

The First Tee of Aiken – Birdie Study Guide

Life Skills

Dreams and Goals	Dreams are like stories we tell ourselves about things we wish for. Goals are things we actually do to make our dreams come true, include a plan and a target date!
Goals: Positive and Important to You	The Four Steps for Setting Reachable Goals: 1.) The goal is stated positively, 2.) The goal is important to you!
Goals: Specific and Under Your Control	The Four Steps for Setting Reachable Goals: 3.) The goal is specific (is measurable and includes a timeline), 4.) The goal is under your control (internal factors)!
Different Types of Goals	Process Goals – Focus on improving skills, techniques, behaviors, healthy habits and playing strategies, for a more favorable result Performance Goals – Identifies personal bests and measures to assess performance; improvement based on practice (e.g. fairways hit, GIR, # of putts) Outcome Goals – The end product of what you want to achieve (e.g. win a tournament)
Getting to Your Goal!	Goal Ladder – Step by step plan to help you reach your goals! Steps should progress from easiest to hardest. Can be used on and off the golf course!
Dealing with Challenges	STAR – Helps PLAYers deal with challenges in golf and daily life. S – Stop, T – Think, A – Anticipate, R – Respond

Healthy Habits

Play	The ultimate form of exercise that is done for fun and enjoyment
Safety	Actions done to stay out of danger and lower the chance of a PLAYer getting hurt
Energy	The body's fuel for living; including food, water, and sleep
Friends	People who like, trust and support each other; often share common interests
School	An institution or place for teaching and learning to occur; success in school typically leads to success in other areas of life
Community	A group of people with some shared element (such as geography) having common rights, privileges or interests
Mind	The element in a person that enables him/her to reason, think, feel and be aware of experiences
Vision	The ability to think about and plan for the future, learning from past experiences while using intelligence and imagination
Family	Group of people (related or not); often held together by bonds of devotion and shared values and goals

Golf Knowledge

- Advice – Any information that might influence a PLAYers decision before making a shot. Public information is not considered advice (e.g. yardage, location of Penalty Areas, position of flagstick).
- Bunker – A hollow area of the golf course that is filled with sand. Players may not ground their club in a bunker and should rake the bunker after successfully hitting their shot out. If your ball is resting against the rake you may move it. If your ball moves you must replace the ball but do not get a penalty.
- Etiquette – Manners and actions used by PLAYers. Proper etiquette includes walking around another player's line of putt, replacing and repairing divots, waiting your turn, shake hands with

competitors after the round, etc.

- Penalty Area – Golfers sometimes encounter Penalty Areas on the golf course (lakes or rivers) which are usually marked with red or yellow stakes. The golfer has the option to take a drop outside the Penalty Area and add one penalty shot. They also have the option to play from the Penalty Area, if possible, but may not ground their club. Bunkers are also identified as Penalty Area and players may not ground their club.
- Out of Bounds – Out of Bounds is always marked by white stakes or a white line on the ground. PLAYers must replay from the last place they hit and add one penalty shot. If you are unsure whether or not your golf ball went out of bounds, you should play a provisional ball.
- Putting Green – The PLAYer may touch their line of putt to press down a ball mark, remove loose impediments on the putting green, repairing old hole plugs or ball makers on the putting green, and repair spike marks