

The First Tee of Aiken

Eagle Class Notes

Week 1 – Stay Well For Life

What does wellness mean?

You are physically healthy and fit.

Your mind is sharp and you have a positive attitude.

Your emotions and feelings are balanced and positive.

You have a healthy social life; you respect and get along with other people.

You are committed to wellness daily.

Success in life and golf requires that you be well in all areas.

Building physical wellness.

Be active; look for opportunities to exercise and play in a safe environment.

Have a balanced and healthy diet, drink lots of water not sodas or sports drinks.

Get a good night's sleep.

Always warm-up before any physical activity.

Limit your time watching TV or playing video games.

Building Mental and Emotional Wellness.

Surround yourself with positive people.

Be confident, honest with yourself and others, relaxed, control your temper.

Respect yourself and others, have a good sense of humor.

Set goals, work to solve problems, be willing to work hard to achieve.

Appreciate all kinds of different people, cultures and opinions.

Being healthy and fit reduces the risk of injury and illness, relieves stress, lowers blood pressure, burns fat and strengthens your heart and lungs.

Additional resources for wellness.

Review setting goals and the use of a goal ladder for achieving wellness.

Use My Plate as a guide to eating healthy.

Learn to resist. Commit to STAR as a method for maintaining wellness.

Golf History

In the 1800's and early 1900's the concept of one making a living playing golf (being a professional) was not considered a profession for a true gentleman. Professionals were often barred from entrance to clubhouses. Prizes for winning professional competitions were

meager. A professional often augmented his living by making clubs and balls and teaching lessons.

Exhibition matches were organized by wealthy club members for the purpose of betting with the actual players receiving a small percentage of the total purse. Players would often make side bets to augment any winnings they might receive. In the early 1900's many of the better known professionals would stage exhibition matches to supplement their earnings. They would tour the country putting on exhibitions giving rise to the concept of the professional tour.

The PGA of America was organized in 1916 and slowly the professional tour was taken on by the PGA. In 1932 the PGA created the Tournament Bureau of the PGA. In 1946 it became an autonomous division. In 1968 the tournament division separated from the PGA and became the PGA Tour.

Fitness

As part of every warm-up routine we emphasize exercises that involves five categories; strength, flexibility and mobility, agility and coordination, balance and object control. Your individual warm-ups should seek to engage all aspects to be sure you are physically ready to pursue the activity you are getting ready to engage in.

First Tee Nine Healthy Habits

Physical

Energy – The physical and mental strength or power that allows one to function, move and be active. To have energy one needs to understand and make healthy choices about what, when and how much to eat and drink to provide the body with the most useful energy.

Play – Lively (often spontaneous) activity or exercise done for recreation, fun and enjoyment. A variety of fun activities can help maintain a lean, fit and strong body. Re-charging (sleep and other forms of rest allows one to participate in play on a daily basis.

Safety – Doing things to prevent or minimize injury, danger or loss. Playing in a safe environment by the rules with proper protections and equipment. Includes appropriate warm-up, cool down, hydration and sun protection.

Rules Knowledge

Impediments verses Obstructions: As a general rule, impediments are considered to be naturally occurring objects such as leaves, twigs, rocks, sand etc. Loose impediments that interfere with your stance, swing, or line of play can be removed except in a hazard. A rock that

is only partially above the level of the ground is not a loose impediment. Obstructions are manmade objects such as cart paths, signs, cups and cans, ice cubes, sprinklers. Obstructions that are lying on the ground can be moved except in a hazard. Rule 24 deals with Immovable Obstructions and how to proceed with play. Hazard stakes (red & yellow) are considered to be moveable obstructions but out of bounds stakes (white) are not. You cannot move obstructions and impediments when your ball is in a hazard and the object is also in the hazard or defines the hazard. On the green you can use your club, hand, towel etc. to brush away or pick up loose impediments so long as you do not press down on the surface.

Dropping a ball: After you have confirmed you can drop your ball (free or penalty) and determined where the drop area starts, mark the area of the drop with tees. Remember if it is a free drop you get one club length if it is a penalty drop you get two club lengths. Stand erect with your arm extended out parallel to the ground at shoulder height. The dropped ball must land within the marked area on or behind the line established with the tees. Unless the ball initially lands in front of the line, rolls more than two club lengths from where it struck the ground, rolls closer to the hole, rolls into a hazard or out of bounds, rolls out of a hazard if you are dropping in a hazard or rolls onto the putting surface, the ball is in play. If after two attempts your ball does not establish itself in play, you can place the ball on the spot where it first struck the ground on the second drop.

