



FIRST TEE GREATER SAN ANTONIO PLAYER AND ADVANCED PLAYER 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) 9 core values
- 2) 9 healthy habits
- 3) Activities
- 4) Rules and Etiquette
- 5) Clubs!

FIRST TEE 9 CORE VALUES

RESPECT: To be nice and kind in one's actions

COURTESY: Being or acting polite to others

RESPONSIBILITY: It's up to me; I am the one others and myself depend on

HONESTY: To tell the truth

SPORTSMANSHIP: Playing by the rules and acting nice to others no matter if you are winning or losing

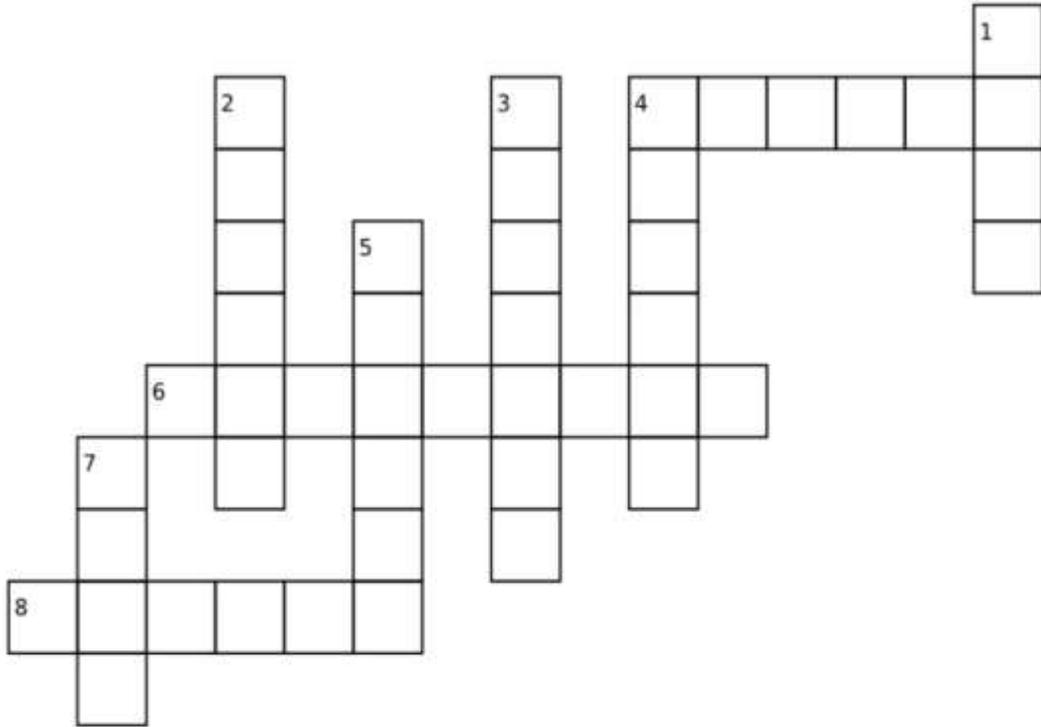
CONFIDENCE: A feeling of "I can do it"

JUDGEMENT: To make a decision or form an opinion

PERSEVERANCE: To keep going no matter what

INTEGRITY: Knowing the difference between right and wrong; doing the right thing even when nobody's looking

FIRST TEE HEALTHY HABITS



Down:

1. helps the body stay strong and fit
2. learning from our past and finding value for our future. " Leaving a footprint"
3. supportive people that help in all situations
4. playing by the rules and protecting the body and equipment
5. will always be there for you
7. influences your actions and emotions

Across:

4. learning and building relationships to help you contribute to the environment
6. helpings others by giving back and caring for your environment and others safety
8. affected by what I eat and how much I eat



9 CORE VALUE WORD SEARCH

First Tee 9 Core Values

Q A R Y R Q G R E D P Q B I S
E O B Q Q G R E B V E M W J E
A A W T Y O E K U S R R C U U
U F S C V I S L P P S A O D V
B J S R H N P C I O E X U E E
G I R V O T O O W R R H R G E
J G E P N E N N T T V D T E S
C I S Z E G S F C S E W E M S
C V P W S R I I H M R X S E Y
N X E A T I B D J A A L Y N D
T B C U Y T I E X N N I U T D
E I T O R Y L N A S C C Q A O
P X F B G B I C P H E Y D L B
J C K N F O T E P I H M Q P C
M U H A Z B Y F U P N C K E Y

RESPONSIBILITY

PERSERVERANCE

SPORTSMANSHIP

CONFIDENCE

INTEGRITY

JUDEGEMENT

COURTESY

HONESTY

RESPECT



Chip-Tac-Toe : 2 person game

Supplies needed:

- 1) Rope / tape/ yarn: anything to be able to create a tic tac toe board outside
- 2) Golf balls
- 3) Golf clubs

Activity:

- Set up a tic-tac-toe board. Each person will stand on one side of the board and try to make it into the boxes. Each person will hit one ball at a time and take turns when hitting. The person with the chips in a row wins!
- Always use safety!!
- Have fun and post photos of the activity to our facebook page!!

Indoor Putt Putt

Supplies needed:

- 1) 3 targets (cups, paper, toys... anything that works and is ok with mom and dad!)
- 2) Putter
- 3) Golf Ball

Activity:

- Set up a 3 hole indoor putt putt challenge. You should use your creativity! Make one short, medium and long. Use different household items such as pillows, blankets, chairs, books... anything that is not breakable as obstacles to get around!
- Create your own scorecard. Remember to include the hole number, a box to write your score in, a place for the signature, and date!
- Challenge one of your family members! Take photos and videos of your course and upload them to our facebook page!
- HAVE FUN!!!!

Top 20 Rules of Golf

1. Drop from knee height (NOT shoulder height)
2. Measure the area to drop in with the longest club in your bag (except a putter)
3. Drop in and play from the relief area
4. When dropping back-on-the-line, your ball cannot be played from nearer the hole than your chosen reference point
5. Time to search – 3 minutes (NOT 5 minutes)
6. If you accidentally move your ball when searching for it, replace it without penalty
7. No penalty for a double hit – it only counts as one stroke
8. No penalty if your ball hits you or your equipment accidentally after a stroke
9. No penalty if your ball strikes the flagstick when you have chosen to leave it in the hole
10. Spike mark and other shoe damage on the putting green can be repaired
11. Ball accidentally moved on putting green – no penalty and replace
12. Ball marked, lifted and replaced on putting green is moved by wind to another position –replace ball on the original spot
13. Penalty areas replace water hazards, and you can move loose impediments, ground your club and take practice swings in penalty areas without penalty, just as you can on the fairway or in the rough
14. You can't take relief from a penalty area unless you are at least 95% certain your ball is in the penalty area
15. In bunkers you can move loose impediments
16. In bunkers you cannot touch the sand with your club in the area right in front of or right behind your ball, during your backswing or in taking practice swings
17. Free relief is allowed if your ball is embedded on the fairway or in the rough (but "embedded" means that part of your ball is below the level of the ground)
18. Unplayable ball in bunker – extra option to drop outside the bunker for 2 penalty strokes
19. You cannot have your caddie or your partner standing behind you once you begin taking your stance
20. Pace of Play - it is recommended that you take no longer than 40 seconds to make a stroke (and usually you should be able to play more quickly than that) and Ready Golf in stroke play is encouraged

Parts of a Club

