game of golf, and its core values and traditions, to teach values and life skills to young people of all backgrounds, especially those who might not otherwise ever have an opportunity to experience the game of golf.

Participating children work on 9 Core Values: **Courtesy, Respect, Judgment, Responsibility, Sportsmanship, Confidence, Honesty, Integrity, and Perseverance (CR JRS CHIP)**. In addition participants work on a progression of Life Skills (introducing oneself, goal setting) and golf skills (including set-up, putting, chipping, pitching, bunker shots, full swing, the rules of golf and etiquette). Over time, participants are encouraged to work through PLAYER, PAR, BIRDIE and EAGLE levels of achievement. The First Tee of New Hampshire also offers an introductory program for participants ages 5-6 using equipment especially designed for them. This program is our TARGET level.

The following is a brief outline of our curriculum based on level. This chart should be considered a guideline only as the curriculum may be adjusted to meet the needs of the students participating. It is also common for some students to take longer to achieve a particular level and yet others may progress more rapidly.

LEVEL	DEFINITION	ESTIMATED TIME IN EACH LEVEL	SAMPLE OF LIFE AND GOLF SKILLS COVERED
TARGET	Participants exposed to golf by way of a clinic, through an in-school program, or our SNAG program for ages 5-6.	Attend one session and move on to PLAYer, unless you are under the age of 7. SNAG participants may sign-up and attend as many sessions as they would like to.	T ake Aim A nycan play R espect G olf is a game E njoy yourself T ry it G olf: Putting, chipping, full swing
PLAYer	A level towards First Tee certification which focuses on learning the basics of golf and The First Tee Code of Conduct. Ages 7-17.	Depending on age and skill, anywhere from 4 – 12 sessions. Sessions are generally made up of three-2 hour classes.	Appreciate the rules Appreciate the etiquette of golf Develop your game Intro to Nine Core Values Begin on-course play
PAR	Working towards PAR certification; anyone ages 8-17 may participate	Depending on age and skill, anywhere from 4 – 12 sessions Sessions are generally made up of three 2-hour classes.	Meeting and Greeting Staying cool Respect for others Personal Par Nine core values Golf rules Putting, chipping, pitching, set-up, Full-swing, bunker shots
BIRDIE	Participant has passed the Par certification test, which includes written and skill tests and are now working towards Birdie certification Ages 11-17	Depending on age and skill, anywhere from 4–12 sessions Sessions are generally made up of three 2-hour classes.	Goal setting, Self-management Dealing with challenges Continuing golf fundamentals Instruction on all types of shots More on - course play
EAGLE	Participant has passed the Birdie certification test, which includes written and skill tests and are now working towards Ace certification	Depending on age and skill, anywhere from 6 –12 sessions Sessions are generally made up of three 2-hour classes.	Stay well for life, Dealing with conflicts, Become a Go-To Person, Planning for the future, Continuing golf fundamentals, Instruction on all types of shots Mentor other golf students More on – course play
Advanced Week-Long Program	Participants will attend week-long camp and will engage in a broad range of activities designed to speed their progress toward certifying them to the next level, i.e. PAR participants to BIRDIE.	Program is for participants who have been with TFTNH program for the last 2-3 years and would like to advance more rapidly. Participants will have the opportunity to test to the next level at the conclusion of the week!	Program will include: Core Values Golf Skills On-course play Course and range maintenance The business of golf Certification testing

2015 PROGRAM SCHEDULE

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The First Tee program is designed around teaching young people the game of golf by understanding and ultimately developing thru The First Tee Nine Core Values of honesty, integrity, sportsmanship, respect, confidence, responsibility, perseverance, courtesy and judgment.

At The First Tee of NH at Fore-U Golf Center, golf and life lessons are seamlessly incorporated into each experience. A sample of life skills lessons include: Interpersonal Skills, Self-Management, Goal Setting, and Resiliency Skills.

Young people progress through The First Tee by graduating through levels that introduce new and more advanced concepts of golf and life skills.