Week 2 – Building a Go-to Team

Getting help from others.

Asking for help can sometimes be a very difficult thing to do.

To be successful in life and golf you will from time to time need help from others.

Everyone could use some help and support to deal with challenges as you work on goals.

Think of those who can help as members of a team; your go-to team.

Team members can provide specific help on different parts of the overall challenge or goal.

Team members may just be there to listen, provide encouragement, help you stay focused, resolve a conflict or point you in the direction to others who can help or provide information.

Building go-to teams for different goals or challenges.

Goals or challenges could be for life or school, golf, wellness.

Consider the goal and challenge first.

Consider people you see often in that setting, people who know what kind of person you are, people who care about you, people you can depend on, and people who know what you are capable of doing.

A team member for one goal or challenge may not be the best for another.

Team members can be friends, adults, parents, teachers etc. The important point is that they have something specific that they can contribute.

Begin thinking about being a go-to buddy.

What skills, knowledge or experience can you call upon to help others?

Can you mentor younger students or The First Tee PLAYers?

Rules Knowledge

When can you mark and touch your ball? Once a ball is in play not on the putting surface, obstructed by an immovable obstruction or in area marked as abnormal ground condition, you can only touch a ball under very specific circumstances:

1. If your ball interferes with the stance, swing or line of play of a competitor or. 2. If you believe that your ball or another's ball position may aid a competitor playing from off the putting surface. 3. For the purposes of identification. 4. The ball is embedded in its pitch mark through the green in a closely mown area. 5. To determine if the ball is unfit for play. In all cases do not pick up your ball without first being requested to do so or prior to announcing your intentions. Be sure your competitors agree and if necessary get a ruling that is OK before you proceed. Once marked and lifted you cannot clean the ball except if it was embedded or to the extent necessary for identification purposes. A ball lifted must be placed on the exact same

spot and lie it came to rest on except for an embedded ball. An embedded must be dropped as near as possible to the spot where it was embedded (you can repair the pitch mark) no closer to the hole not on the putting surface.

What is abnormal ground conditions? Any area marked by a white line as ground under repair, casual water, holes casts or runways made by burrowing animals, reptiles or birds. To obtain relief the condition must interfere with your stance or area of intended swing. If the condition is on the putting surface it also includes the line of the putt. You are permitted to drop within one club length of your nearest point of relief no closer to the hole. If the relief is on the putting surface the ball may be placed. You must take complete relief for both stance and swing. There is no relief for casual water in a water hazard. If casual water is in a bunker you have two options. Free relief dropping in the bunker at the nearest point of relief no closer to the hole. Take a one stroke penalty and drop outside the bunker keeping the point where the ball lay on a straight line between the hole and your intended drop area. There is no limit on how far back you can go to drop.

Nine Healthy Habits

Emotional

Vision - In order to make the most of your unique gifts (talent and abilities) you should learn from the past experiences, value the present and create a vision for the future using your intelligence and imagination to ultimately leave a footprint.

Mind – The mind is a powerful tool for health. It is the element that influences emotions and behaviors and enables you to reason think, feel and be aware of experiences.

Family – People who are related to each other and are held together by bonds of shared values, goals and devotion. Families that share activities, roles and responsibilities are more likely to be successful in health and life.

Golf History

Where did the word “Golf” come from and what does it mean? When did the game of golf first get started?

Some scholars believe the word can be traced back to the Dutch words “Kolf” or “Kolve” which means club. Dutch traders probably brought the word to the Scottish and by the 14th and 15th century their dialect had changed the word to “Goff” or “Gouff”. By the 16th century it had evolved into “Golf”. The game itself possibly started with the Dutch hitting stones with sticks on frozen canals possibly in the 13th and 14th century. As they traded with the Scottish people the Scots transformed the game into one played on the public land that linked the beaches with the farms and towns. Other scholars have suggested that the act of using sticks and other implements to hit small objects such as rocks and stones may have been going on well before recorded history.

