



[www.thefirsttee.org](http://www.thefirsttee.org)

# PAR YARDAGE BOOK



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## THE FIRST TEE CODE OF CONDUCT

### Respect for Myself

- I will dress neatly and wear golf or athletic shoes.
- I will always try my best when I play or practice.
- I will keep a positive attitude and catch myself doing something right regardless of the outcome.
- I will be physically active, eat well, get enough sleep, and take care of myself so I can stay healthy.
- I will be honest at all times, including when I keep score and if I break a rule.
- I will use proper etiquette and maintain my composure even when others may not be watching.

### Respect for Others

- I will follow all instructions and safety rules.
- I will keep up with the pace of play on the golf course.
- I will be friendly, courteous, and helpful.
- I will remain still and quiet while others are playing and have fun without being loud and rowdy.
- I will be a good sport toward others whether I win or lose.

### Respect for My Surroundings

- I will keep the golf course and practice areas clean and in as good or better shape than I found them.
- I will clean and take care of my and others' golf equipment.
- I will be careful not to damage anything that belongs to others.

\_\_\_\_\_  
PLAYer's Signature



### My The First Tee Yardage Book:

My Name is \_\_\_\_\_ .  
*(print your full name)*

I go to \_\_\_\_\_ School.

I am in \_\_\_\_\_ grade.

I started the **Par level** at The First Tee on

\_\_\_\_\_  
*(write in today's date)*



## PAR LEVEL LIFE SKILLS

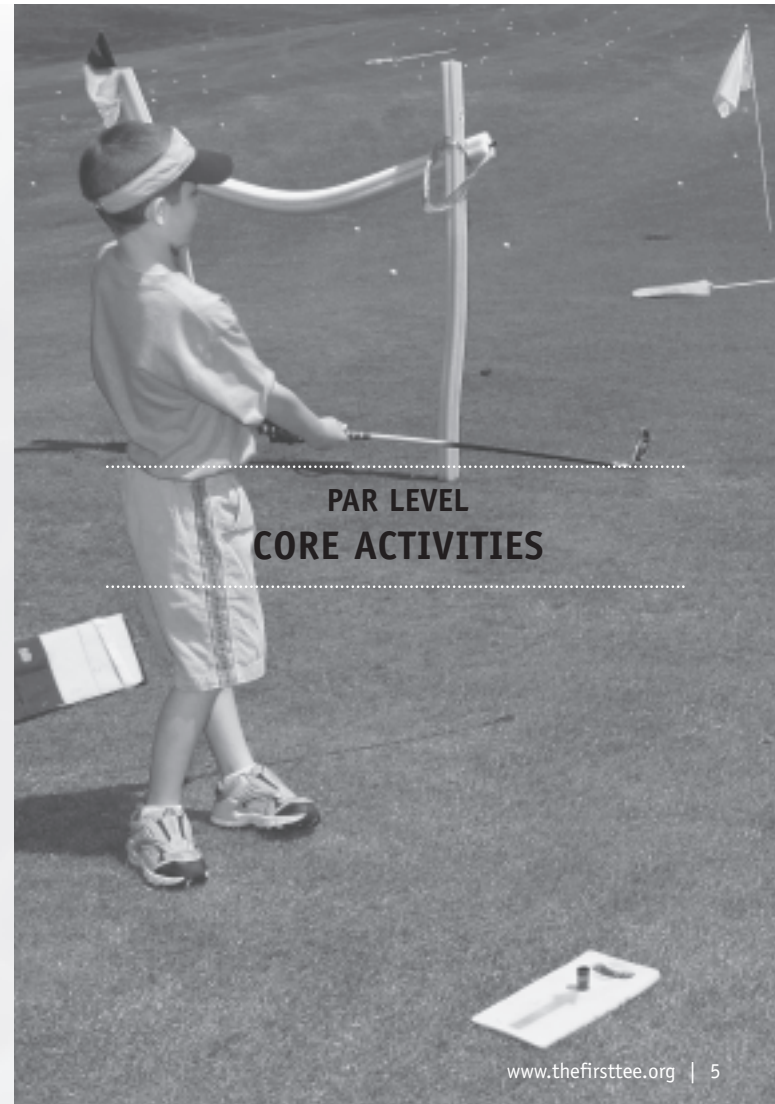
### WHAT YOU WILL EXPLORE

- What you enjoy most about playing golf and other activities in your life
- Why rules and respect are important in playing golf and in life
- How to introduce yourself and communicate better
- How to get more fun out of learning something new
- What to do when you get angry or frustrated, and how to think about things you do well
- How to find your Personal Par

