

Code of Conduct....

Respect for Myself

- I will dress neatly in a clean shirt tucked into my pants or shorts and will wear golf shoes or 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



Program Guide

PAR & BIRDIE LEVEL

Teaching “Life Skills” Through Golf



Eugene Family YMCA
2055 Patterson
Eugene, Oregon 97405
541.686.9622
www.eugeneymca.org



RiverRidge Golf Complex
3800 N. Delta Hwy.
Eugene, OR 97408
541.345.9160
www.PlayRiverRidgeGolf.com

Notes...

Dear Parents, Family and Friends of Potential Participants:

We are pleased to offer programming at RiverRidge Golf Complex in Eugene, Oregon. As a youth program of the Eugene Family YMCA, kids will learn important life skills, meet new coaches and friends, and demonstrate new abilities on the golf course.

The First Tee offers various levels of instruction. As a new Chapter, our program is “progressive”, beginning with Par level, then Birdie level and then Eagle level. Golf skills tests and Life Skills assessments will be ongoing in the classes.

*The program includes Golf and Life Skills instruction, driving range use, playing time and golf equipment use during classes. **You do not need golf equipment to participate—golf clubs will be provided if needed and tennis shoes are just fine.** In the case of financial need, scholarships are available. Every child will have the opportunity to participate regardless of ability to pay.*

Each class period is a full 60 minutes. The schedule is designed to assist participants in fulfilling level requirements to be eligible for certification.

Welcome to The First Tee and the Eugene Family YMCA!

Sincerely,

*Debbie & Ric Jeffries
Owners
RiverRidge Golf Complex*

*Dave Perez
Executive Director
Eugene Family YMCA*



Contact us...

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The First Tee

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Our Organization...

In the fall of 2005, The First Tee granted a chapter designation to the Eugene Family YMCA, a 501 (c) 3 not for profit organization. The Willamette Valley Chapter is a partnership between RiverRidge Golf Complex and the Eugene Family YMCA. RiverRidge Golf Complex is composed of three different golf courses, a covered driving range and a variety of practice areas. The owners, Ric & Debbie Jeffries have committed to a 15 year user agreement with the Eugene Family YMCA to provide The First Tee program.

Our Program...

The First Tee of Willamette Valley is a not-for-profit organization that provides affordable access to golf and strives to instill in young people the life enhancing values of the Nine Core Values:

Honesty, Courtesy, Respect, Confidence,
Perseverance, Sportsmanship, Integrity, Judgment
& Responsibility

The First Tee of Willamette Valley offers classes at RiverRidge Golf Complex with the majority of classes conducted from June through August. The 2006 summer is the beginning of our first program year. Participants are able to choose a time and day of the week to take their classes and have requirements and goals to complete to move on to the next level of participation.

The program is designed to be flexible, enabling youth to participate in other activities while still enjoying The First Tee Experience. Special practice and play rates are offered to children through participation and completion of various levels. Both golf skills and life skills are offered through the leadership and mentorship of PGA certified professionals and trained First Tee coaches and volunteers.



"The First Tee has taught me the value of perseverance. To me it means to take the next step forward and go beyond the call of duty, which is the attitude The First Tee has instilled in me."

Ashley Corio

The First Tee Scholar - Class of 2004

"The First Tee has given me the confidence to find the leader inside me, has provided experiences that have helped me discover a direction in life, and has afforded me the opportunity to pursue my dreams with the tools necessary to turn them into reality."

Kristen Red-Horse

The First Tee Scholar - Class of 2004



Ace Level...

Many participants who finish the Eagle level want to remain in The First Tee. The First Tee Ace is a new level of the Life Skills Experience that offers advanced instruction and practice in many of the life skills introduced in the Par, Birdie and Eagle levels. Ace focuses on personal planning and reinforces interpersonal communication, self-management, goal-setting, self-coaching and resistance skills that were applied in the earlier levels. Participants involved at this level also receive additional support in developing their golf skills and - for those who choose - in pursuing competitive golf opportunities.