1. I can look in a playing competitors bag to see what club he/she used. I can also ask him/her what club was used if I can't look in the bag. (T/F)
2. My ball has come to rest just inside the out of bounds line. To hit the ball I will have to stand out of bounds; however the OB stake interferes with my back swing. My options are:
 1. Replay from the tee because you cannot stand out of bounds to play a shot
 2. The OB stake is an obstruction, you can move it if it will come out of the ground or take free relief (one club length no closer to the hole) and drop.
 3. Play the ball as it lies and chip the ball back in play or declare the ball unplayable, take a one stroke penalty and drop the ball at the nearest point of relief no closer to the hole
3. My ball has mud on it. I can replace it with a clean ball. (T/F)
4. My ball has plugged in mud in a closely mown area of the course (not in the rough). I can lift the ball clean it and place it at a spot as near as possible to where it embedded. (T/F)
5. If my ball moves while measuring who is furthest from the hole, I can replace it without penalty. (T/F)
6. I am taking a free drop just off the green. My ball lands off the green within the designed drop area and then rolls on to the putting surface not closer to the hole and less than two club lengths from where it initially struck the ground. Can I play from where the ball stopped? (T/F)
7. When dropping a ball (free or penalty) I must
 1. Stand erect, hold the ball at arms length at shoulder height and drop the ball
 2. Drop the ball on or behind the line I have established for the drop area (two club lengths from my point of relief no closer to the hole)
 3. Play the ball where it stops (if no closer to the hole) regardless of how far it rolls
 4. All of the above
 5. 1 and 2
8. Loose obstructions are man made objects such as cups, chairs, machine made ice, broken tees (T/F)
9. My ball has come to rest against a pine cone in a sand bunker. I can remove the pine cone as long as my ball does not move (T/F)
10. I am responsible for the addition of my score card. (T/F)

Week 3 – Appreciating Diversity

People are different.

Know your own strengths and weaknesses

Understand that we all have different strengths and weaknesses

Seek to find the best in others and it will bring out the best in you

The golf course is a great place to conduct a diversity interview

All golfers are different.

There is no one “perfect” prototype for being a golfer

All golfers have strengths and weaknesses in their game

Maximizing your strengths and minimizing your weaknesses can lead to greater success and enjoyment (in golf and life).

Diversity is important

Appreciating differences leads to a better understanding of and communication with others

Without diversity life would be quite dull

Without diversity the world would be a pretty uninteresting place

Golf History

The first African American and Native American to play in a US open played in the same year at Shinnecock Hills Golf Club on Long Island. The golfers were John Shippen the son of a minister who was serving on the Shinnecock Reservation and Oscar Bunn, a Shinnecock tribe member. Both started their golf careers as caddies at Shinnecock Hills. Shippen, at the time of the Open, was the assistant pro at Shinnecock.

It is said that the day before the Open began, several golfers threatened to withdraw if the two were allowed to play. The USGA President did not bow to the pressure stating that the Open would go on even if Shippen and Dunn were the only two players. No one withdrew. Shippen ended up placing 5th. Shippen continued in golf as a club professional and played in 4 more Opens although he was denied entry in to many other tournaments. He retired after over 6 decades as a professional.

The Open in question was the second, contested in 1896. It would take over 60 more years before the PGA would integrate.

Rules Knowledge

5-3. Ball Unfit for Play

A ball is unfit for play if it is visibly cut, cracked or out of shape. A ball is not unfit for play solely because mud or other materials adhere to it, its surface is scratched or scraped or its paint is damaged or discolored.

18-6. Ball Moved in Measuring

If a ball or ball-marker is moved in measuring while proceeding under or in determining the application of a Rule, the ball or ball-marker must be replaced. There is no penalty, provided the movement of the ball or ball-marker is directly attributable to the specific act of measuring. Otherwise, the provisions of Rule 18-2, 18-3b or 18-4 apply.

Abnormal Ground Conditions

An "abnormal ground condition" is any casual water, ground under repair or hole, cast or runway on the course made by a burrowing animal, a reptile or a bird.

Casual Water

"Casual water" is any temporary accumulation of water on the course that is not in a water hazard and is visible before or after the player takes his stance. Snow and natural ice, other than frost, are either casual water or loose impediments, at the option of the player. Manufactured ice is an obstruction. Dew and frost are not casual water.

Week 4 – Dealing with Conflicts

A conflict involves a difference in opinion, opposing interests, needs or demands.
Conflicts occur when one is threatened or prevented from getting something they he or she wants.

Wants can be recognition or respect or a resource like money, power or freedom.

Conflicts occur in all aspects of life (school, home, work, sports).

Conflicts can lead to arguments, hurt feelings, fights and effect your personal well-being of body, mind and heart.

Responses to conflict can be passive, aggressive or cooperative. Which one is best?

