

The First Tee Pittsburgh Certification Requirements - QUICK GLANCE

Requirements	PLAYER 1	PLAYER 2	PLAYER 3	PAR 1	PAR 2	PAR 3	Birdie 1	Birdie 2	Birdie 3	Eagle 1	Eagle 2	Eagle 3
<i>Core Lessons</i>	1. Respect 2. Courtesy 3. Responsibility	4. Honesty 5. Sportsmanship 6. Confidence 7. Judgment 8. Perseverance 9. Integrity		10. Exploring the Game 11. Respecting the Rules 12. Meeting and Greeting with A-L-R 13. Having fun while you learn 14. Staying Cool using the 4 R's 15. Finding Your Personal Par			16. Dreams and Goals 17. Important and Positive Goals 18. Specific Goals under your control 19. Different types of goals 20. Getting to your goals - Goal Ladder 21. Dealing with Challenges - STAR			22. Wellness 23. Go-to Team 24. Appreciating Diversity 25. CARE 26. Go-to Person 27. Planning for the Future		
<i>Your Game</i>	Measured by observable behaviors associated with the Code of Conduct and reflective of the Nine Core Values. (Bag Tag Checklists above)			Measured by observable behaviors associated with The First Tee PGH life skills categories and specific strategies. (Bag Tag Checklists above)			Measured by observable behaviors associated with The First Tee PGH life skills categories and specific strategies. (Bag Tag Checklists above)			Measured by observable behaviors associated with The First Tee PGH life skills categories and specific strategies. (Bag Tag Checklists above)		
<i>Golf Fundamentals</i>	The Stance The Grip The Swing	The Stance The Grip The Swing	The Stance The Grip The Swing	Balance Rhythm Contact	Balance Rhythm Contact	Balance Rhythm Contact	Routine Flight Play	Routine Flight Play	Routine Flight Play	Assess, refine, & develop golf skills	Assess, refine, & develop golf skills	Assess, refine, & develop golf skills
<i>Putting</i> <i>BOB Indoor/Outdoor</i> <i>PR Outdoor</i>	FAST, SAFE, & with COURTESY. 9h (in hole) - 32 6h (in white) - 15	FAST, SAFE, & with COURTESY. 9h (in hole) - 30 6h (in red) - 15	FAST, SAFE, & with COURTESY. 9h (in hole) - 28 6h (in red) - 12	FAST, SAFE, & with COURTESY. 9h (in hole) - 27 6h (in hole) - 20	FAST, SAFE, & with COURTESY. 9h (in hole) - 26 6h (in hole) - 19	FAST, SAFE, & with COURTESY. 9h (in hole) - 25 6h (in hole) - 18	FAST, SAFE, & with COURTESY. 9h (in hole) - 23 6h (in hole) - 17	FAST, SAFE, & with COURTESY. 9h (in hole) - 22 6h (in hole) - 16	FAST, SAFE, & with COURTESY. 9h (in hole) - 21 6h (in hole) - 15	FAST, SAFE, & with COURTESY. 9h (in hole) - 20 6h (in hole) - 14	FAST, SAFE, & with COURTESY. 9h (in hole) - 19 6h (in hole) - 13	FAST, SAFE, & with COURTESY. 9h (in hole) - 18 6h (in hole) - 12
<i>Up and Down</i>	NA	NA	NA	4h (in hole) - 16	4h (in hole) - 15	4h (in hole) - 14	6h (in hole) - 20	6h (in hole) - 19	6h (in hole) - 18	9h (in hole) - 26	9h (in hole) - 25	9h (in hole) - 24
<i>Full-swing (greens)</i>	NA	NA	NA	NA	NA	NA	3 of 6 greens from 50 yards	3 of 6 greens from 60 yards	3 of 6 greens from 70 yards	3 of 6 greens from 80 yards	3 of 6 greens from 90 yards	3 of 6 greens from 100 yards
<i>Full-swing (fairways)</i>	NA	NA	NA	NA	NA	NA	NA	NA	NA	3 of 6 fairways with a minimum distance of 130 yards to a fairway of 45 yards wide	3 of 6 fairways with a minimum distance of 145 yards to a fairway of 45 yards wide	3 of 6 fairways with a minimum distance of 160 yards to a fairway of 45 yards wide
<i>Golf Knowledge & Life Skill Knowledge</i>	min 8 of 10 written questions	min 12 of 15 written questions	min 16 of 20 written questions	min 16 of 20 written questions	min 16 of 20 written questions	min 16 of 20 written questions	min 16 of 20 written questions	min 16 of 20 written questions	min 16 of 20 written questions	min 16 of 20 written questions	min 16 of 20 written questions	min 16 of 20 written questions
<i>Playing</i>	3 to 9 holes (depending on distance) played FAST, SAFE, & with COURTESY. No Score Required.	3 to 9 holes (depending on distance) played FAST, SAFE, & with COURTESY. No Score Required.	3 to 9 holes (depending on distance) played FAST, SAFE, & with COURTESY. Recorded score accurately. No minimum score required.	One 9-hole round played FAST, SAFE, & with COURTESY. Score of 70 or lower from 1,500-1,900 yards.	One 9-hole round played FAST, SAFE, & with COURTESY. Score of 66 or lower from 1,500-1,900 yards.	One 9-hole round played FAST, SAFE, & with COURTESY. Score of 63 or lower from 1,500-1,900 yards.	Two 9-hole rounds played FAST, SAFE, & with COURTESY. Score of 60 or lower from 1,900-2,500 yards.	Two 9-hole rounds played FAST, SAFE, & with COURTESY. Score of 57 or lower from 1,900-2,500 yards.	Two 9-hole rounds played FAST, SAFE, & with COURTESY. Score of 54 or lower from 1,900-2,500 yards. Plus, one 18-hole round with a score of 108 or lower.	Three 18-hole rounds played FAST, SAFE, & with COURTESY. Score of 103 or lower from 5,000-6,000 yards.	Three 18-hole rounds played FAST, SAFE, & with COURTESY. Score of 99 or lower from 5,000-6,000 yards.	Three 18-hole rounds played FAST, SAFE, & with COURTESY. Score of 95 or lower from 5,000-6,000 yards. Plus, one more round played with a First Tee Coach.