SESSION	AGE	SESSION DATE/TIME	Location	COST
Spring 2015	6 to 9	April 14 & 15 (<i>Tues/Wed</i>) 1:00pm – 3:30pm April 25, May 2, 9 & 16 (<i>Saturdays</i>) 1:00pm – 2:00pm	Fore-U Golf Center	\$155 Resident/ \$175 Non-Resident
	10 to 15	April 16 & 17 (<i>Thurs/Fri</i>) 1:00pm – 3:30pm April 25, May 2, 9 & 16 (<i>Sat</i>) 3pm – 4pm	Fore-U Golf Center	\$155 Resident/ \$175 Non-Resident
Summer Adult Clinics 2015	16+	June 4, 11, 18 & 25 (<i>Thursdays</i>) 5:30pm – 6:30pm	Fore-U Golf Center	\$100 Resident/ \$120 Non-Resident
Summer 2015	5 to 7	June 25, July 2, 9 16, 23 & 30 (<i>Thursdays</i>) 11:00am – 12:00pm	Fore-U Golf Center	\$90 Resident/ \$110 Non-Resident
	7 to 10	June 23 & 24 (<i>Tues/Wed</i>) 9:00am – 11:30am July 1, 8, 15, 22 & 29 (<i>Wed</i>) 11:00am – 12:00pm	Fore-U Golf Center	\$175 Resident/ \$200 Non-Resident
	11 & 14	June 25 & 26 (<i>Thurs/Fri</i>) 9:00am – 11:30pm July 2, 9 16, 23 & 30 (<i>Thurs</i>) 1:00pm – 2:00pm	Fore-U Golf Center	\$175 Resident/ \$200 Non-Resident

Register for both spring and summer sessions through Fore-U Golf Center by visiting www.foreugolf.com or emailing harris peter123@gmail.com.

For more information about The First Tee of New Hampshire visit www.thefirstteenh.org or call [603-964-3033](tel:603-964-3033).

*Minimum class size 3 / Max class size 8



2015

The First Tee of NH at Fore-U Golf Center Program Registration and Permission Form



(Please complete both pages)

Today's Date _____ New Participant? Yes No Returnee? Yes No Participant Since _____/20_____

Participation Consent Form completed by: Mother Father Legal Guardian

Registration forms must be received two weeks prior to the session. Space is limited and will be filled on a first come, first served basis. Payment must be received to confirm your spot.

Youth Information:

Name: _____ Gender: Female Male (First, Last)

Address: _____ City: _____ State: _____ ZipCode: _____

Age: _____ Birth Date (MM/DD/YYYY) School: _____ Grade Level: _____

Parent/Legal Guardian: _____ Relationship: _____ (First, Last)

E-mail Address: _____ Phone (W): _____ (H): _____ (C): _____

I heard about The First Tee from: Friend TV/Media Attended in-school program at: _____

I am registering through: On my own Rec Department: _____ Youth Organization: _____

Ethnicity: African-American Asian-American Caucasian Hispanic Native-American Pacific-Islander Other _____ I do not wish to respond

Health and Emergency Information:

Please list any allergies, disabilities or other health issues that we should know about: _____

Emergency Contact: _____ Relationship/Phone#.: _____ (if parent/guardian cannot be reached)

Alt Emergency Contact: _____ Relationship/Phone#.: _____

In the event that I cannot be reached in an emergency, I agree to accept any and all determinations of need for medical assistance and/or administration of medical attention deemed necessary by The First Tee Chapter representatives. I hereby give permission to the medical personnel selected by The First Tee Chapter representatives to secure any and all medical, hospitalization, dental, and/or surgical treatment. In event that such medical attention is needed from a healthcare provider, all costs shall be the responsibility of the parent or guardian.

Parent/Guardian Initials: _____

Golf Information:

Please Check: Right Handed Left Handed Don't Know
Golf Clubs Needed? I will bring my own clubs I will need clubs provided (TFTNH has plenty available)
Amount of Golf Experience: None Very Little Moderate Quite a bit A lot

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Program Selection and Payment

SESSION	DATE/TIME	LOCATION	COST
SPRING 2015 Ages 6 to 9	April 14 & 15 (Tues/Wed) 1:00pm – 3:30pm April 25, May 2, 9 & 16 (Saturdays) 1:00pm – 2:00pm	Fore-U Golf Center	\$155 Resident/ \$175 Non-Resident
SPRING 2015 Ages 10 to 15	April 16 & 17 (Thurs/Fri) 1:00pm – 3:30pm April 25, May 2, 9 & 16 (Saturdays) 3pm – 4pm	Fore-U Golf Center	\$155 Resident/ \$175 Non-Resident
SUMMER 2015 Adult Clinics Ages 16+	June 4, 11, 18 & 25 (Thursdays) 5:30pm – 6:30pm	Fore-U Golf Center	\$100 Resident/ \$120 Non-Resident
SUMMER 2015 Ages 5 to 7	June 25, July 2, 9 16, 23 & 30 (Thursdays) 11:00am – 12:00pm	Fore-U Golf Center	\$90 Resident/ \$110 Non-Resident
SUMMER 2015 Ages 7 to 10	June 23 & 24 (Tues/Wed) 9:00am – 11:30am July 1, 8, 15, 22 & 29 (Wed) 11:00am – 12:00pm	Fore-U Golf Center	\$175 Resident/ \$200 Non-Resident
SUMMER 2015 Ages 11 & 14	June 25 & 26 (Thurs/Fri) 9:00am – 11:30pm July 2, 9 16, 23 & 30 (Thurs) 1:00pm – 2:00pm	Fore-U Golf Center	\$175 Resident/ \$200 Non-Resident