## PAR LEVEL GOLF SKILLS, ETIQUETTE AND RULES

### WHAT YOU WILL EXPLORE

- Different ways to become **target-oriented** when playing golf
- Different ways to **use your golf clubs** to make the ball go **different heights**
- Different ways to **get ready for each shot** (putt, chip, pitch or full-swing) when playing golf
- Different ways to **control distance** when playing golf
- Different ways to **make solid impact** when playing golf
- Different ways to **improve your balance** when playing golf
- Different ways to use the ground and swing to **make the ball curve**
- Learn **The 5 Minute Golf Warm Up** and do it when coaches lead the class
- **Safety, golf terminology, golf etiquette, and *The Rules of Golf*** for match play as approved by the United States Golf Association® and R&A Rules Limited



### PAR LEVEL CORE ACTIVITIES

## EXPLORE THE GAME

To help you explore what you enjoy about playing the target-oriented game of golf, you can use a self-management technique called **GAME**.

**GAME** stands for:

- G** Go play
- A** And explore
- M** My interests
- E** Enjoy what's fun for me

The **GAME** technique also can help when you want to explore what is most fun for you in other areas of your life. You can also follow **GAME** to help get outside of your comfort zone and explore new possibilities that can add to your interests and enjoyment in golf and life.

## FUN FACTOR LIST

Develop a Fun Factor List while playing golf. See if you can think of something new for each hole. You can also write down something more than once if it is really fun for you!

Hole #	My Fun Factor
1	
2	
3	
4	
5	
6	
7	
8	
9	

After you are done playing, share your list with other PLAYers and your coaches. Look at this list as often as you can before playing and pick one thing to have fun doing throughout each round of golf!

## THE RULES OF GOLF

At the PLAYer level you learned about the Rules of Golf for **Stroke** Play.

- In Stroke Play, the game is played by the total number of strokes.
- A competition consists of one PLAYer playing against every other PLAYer.
- PLAYers can play in a competition as an individual or with a partner.

At the Par level, you will practice applying some of the Rules of Golf for Stroke Play. Also, at the Par level, you will learn about the Rules of Golf for Match Play.

- In Match Play, the game is played by holes.
- A match consists of one PLAYer playing against another PLAYer.
- PLAYers can play in a match as a single or with a partner.

## LEARNING A NEW RULE FOR MATCH PLAY

Here's what I learned about the Rules of Golf for Match Play:

- Week 1 \_\_\_\_\_
- Week 2 \_\_\_\_\_
- Week 3 \_\_\_\_\_
- Week 4 \_\_\_\_\_
- Week 5 \_\_\_\_\_
- Week 6 \_\_\_\_\_
- Week 7 \_\_\_\_\_
- Week 8 \_\_\_\_\_
- Week 9 \_\_\_\_\_
- Week 10 \_\_\_\_\_
- Week 11 \_\_\_\_\_
- Week 12 \_\_\_\_\_
- Week 13 \_\_\_\_\_
- Week 14 \_\_\_\_\_
- Week 15 \_\_\_\_\_
- Week 16 \_\_\_\_\_

## YOUR NAME IS THE GAME

Write each of the letters of your first and last names down the two columns. Next to each letter, write a golf term that starts with that letter. For example, if your first name starts with a "P" you could write "Putt." If your first or last name has any letters that may not have a golf term that starts with the same letter, ask your friends or your coaches for help. If there happens to not be a golf term that starts with a letter, such as Z, then you could write down your favorite word that starts with that letter, such as Zebra.

The list of Golf Terms at the back of this Yardage Book may be helpful, but be sure you know what the term means before using it.

First Name <i>(one letter per space)</i>	Golf Term	Last Name <i>(one letter per space)</i>	Golf Term

## FIVE STEPS FOR MEETING SOMEONE NEW

**When you meet someone for the first time, make sure you:**

1. Face the other person.
2. Smile and look him or her in the eye.
3. Give a firm handshake.
4. State your name clearly and loudly enough to be heard.
5. If you need information, ask a question.