Remember it is the problem not the person.

Develop a strategy to deal with conflicts in all aspects of life.

CARE

Communicate

Describe objectively what caused the conflict

What do you want or need?

Why do you want or need it?

Is it important to you?

Are you being rational or just reacting?

Actively Listen

Don't dig your heels in.

Listen to the words the other person is saying.

Respond to the words not the person.

Ask questions if you do not understand what the other person wants or needs.

Be open to having your mind changed.

Review Options

Discuss objectively what the conflict is about.

Find options. There may be more than one right answer.

Focus on the problem not the person.

End with a Win-Win solution

Be willing to compromise.

Both sides can "win" and not get all they want or need.

A win-win may just be an agreement that you both understand each other's position with no resolution.

A win-win may also be an agreement to abide by a neutral arbiters decision.

Don't take it personally.

Did You Know

There are 34 rules for golf that take up approx 80 pages in the USGA pocket rulebook. The USGA's *Decisions On The Rules Of Golf 2012-2013* takes up well over 700 pages. The USGA fields thousands of rule questions every year. Your win-win may be to write the USGA for a decision.

Rules

Rule 3-3. Invoking "The Rule" If you are unsure about how to proceed in the play of a shot, before you play the shot, you can advise your competitors or marker that you intend to play two balls and which ball will count if the rule permits. Example: You believe because of the condition of your lie you are entitled to a free drop but your competitors disagree. Before playing the shot invoke Rule 3-3 commonly referred as "The Rule". State why and which ball you want to count if you are correct. Then play the hole out with both balls and resolve the dispute with an official before signing for a score. You can revoke the invoking of "the rule" at any time prior to signing for a score and will not be penalized for playing another ball.

Week 5 – Be a Go-to Person

A go-to person is one who helps others; at home, in school, in the community and on the golf course

Why you should help others.

It's a way to give back to others and the community.

You gain personal satisfaction, sharpen your interpersonal skills and gain respect from others.

You can make a difference in your community and in individual lives.

You are doing the right thing.

How can you help?

Listen, be a friend.

Share your experiences, help in decision making, help resolve conflicts.

Be a role model, set a good example for wellness.

Show younger kids "the ropes", help with instruction on the course and in the classroom.

Refer someone with a serious problem to professional help.

Seize every opportunity to make a difference.

Being a go-to person.

Be respectful, listen, see the person's point of view, and understand their feelings.

Be willing to help them look for solutions.

Ask if you can help, don't offer unsolicited help, try to understand the problem before you act.

You don't have to be perfect or a genius to help.

First Tee Life Skills you can use.

ALR – Ask, Listen, Respond

Controlling Your Emotions – 4R's – Replay, Relax, Ready, Redo

Make Good Decisions – STAR – Stop, Think, Anticipate, Respond

Dispute Resolving – CARE – Communicate, Actively Listen, Review Options, End with a Win-Win.

Look around you, always think how you can make a difference.

During the first round of the 2011 PGA at the Atlanta Athletic Club, Rory McIlroy played his second shot at the 4th hole where the ball was very close to a tree root. After a long discussion with his caddy, he played the shot and struck the root with his club injuring his right wrist. The injury clearly affected his play for the remainder of the tournament. Some have felt it possibly kept him from winning a second Major in 2011. If you had been his caddy, what would you have done or said?

Nine Healthy Habits

Social

Friends – People who support, trust and like each other and often share common interests. Maintaining healthy relationships includes surrounding oneself with friends and supportive people while effectively handling challenging situations such as bullying, social media and the digital age.

School – A place or institution for learning and teaching. Being successful in school (learning, building relationships and contributing to the school environment) leads to success in other areas of life.

Community - A group of people with shared elements such as geography. Members have common rights, goals and privileges. It is important to explore and discover how one can and give back and care for a community's health environment and safety.

Golf History

The 1968 Masters Tournament was decided by the most famous scoring error in the history of golf. Argentinean Roberto DeVicenzo playing with Tommy Aaron shot a final round 65 to tie Bob Goalby for first place with a total score of 277. However, Tommy Aaron incorrectly recorded a 4 for DeVicenzo on the 17th hole when he had in fact made a 3. Mr. DeVicenzo failed to correct the scoring error and signed for a 66, costing him a chance to win the tournament in a play-off. His comment about the failure to correct the scoring error lives on as one of the greatest comments in golf; "What a stupid I am!" It rivals Phil Mickelson's comment after the 2006 US Open at Winged Foot when he doubled 18 to lose by one and proclaim "I am such an idiot". Angel Cabrera would final win a Masters for Argentina in 2009 following up on his U S Open victory in 2007.