Ace participants engage in four projects that center on activities designed to help them further develop as individuals and assets to their communities. The four projects are:

Enjoy Golf for Life

Participants examine their golf skills, create an improvement plan and consider the role they would like golf to play in their lives

Investigate Career Possibilities

Participants match talents and interests with career possibilities; they also investigate elements of the employment process, including informational interviews, resumes and job interviews.

Give Back

Serve as a Volunteer or Junior Coach. Participants learn the value of “giving back” by volunteering for activities at The First Tee or in the community or by helping with golf and life skills coaching.

Explore Educational Opportunities

Participants explore issues related to college selection and other educational and vocational preparation alternatives.

Participants initiate the projects in the order listed above, but do not necessarily “finish” each project before starting the next one. This project overlap is due to the reality that personal planning and self-improvement are continuous processes and some of the activities may take considerable time to complete.



Our Mission...

The First Tee Mission is to impact the lives of young people in the Willamette Valley and surrounding area by providing learning facilities and educational programs that promote character development and life-enhancing values through the game of golf.

Our Objectives...

- To create a fun and inviting environment where children will have the opportunity to learn and play the game of golf.
- To promote the game of golf as a sport with inherent values that can positively affect other aspects of a person's life.
- To serve as a catalyst for facility development by seeking public/private partnerships.
- To implement quality standards for facilities, access, programming, curriculum and the Life Skills training at RiverRidge Golf Complex.



Frequently Asked Questions...

When do classes occur?

Program occurs year round. For current classes, please see our flyer. Websites www.eugeneymca.org or www.PlayRiverRidgeGolf.com provide additional information and a link to The First Tee site.

Where are classes offered?

All classes are offered at RiverRidge Golf Complex.

How much does it cost?

Each session is \$85.00 (\$75.00 for YMCA members). This fee may be reduced in the case of financial need. Scholarships are available. We request that parents/guardians sign-up to volunteer to staff the pro shop to help participants check-in for at least one of their child's lesson segments.

How do I register?

You may register in person at the Eugene Family YMCA or RiverRidge Golf Complex. Registration may also be done by mail. To have a registration form sent to you, please contact Robbie at the YMCA, 541.686.9622.

How Do I Check In for each class?

Most of the time, class check in is at The NiNES at RiverRidge. On the first day of class, you will be given:

- An appropriate level Bag Tag. If you have your own clubs, this Tag should be attached to your bag. If you are using The First Tee equipment, pick the Bag Tag up at the beginning of each class and attach to the golf bag you are using. Return the tag at the end of class.
- The First Tee Bracelet - always wear this bracelet when participating. This Bracelet should be shown to receive discounts on the driving range and ShortRidge Golf Course.
- The First Tee Yardage Book - always bring this book to class.



Eagle Level...

Each participant may come to scheduled registered lesson sessions, have playing privileges, participate in league and open play, participate in a season-ending tournament, and be provided with clubs for practicing and playing at the facility, OGA handicap and practice area access. Participants will learn the following:

Golf Skills

- How to warm up before practicing or playing
- How to get the most out of practice sessions
- How to self-check swing fundamentals
- How to be more accurate with irons and woods
- How to use strategy on the golf course

Life Skills

- How staying well helps in playing better golf
- How to build and get help for a Go-To Team
- What diversity means and why it is important
- How to settle conflicts in a positive way
- How you benefit from helping others
- How to look for a career that is a good fit

After achieving the following:

- Attendance in six (6) Par level classes for modules 13-18 (3 swing classes and 3 short game classes)
- Attend the Eagle level Rules class and pass an Eagle level Rules test
- Complete and record ten (10) supervised rounds of golf (on either SuttonRidge or RiverRidge golf course)
- Write a thank you letter to a sponsor
- Pass all phases of Eagle certification for golf skills and be able to demonstrate, over time, the Eagle level Life Skills

Each student will receive fifteen (15) complimentary rounds of golf on RiverRidge Golf Course after successfully completing the Eagle Level certification process.



Birdie Level...

