

### AGES 7-9

Focus: Welcome to First Tee: Let's work together!

- How do you introduce yourself? Why is this important?
- When might you use this skill?
- How is working together using Respect & Courtesy?
- How do you "Get Ready to Swing?"
- What can you make your golf ball go different distances?
- How can you show Respect on the golf course?

### AGES 10-11

Focus: Meeting & Greeting with ALR

- What is ALR? (Ask, Listen, Respond)
- What's something new you learned about someone by asking questions?
- Why is it important to communicate with others?
- What did you learn about the length of your swings?
- How will different clubs affect the distance?
- What are some penalty areas on the golf course?

### AGES 12-13

Focus: Setting Goals: Process & Purpose

- Why is pursuing goals important?
- What are the 4 Guidelines to Goal Setting? (Important, Positive, Specific, Reachable)
- Is there a goal you're wanting to achieve?
- How confident are you in controlling the distance?
- How do Match Play & Stroke Play differ?

### AGES 14+

Focus: Dealing with Conflicts: Making a Positive Impact

- What types of conflicts can take place on and off the golf course?
- What does the acronym CARE stand for? (Communicate, Actively Listen, Review Options, End with a Win Win)
- What did you learn about different sizes of your swing?
- How do distance and target work together?
- What is the General area?

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