Please list your program selection(s):

Program	Date	Time	Location	Cost*

*See Cost Table above

Total Amount Due: _____ **Amount Paid:** _____

I wish to make an additional donation to support The First Tee of New Hampshire (\$5 min) Donation Amount \$ _____

Payment Type: Check (make payable to *The First Tee of New Hampshire*) MasterCard Visa

Credit/Debit Card Number: _____ Expiration Date: _____ Billing Zip Code: _____

Name on Card: _____ Signature: _____

Equipment: *I understand that any golf equipment received for use is the property of The First Tee program, and may be returned at the discretion of The First Tee facility upon the termination of the participant's involvement in the program. Parent/Guardian Initials:* _____

Media Release: *I hereby give The First Tee Chapter, Headquarters Office and participating agencies permission to use film, video tape and/or photographs of the above mentioned minor for lawful promotional or informational purposes. Parent/Guardian Initials:* _____

Youth Name (please print): _____

I, the parent/legal guardian of the above named youth, give approval for participation in The First Tee sponsored activities. I assume all risks of injury whatsoever and agree to hold harmless The First Tee Chapter and Headquarters Office from claim(s) of any nature arising from any activity, including transportation, connected with The First Tee facility or program. This hold harmless agreement includes, but is not limited to, any claim due to injury proximately resulting from negligence of The First Tee Chapter or Headquarters Office, its employees, agents, LPGA and PGA Professionals, participating agencies, and volunteers. I consent to The First Tee Chapter and Headquarters Office communicating information regarding my child's participation via the internet.

Parent/Guardian Signature: _____ **Date:** _____

Please Print Name: _____

Please mail completed form to address below or drop it off at Fore-U Golf Center. Thank you!

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As a 501(c) 3 organization, The First Tee of New Hampshire may accept gifts and bequests.



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 have been incorporated into The First Tee Experience and have been used to name golf holes at several of The First Tee facilities.

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.

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Frequently Asked Questions for Parents and Participants

1. What should kids expect?

To have fun – while learning some Life and Golf Skills.

2. What is expected of kids?

- To arrive 10 minutes prior to session start time to sign in;
- To be dressed appropriately (no jeans, tank tops or ripped shirts; collared shirts are preferred but not required. Participants must wear sneakers or golf shoes and, if necessary, bring a rain slicker or jacket);
- To be respectful and courteous to other members of the program and program staff;
- To respect other people who are working on their golf game at the same site;
- To handle equipment safely and appropriately.

3. Where do kids get dropped off and sign-in?

Parents may drop their children off at the center/main club house. Participants should come inside the center/main club house to sign-in and receive clubs if needed. Please drive very slowly and carefully at all times at any of the locations.

NOTE: Parents of TARGET (ages 5 & 6) participants need to sign their children in and out and be sure to communicate with the staff if someone else will be picking up their children.

4. Do you provide equipment or do the participants need to bring their own clubs?

TFTNH provides equipment, but participants are also allowed to bring their own equipment. We suggest that all clubs are marked as we can not be responsible for lost items.

5. Are snacks or drinks provided?

TFTNH will make an effort to have water on hand for the kids, and there are drinks and snacks available for sale at all of the clubhouses. Kids may bring their own snacks or drinks. Water is recommended.

6. What kind of screening do you do for your staff and volunteers to ensure my child's safety?

We conduct background checks, which include Criminal and Sex Offender searches.

7. Do you have a disciplinary policy?

Yes, we do. For minor offenses, such as fooling around, not listening to the instructor or ignoring the rules, participants will receive a verbal warning from an instructor or volunteer. If the behavior continues, the participant will be asked to sit out for 5-10 minutes to regain his/her composure and to think about how he/she could handle himself better. If a third warning is necessary, the parents will be notified of the day's events.