Each participant may come to scheduled registered lesson sessions, have playing privileges, participate in league and open play, participate in a season-ending tournament, and be provided with clubs for practicing and playing at the facility, OGA handicap and practice area access. Participants will learn the following:

Golf Skills

- Advanced putting and short game skills, including reading breaks on the green
- How to improve the full swing
- Club selection around the green
- The difference between “carry” and total distance
- How to mark the ball when lifting it on the green
- More advanced rules and etiquette

Life Skills

- Why we all need dreams and goals for golf and life
- The difference between dreams and reachable goals
- Four guidelines for stating goals
- How a “goal ladder” can help with reaching goals
- What to do when in trouble reaching goals

After achieving the following:

- Attendance in six (6) Par level classes for modules 7-12 (3 swing classes and 3 short game classes)
- Attend the Birdie level Rules class and pass a Birdie level Rules test
- Complete and record three (3) supervised rounds of golf (on either ShortRidge or SuttonRidge golf course)
- Attend a Birdie level manners class and write a thank-you letter to a sponsor of The First Tee
- Pass all phases of Birdie certification for golf skills and be able to demonstrate, over time, the Birdie level Life Skills

Each student will receive nine (9) complimentary rounds of golf on ShortRidge after successfully completing the Birdie Level certification process.



FAQ's...

What are classes like?

Classes will be taught in groups of 8 golfers and will last 60 minutes. Classes will include a core lesson, rules & etiquette, manners & playing. Certification will be progressive with golf skills tests and Life Skills assessments taking place each week. A written test will be offered at the end of the five week session.

What age and ability level does the program include?

Children ages 7 – 17 years old may participate. Students will work on a particular curriculum and be tested on skills and knowledge from beginning level called Par to Birdie level, then Eagle level and finally advance level – Ace.

How long does it take to complete the entire program?

Students are encouraged to participate at whatever pace works best for them. This approach will enable the highest levels of enjoyment for all students. Take it at your own speed.

What are the other benefits of The First Tee Experience?

- There will be free practice days and free golf course play days on the schedule distributed the second week of class.
- We offer incentives for various accomplishments within the program
- There are driving range and green fee discounts for participants in The First Tee program. **The First Tee distributes orange color bracelets to Par Level participants. The bracelet or The First Tee card MUST be shown to receive the discounts.**
 - ⇒ Driving Range - small bucket \$2.00
 - ⇒ ShortRidge Green Fee \$3.00
- We will have a yearly end-of-season celebration party with parents and guests.



Program and Curriculum...

COST TO PARTICIPANTS

Participants in The First Tee of Willamette Valley youth programs will pay a session charge. This fee entitles the children access to all The First Tee of Willamette Valley sanctioned activities during the session. These activities include: weekly classes, golf clinics, open and supervised play, discounts for range balls and green fees. Scholarships are available for any families unable to pay the registration fee. ***No child will be denied access to The First Tee of Willamette Valley golf program based upon the inability to pay.***

PROGRAM OUTLINE

Life Skills and golf skill instruction taught by The First Tee of Willamette Valley will include:

- A Life Skill and/or core value lesson
- A golf skill
- A rules, manners, playing orientation or course play session.

Each summer class will last 60 minutes and are described in the Par, Birdie or Eagle Level Course Syllabus. Attendance through all ten (10) classes will prepare the junior golfer to be certified and move on to the next level.

EQUIPMENT

All First Tee golf equipment is color-coded based on length. This ensures that the participants always have properly-fit clubs. Golf clubs are available at all courses and driving range for classes, clinics, practice and play sessions. There is no charge for participants to borrow the equipment. Participants borrowing equipment are responsible for returning it in a clean, safe & ready to use condition

MANNERS CLASSES

We will address how proper manners (such as introducing yourself and looking someone in the eye while speaking)



Par Level...

