



FIRST TEE GREATER SAN ANTONIO EAGLE LESSON GUIDE

Hello everyone!

Welcome to the Online First Tee Lesson Guide! We have created this Fun and Activity filled guide for you to complete during your time home! Below is the overview of what you will be learning throughout this section. Tag us or post all of the fun videos and pictures you take during the activities to our First Tee Greater San Antonio Facebook page (@firstteesa)!

We look forward to seeing everyone soon! If you have any questions contact Coach Johany at johany@golfsanantonio.org

Overview:

- 1) STAYING WELL FOR LIFE
- 2) BUILDING A GO-TO TEAM AND BEING A GO-TO PERSON
- 3) APPRECIATING DIVERSITY
- 4) DEALING WITH CONFLICTS
- 5) PLANNING FOR THE FUTURE

Staying Well for Life

What is wellness and what does it involve?

Wellness involves your body, mind, and heart. It means your body is physically healthy and fit. Your mind is sharp and you have a positive attitude and outlook. You manage your emotions and feelings in appropriate ways. You have a healthy social life, you respect yourself and look for ways to contribute to the health of others.

How does having a healthy body, mind, and heart help you play better and enjoy activities more?

With a healthy Body one can:

- Plan healthy snacks that will sustain endurance
- Develop and implement a daily fitness routine from the fitness warm-up categories that will enhance my golf skills
- I can protect my body from illness and injury caused by the sun by applying sunscreen

Activity:

With a friend or family member, work to develop a warm-up circuit using at least one activity from each of the five categories! Post your activities online on our facebook page!

- 1) Strength
- 2) Flexibility
- 3) Agility
- 4) Balance
- 5) Object Control

Building a Go-To Team and Being a Go-To Person

In pursuing goals and dealing with challenges, we all need the support of other people both on and off the golf course. Our Go-To teams may be composed of family members, guardians, parents, teachers, coaches, friends, or other individuals in the community.

Activity- Build Your Go-To Team:

What is your challenge?

Fill in the Chart below to help Build your Go-To Team

Name	Profession	Contact Info	How can this person help you

Appreciating Diversity

We believe it is essential to the well-being of our society that we all learn to respect and value diversity among individuals while on the golf course, in school, and throughout our daily lives. Teams or groups usually benefit from the varying strengths of the team / group members.

What are 3 reasons for valuing diversity in a group of people?

- 1)
- 2)
- 3)

Activity:

Fill in the chart below! Explain the benefits of diversity for each section!

Examples	Benefits of Diversity
Age	
Ethnic Background	
Gender	
Religion	
Musical Skills	
Sport Skills	
Artistic Skills	
Part time or Volunteer Work	

Dealing with Conflicts

A conflict is a situation in which there are differences of opinion or opposing interests, needs or demands.

Have you had a conflict? Briefly describe what happened.

How to Respond to Conflict

There are three main ways on how people respond to conflict:

Passive	They withdraw, ignore, deny, or give in
Aggressive	They threaten to push, hit, or yell
Cooperative	They talk and communicate, listen, understand, respect and explore options

The last approach is most likely to result in a solution that benefits both sides.

Activity:

Which way did you use to resolve the conflict described above? How would you have handled it differently if needed?

Planning for the Future

If you haven't already, it is time to start planning for your future. If you have, the following activities will enable you to further explore and plan.

The career and academic planning process usually happens in three phases:

- 1) Self-Exploration
- 2) Academic and Career Exploration
- 3) Implementation

Activity- Fill in each question. When you begin to think about career and college or vocational training, consider the following

Interest: What do I enjoy doing?

Personality: How do I describe myself?

Skills, Education, Training, and Experiences: What can I do well?

Values: What is important to me?

The link below will take you to a college prep slide show to get your brains thinking about the next step!

<https://docs.google.com/presentation/d/1YrEXJ1tYjEHrm25IMGIt5WljTqWJtPeIAPUR2IOPj1U/edit?usp=sharing>