Rules Knowledge

Match Play scoring is always expressed as either “all square” or so many “holes up” with so many “holes to play”. “Dormie” is the term used to describe a match where one side is up by as many holes as there are holes remaining to be played. If you are up by three holes with three to play it would be stated that you are “dormie 3”.

Advise vs. Information. Any player who either asks for or gives counsel or suggestion that might influence how to play a shot, what club to use, what type of stroke to make is considered to have given advise and is subject to either loss of hole in match play or a two stroke penalty. Seeking information on matters that are of a public nature such as distances, hole positions, locations of hazards or rules questions are not considered advice. Looking at a competitor’s bag to determine information on what club was used is permissible. In match play if requested during the play of a hole you are required to accurately tell your opponent how many strokes you have taken. Failure to do so will result in loss of hole unless you correct your mistake before your competitor plays his/her next stroke.

It is the competitor’s responsibility to accurately tell the marker the score for each hole played. It is the competitor’s responsibility to be sure that the marker has recorded each score correctly. However neither the marker nor the competitor are responsible for the addition of the score.

Week 6 – Planning of the Future

Do a self-assessment.

What interests you? How do you see yourself? What are your positives? What is important to you?

Rate your life skills. What do you need to work on? What are your strengths?

College or not? Complete a decision worksheet. There are many paths to success.

If college what should you consider? Quality of educational programs you are interested in or quality of the football team? Where you feel comfortable or what's easy for your family?

Is golf in my future? Can I compete at a collegiate level? If so, understand the cost to prepare for tournaments, travel entry, fees, cost of equipment and supplies (not shopping at the mall).

Are there other golf jobs that interest you? What does it really take to achieve my desired golf job?

If not golf, then what? Take time to research just what it takes to be what you want to be. Interview those who are doing the job now. Is there a future in that job?

Lead; don't just follow. It's your life; don't be afraid to chart your own course.

It is your decision, don't let friends or families make the decision for you.

Did You Know

Among the many national championships conducted by the USGA, the Men's Mid-Amateur is one of the most popular. To enter you must be at least 25 and have a handicap index of 3.4 or lower. After local qualifiers, 264 advance to the championship proper. A total of 3,860 players entered the 2010 championship. 91 of the 264 who advanced to the championship were reinstated amateurs.

Becoming a Golf Professional

Most highly skilled golfers who plan on making a living playing tournament golf declare that they are a professional and seek to earn status on one of the many professional tours. Most start by playing on one of the "Mini-Tour" circuits. There are dozens of small tours either state or regional. A few of the better know ones are the NGA Hooters Tour, eGolf Tour and Gateway Pro Tour. Some of the very best who turn pro receive a limited number of exemptions to attempt to earn enough money to have status on the PGA Tour. The PGA Tour also conducts their annual Tour School which for most requires three separate tournaments (stages) to go through to qualify for 25 exemptions. Regardless of the route taken, the odds of success are quite small. At every step of the way you have to pay money to enter to have the chance to earn money.

For those who want to be a club professional, The PGA of America has two paths you can follow. One is to start as an apprentice and work your way up. At a minimum, in addition to passing all three levels of training an apprentice must work 36 months full time in an eligible golf position. The second track is to enroll and complete (graduate) from a college PGA Golf Management School. There are currently 20 colleges and universities that offer the program.

For more information go to:

<http://pgajobfinder.pgalinks.com/helpwanted/empcenter/pgaandyou/universities.cfm>

Planning for the Future cont.

Both tracks require you to pass a 36 hole Playing Ability Test (PAT). To pass you must score within 15 shots of the course rating. For example if the course rating is 72 the target score for 36 holes would be 159. The test is normally conducted in one day. It is usually played from the middle tees of the selected course with the pins set on relatively flat areas of the greens. Although this sounds relatively easy, less than 20% of those taking the test achieve a passing score. The PGA charges a \$100 entry fee and there may also be site (green) fees charged.

Rules Knowledge

The USGA has an entire section covering the Rules of Amateur Status. There are 10 rules. Rule 9 covers Reinstatement of Amateur Status. The USGA also has an Appendix that covers its policy on gambling. You should read and be aware of the rules and policy, particularly if you wish to remain an amateur golfer.