



# Parents' Guide



# We're Building Game Changers

At First Tee, we help kids age 7-18 develop their golf swing, but more importantly, their inner strength and character. Because we know what's inside doesn't just count; it changes the game.

We believe experiences are our greatest teacher and they should be both fun and meaningful, where kids feel excited to grow, safe to fail and better equipped for whatever comes their way.



## Why Build Character?

*Ninety-one percent of parents agree that sports coaching should inspire their child to excel both on and off the field.*

Parents whose children play sports say their activities have a positive impact on their children's:

**92%**  
emotional  
health

**92%**  
social  
health

**89%**  
behavioral  
health

**91%**  
physical  
health

**76%**  
academic  
health

\*2024 Report from First Tee & The Harris Poll



## Our Coaches

**Parents say** their child's coach could impact their:

- Ability to work well with others **(95%)**
- Respect of others **(90%)**
- Resilience in the face of challenges **(90%)**

Therefore, it's not surprising that 90% of parents believe coaches are the unsung heroes of youth development.

**First Tee's coaches set us apart.**

*\*2024 Report from First Tee & The Harris Poll*

Kids become a better version of themselves when they have the space to be who they are, surrounded by passionate people who guide them to see what they are capable of.

As parents and guardians, you live this out every day, and we're here to partner with you.

Our trained coaches create safe, supportive and empowering environments to help your child(ren) prepare for life ahead, including friendships, school, college and even their careers.

First Tee is committed to creating and maintaining a safe and welcoming environment for all participants and individuals affiliated with the organization. All employees, coaches and volunteers must complete a background check and youth safety training program.



## Our Program

Our programs happen year-round across our 150 chapters in the U.S. and select international locations. Participants (ages 7-18) progress through the program, deepening their understanding of life skills and golf development.

At First Tee, we know kids and teens can accomplish amazing things when they are supported and given the space to grow and learn.

The First Tee Program curriculum is organized around **four age groups**:



### Age 7-9:

Kids will learn to play golf, build inner strength and confidence, and have fun with peers in a safe and encouraging manner.



### Age 10-11:

Your child will develop golf skills and explore character concepts in active and collaborative ways that are valuable on and off the course.



### Age 12-13:

Participants will learn from an enhanced life skills curriculum while being provided opportunities to demonstrate mastery and growth in golf skills and abilities.



### Age 14+:

Your teen will look to the future and apply the understanding of life and golf skills to new situations on and off the course.



## First Tee App

Participants enrolled in our on-course programs can keep playing and learning with us through the First Tee App.

The First Tee App includes games and challenges that reinforce in-class concepts while bringing them to life in new ways.

Kids and teens will earn badges and points as they complete activities within the App, motivating them to continue tracking their progress over time.



## Ace

Ace is First Tee's capstone program built for teens to help them game-plan what's next. **It integrates the skills and inner strength they've developed at First Tee and points them toward exploring, investing in and building a clear plan for their future.**

As part of the Ace program, teens work closely to complete four projects with their coach mentor, earning recognition that can be noted on applications and resumes.

*Ask your chapter for more information on Ace eligibility and the application process.*





## National Participant Opportunities

Once your teen is ready to take their First Tee experience to the next level, we've got you covered. We host a series of national events for our participants, allowing them to meet new people, play some golf and achieve greatness.

Ask your chapter how your teen can apply for these opportunities.

**For details on upcoming events, visit [firsttee.org/events](https://firsttee.org/events).**



## First Tee School Program

Our program is embedded into more than 10,000 schools through PE classes, bringing our positive youth development approach to students from all backgrounds. We've trained educators across the nation to teach our curriculum, where kids experience the integration of golf (motor skills) and value-based lessons.

## First Tee Community Program

Our engaging after-school program is offered at more than 1,400 locations. We partner with youth experts like the YMCA and Boys & Girls Clubs to bring the program to kids who might not otherwise have exposure to golf and life lessons that are learned through the game.



## First Tee College Scholarship Program

Higher education continues to be a critical factor in unlocking opportunities for young people to thrive, and we are committed to the success of our alumni. Designed to provide further support, life skills development and mentorship, our First Tee College Scholarship Program supports selected alumni throughout their college career.

The program includes:

- Scholarships of up to \$5,000 per year for four years
- Dedicated adult mentor throughout college
- Professional development workshops

## First Tee Alumni

The First Tee Alumni Network aims to foster lifelong connections, providing alumni with a path for continuous growth and opportunities to make a difference.

First Tee Alumni Network is for past participants 18 and older and is free to join, with offerings including intern and job opportunities, engagement, and workshop events.





## Commonly Asked Questions

### How do you build character through golf?

We see golf as a metaphor for life. It's not the score that counts, but what you learn along the way. Golf requires goal setting, working with others and digging deep when things get tough. It's a perfect practice ground for learning skills that go far beyond the fairways.

### What if my child has never picked up a golf club before?

We know it can feel intimidating to start something new. Everyone was a beginner once and our coaches are trained in creating a supportive environment to make kids feel comfortable and ensure they have fun while learning about themselves and golf.

### Do I need to provide golf equipment for kids?

Chapters provide access to all the equipment you will need. No need for special golf attire.

### Will my child be participating in a safe environment?

First Tee and its chapters are committed to having a safe and welcoming environment for everyone involved in the organization. As part of our commitment, all employees, coaches and volunteers must complete a background check before working with our youth. Plus, all employees, coaches, volunteers, and board members are required to complete the U.S. Center for SafeSport training program.

### Is there competition and physical activity?

Absolutely! First Tee is an activity-based program, so our lessons include movement that can range from games to walking/playing the course. As participants get older, they have the chance to compete at national events held across the country.

### Is there a chapter near me?

We're closer than you think. First Tee offers programs in all 50 states through First Tee chapters, School Programs, and after-school Community Programs. We also offer programs in a number of international locations.

### What if I have financial concerns?

No worries—chapters offer full scholarships or reduced fee programming for those who need it.

**Learn more at [firsttee.org](https://www.firsttee.org)**





Find a location near you!



[firsttee.org](https://firsttee.org)



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