Each participant may come to scheduled registered lesson sessions, participate in play classes, participate in a season-ending tournament and be provided with clubs for practicing and playing at RiverRidge Golf Complex. Participants will learn the following:

Golf Skills

- Proper grip, stance and posture for the full swing
- Putting basics of grip, stance, alignment and distance control
- Chipping and pitching
- How to play quickly and safely
- Basic rules of the game
- Rules and etiquette on the course

Life Skills

- How to introduce oneself
- Why rules and respect are important in golf and in life
- How to get more fun out of learning something new
- What to do when angry or frustrated
- How to find “personal par”

After achieving the following:

- Attendance in six (6) Par level classes for modules 1-6 (3 swing classes and 3 short game classes)
- Attend the Par level Rules class and pass a Par level Rules test
- Complete and record three (3) supervised rounds of golf (on either ShortRidge or SuttonRidge golf course)
- Attend a Par level manners class and write a thank-you letter to a sponsor of The First Tee
- Pass all phases of Par certification for golf skills and be able to demonstrate, over time, the Par level Life Skills

Each student will receive six (6) complimentary rounds of golf on ShortRidge after successfully completing the Par Level certification process.



The First Tee Experience...

The First Tee Certification Process has four major elements: completion of golf and life skills lessons, the playing requirement, the short written test, and the instructor evaluation.

Lessons

For each level of the program, participants will complete a minimum of six life skills lessons and six golf skills lessons. For life skills, the requirement is to complete the core lesson material. Completion of optional topics and activities are a plus, but are not mandatory. If any participant misses a core lesson, the material must be made up, either through one-on-one instruction or a makeup class, before he or she undergoes certification testing and evaluation.

Playing Requirement

At each level, participants will play a certain number of posted rounds on a Chapter course – one round at the Par level and five rounds at the Birdie level – and bring their scorecards to their evaluation. In addition, at the Birdie level, participants will play a nine-hole putting course to demonstrate basic putting skills. Instructors observe some of these rounds to ensure that the player negotiates the course expeditiously and in accordance with basic rules, etiquette, and safety guidelines. At the Birdie level, participants also will complete a chipping and pitching drill.

Written Evaluation

For life skills and golf skills, each participant will be given a short written evaluation consisting of true-false and matching questions. Where possible, instructors will administer the evaluation for golf skills and life skills at the same time.

Instructor Evaluation

The instructor evaluation is a one-on-one interview in which the instructor watches the participant demonstrate a life or golf skill or talks with the participant about life skills concepts. For the Birdie level, instructors check participants' Yardage Books to make sure they have completed goal-setting activities.



can help develop positive relationships with others. This will be an opportunity to learn the proper way of conducting business with other people. Proper manners will also teach the participants to respect others around them. The writing of thank you letters will be a part of the classes. This is an opportunity to say "thank you" to those who help make The First Tee of Willamette Valley a special program. By keeping the sponsors informed of the progress of individuals in The First Tee, the program becomes more enriching on every level. Proper writing skills and a sense of responsibility will increase in each individual with this requirement.

PRACTICE AREA ACCESS

Equipment will be available for participants to use during Pro Shop/Driving Range hours. Discounts will be offered on range balls and green fees on ShortRidge Golf Course.

LIFE SKILLS ACADEMY AND THE FIRST TEE OPEN

Birdie level participants and above, who show either exemplary life and leadership skills, may be invited to apply for Life Skills Academy and Leadership Training held at Kansas State University every year in July. Applications are due in the spring. Juniors will be asked to write a short essay which will be submitted to The First Tee home office and candidates will be selected from within The First Tee network.

The First Tee Open at Pebble Beach is open to all participants who have been in the program for at least one calendar year, are 13 years of age by June of the application year, and demonstrate a high level of competitive golf skills. Participants may be invited to apply for The First Tee Open Selection Process held at Kansas State University in July. Potential candidates will be asked to write an essay which will be submitted to The First Tee Home Office for selection.



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 on ShortRidge, the Par 3 golf course of The NiNes at RiverRidge.

Honesty

The quality or state of being truthful; not deceptive
Golf is unique from other sports in that players regularly call penalties on themselves.

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.

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.

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.

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.

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.

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.

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.

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.