For major offenses, such as using profanity, use of verbal or physical abuse to others, destruction of property or other such behavior, parents will be notified immediately and the participant will be suspended from the program.



8. Where do I call if I can't make it to one of the days during my session, and can I come another day as a make-up?

Call Fore-U Golf Center's general number, 603-298-9702. Any non-weather related re-scheduling must be coordinated with the Fore-U Golf Center staff, and is on a time/space available basis.

9. Are classes cancelled and if so, how will I know and will there be a make-up class?

Unfortunately on a rare occasion, we may need to cancel a class because of bad weather or other safety concerns. If the weather is questionable, please call 603-298-9702 for information. Generally, cancellations are only necessary under extreme cases of rain or if there is thunder and/or lightening. Additionally we may have to cancel for extreme heat if the safety and well being of our participants and staff is at risk.

10. Where can I reach someone in an emergency while my child is attending TFTNH?

Please call the location directly, see numbers below.

11. After my child completes a session of TARGET, can he/she attend a regular session of TFTNH?

If your child is 6 and attends a session of TARGET, please discuss their eligibility for our PLAYER level with his/her TARGET instructor. Any changes in level are subject to the approval of the TFTNH Coaches.

12. What are the phone numbers for The First Tee of NH programming locations?

Candia Woods Golf Links, Candia, NH 603-483-2307
Cochecho Country Club, Dover, NH 603-742-8580
Fore-U Golf Center, West Lebanon, NH 603-298-9702
Hanover Country Club, Hanover, NH 603-646-2000
Nashua Country Club, Nashua, NH 603-888-0121
Pembroke Pines Country Club, Pembroke, NH 603-210-1365
Pine Grove Springs Country Club, Spofford, NH 603-363-4433
Ponemah Green Family Golf Center, Amherst, NH 603-673-9908
Rockingham Country Club, Newmarket, NH 603 659-9956
Sagamore Golf Center, North Hampton, NH 603-964-8393
Stonebridge Country Club, Goffstown, NH 603-497-8633

13. How can I get involved in TFTNH?

As a non-profit organization there are many ways you can help us sustain this important program, including, volunteering and donations. For more information, please visit our web-site at www.TheFirstTeeNH.org and review our Volunteer area or call us at 603-964-3033.

14. Are there playing discounts available to TFTNH participants at any of the affiliate locations or other golf courses?

There may be some benefits to our TFT participants and opportunities to practice their game at reduced rates. Please check with affiliate location or contact The First Tee of NH office at 603-964-3033.

15. What should I do if my child has serious allergies that may require the use of an Epi-pen?

If your child has allergies (such as food and bee stings), please be sure they have an Epi-pen with them and that you alert the instructor.

16. What about bug spray or sunscreen?

If necessary, and at your discretion, please be sure you or your child has applied sunscreen and/or bug spray as we are not allowed to supply these items to the participants.

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The First Tee Participant Opportunities

Involvement in The First Tee provides unique opportunities for participants. These opportunities have been created to recognize various achievements through golf skills, life skills, and education. Following is a list of opportunities currently available. For more information and eligibility please contact us at 603-964-3033.

[A/B Honor Roll](#)

The First Tee recognizes outstanding academic achievement of all participants through its A/B Honor Roll program. Twice annually, chapters report to the home office their participants who have earned all As and/or Bs (or the equivalent) on their report cards. A Certificate of Achievement is signed by The First Tee Chief Executive Officer, Joe Louis Barrow, Jr. and distributed to those participants who earned A/B Honor Roll. At the end of each semester, participants should bring their report card to their chapter. All participants, regardless of age, are eligible for this recognition.

[The First Tee Junior Course Reporters](#)

The First Tee Junior Course Reporters program is a unique opportunity for our junior golfers who are interested in reporting from an official [PGA TOUR](#) or [LPGA](#) tournament. Course Reporters are selected from chapters located near various PGA TOUR and LPGA tournament locations to receive official media credentials to "cover" the tournament via blogs on PGATOUR.com and other media outlets. The Junior Course Reporters enjoy a two day, inside-the-ropes experience.

[The First Tee Academies](#)

Life Skills & Leadership Academy: Junior golfers from The First Tee attend the Life Skills and Leadership Academy. Teen participants have the opportunity to develop and hone skills to become leaders in their chapters, schools and communities while experiencing championship golf, career exploration and dorm living.

PLAYer Advanced Academy: This Academy is intended for advanced players pursuing collegiate golf, 20 to 24 elite junior golfers from The First Tee chapters are selected to attend each summer. Participants receive life skills and golf instruction from The First Tee Coaches and special guest speakers to help improve their chances to compete at a higher level athletically and academically. They participate in interactive sessions in the areas of: golf technique, education and career exploration, physical fitness and nutrition, and golf equipment fitting. Participants will experience dorm living as well as on course play and compete for The Cohen-Tattersall Cup.

[International Junior Golf Academy Training Program](#)

Each year, The First Tee selects approximately 50 participants to attend the academy in Hilton Head Island, SC to receive instruction on all aspects of the golf game from IJGA instructors. Mental training, fitness training and college placement sessions are also included along with The First Tee Life Skills curriculum. Evenings include fun activities such as trips to the beach, laser tag, movies, kayaking and a dolphin cruise.

[Royal Bank of Scotland \(RBS\) Achievers of the Year Awards](#)

Since its inception in 2004 the RBS Achievers of the Year Award, created by The Royal Bank of Scotland (RBS), recognizes outstanding participants of The First Tee and helps fund their ongoing education after high school.

The program rewards deserving students for accomplishments in their daily lives while overcoming difficult circumstances. This scholarship is not based on academic achievements or exceptional golf skills. The goal of the award program is to positively impact youth by rewarding participants for exemplifying one or more of The First Tee Nine Core Values™.

The First Tee Outstanding Participant Award

The First Tee Outstanding Participant Award represents the pinnacle of accomplishment for deserving participants. It recognizes exemplary achievement in the area of academics, community service, chapter involvement, leadership, essay responses and letter of recommendations. The Outstanding Participant Award is administered every other year in conjunction with The First Tee Network Meeting (a biennial conference for chapter representatives of The First Tee). Winners receive a college scholarship provided by Founding Corporate Partner Shell Oil Company.

The First Tee Par 3 Championship

The First Tee Par-3 Championship is a 36-hole individual stroke play competition being held in Richmond, VA. Boys and girls will play in separate categories. At the conclusion of the 36 holes a boy and girl par-3 champion will be determined. An 18 hole Territory Cup event will be played in a modified Ryder Cup format. The territory with the highest point's value will be the winner and awarded the Territory Cup after the final round. A Life Skills component will be incorporated into the overall event.

Coca-Cola America's Future

Dedicated to impacting communities, The Coca-Cola Company supports The First Tee by offering 5 participants annually the chance to experience working at one of the largest corporations in the world. Five semifinalists are selected from an application process to spend 2 days visiting the Coca-Cola campus, attending a new-hire training, meeting with executives, and taking part in interviews to determine the winner of a \$5,000 scholarship. Four runners-up each receive a \$1,000 scholarship. The semifinalists also attend THE TOUR Championship presented by Coca-Cola.

Nature Valley First Tee Open at Pebble Beach

The Nature Valley First Tee Open at Pebble Beach is a 54-hole golf event, the first of its kind, featuring 81 Champions Tour players and 81 junior golfers (selected from chapters of The First Tee) ages 14-18. In addition to the Champions Tour players and juniors, 162 amateurs complete the field. Two of the Monterey Peninsula's most challenging and famous golf courses serve as the venue for the tournament, with play rotating between Pebble Beach Golf Links and Del Monte Golf Course on Friday and Saturday. The final round is held at Pebble Beach Golf Links. The Tournament is televised nationally on Golf Channel.

Auntie Anne's Leaders & Entrepreneurs Forum

The First Tee is partnering with Auntie Anne's to create an exciting event that will combine leadership and entrepreneurship from Auntie Anne's with The First Tee Life Skills Curriculum.

During the three-day forum, participants attend interactive sessions covering career and community leadership from Auntie Anne's executives and franchise partners. They also learn about what it takes to work for Auntie Anne's and spend time at Disney theme parks.

Scholars Program

The Scholars Program is a distinction awarded to participants who excel in academics, leadership, character development, and chapter and community involvement. The designation of Scholar brings with it eligibility for scholarship opportunities and national events.

Wells Fargo Succeeding Together Program

An essay contest and regional event program, that celebrates the huge impact The First Tee has on students across the country and allows participants to express how The First Tee has had a positive effect on their lives. Submit essay for the opportunity to win one of several great prizes, including a trip to the 2015 Wells Fargo Championship to play golf in the pro-am with a PGA TOUR professional.