Go through these same steps when you meet new people at The First Tee, your school, or in your neighborhood.

## SAYING HELLO OFF THE COURSE

Introduce yourself to three new people outside of The First Tee before your next class. Write down their names, who they are, and where you met them.

**Name of Person 1:** \_\_\_\_\_

Who they are: \_\_\_\_\_

Where I met them: \_\_\_\_\_

**Name of Person 2:** \_\_\_\_\_

Who they are: \_\_\_\_\_

Where I met them: \_\_\_\_\_

**Name of Person 3:** \_\_\_\_\_

Who they are: \_\_\_\_\_

Where I met them: \_\_\_\_\_

## ASK-LISTEN-RESPOND (A-L-R)

Getting to know other people is a beneficial skill for use on and off the golf course. Below is a process called **A-L-R** that will help you when you are building relationships with others.

**A**sk the other person some questions.

**L**isten to what the other person says.

**R**espond to what the other person has said.



## OPEN-ENDED AND CLOSED QUESTIONS

Closed questions can be answered in one or two words, like “yes” or “no.” Open-ended questions get the other person talking.

Put a check mark in the box next to the open-ended questions.

- Do you enjoy The First Tee?
- What are some things you have learned through The First Tee?
- What is your tee time?
- What is your school like?
- How could I improve my putting?
- Do you play basketball?
- What things do you like about golf?
- How many brothers and sisters do you have?

## THREE TIPS FOR HAVING FUN

Learning can be fun, whether it’s about golf or a new subject at school. Here are three tips you can use to get more fun out of learning

### 1. Be Patient:

Stay calm while you wait and give yourself lots of chances to succeed.

### 2. Be Positive:

Enjoy what you are doing regardless of the outcome.

### 3. Ask for Help:

You can learn from others when you ask them to give you a hand.

## USING THE THREE TIPS FOR HAVING FUN AT HOME OR SCHOOL

Remember the three Tips?

1. **Be Patient.**
2. **Be Positive.**
3. **Ask for Help.**

Remember how to check your attitude using paper clips? Use one of these ideas at home or at school.

- I used tip number \_\_\_\_\_ .
- I used paper clips to check my attitude.

This is when and how I did it: \_\_\_\_\_

\_\_\_\_\_

These were the results (How did the tips help?):

\_\_\_\_\_

\_\_\_\_\_

## STAYING COOL

If you get angry or upset when you play golf, use the 4Rs to control yourself and stay cool. You can also use the 4Rs to remember what you are doing well.

The 4Rs are:



**Replay** Think about what you did and what you wanted to do.

Do they match? *If they do, then take a second to enjoy what you did well and store it in your memory. If they don't, then go through the second, third, and fourth R.*



**Relax** Take a couple of deep breaths.



**Ready** Think about what you need to do differently next time.



**Redo** Imagine yourself doing it better. You can also take a physical practice swing or stroke that matches what you imagine.

The 4Rs also can help when you are having a problem at home or at school.

## USING THE 4Rs AT THE FIRST TEE

Remember the 4Rs?

1. **Replay**
2. **Relax**
3. **Ready**
3. **Redo**

Use the 4Rs when you practice or play at The First Tee.  
Then, record what you did.

### I used the 4Rs:

When: \_\_\_\_\_

Where: \_\_\_\_\_

How: \_\_\_\_\_

When: \_\_\_\_\_

Where: \_\_\_\_\_

How: \_\_\_\_\_

## USING THE 4Rs AT HOME OR SCHOOL

Remember the 4Rs?

1. **Replay**
2. **Relax**
3. **Ready**
3. **Redo**

Use the 4Rs at home or at school.  
Then, record what you did.

### I used the 4Rs:

When: \_\_\_\_\_

Where: \_\_\_\_\_

How: \_\_\_\_\_

When: \_\_\_\_\_

Where: \_\_\_\_\_

How: \_\_\_\_\_

## SHOOTING PAR

Most golf courses indicate how many strokes it should take an elite PLAYer to get the ball in the hole. Short holes should take 3 strokes. Longer ones should take 4 or 5 strokes.

The number of strokes it should take is called "Par."

Only the best PLAYers can shoot Par most of the time.

### Putt or chip for par

Hole #	1	2	3	Total
Par	2	3	4	9
<b>My Score</b>				
Round 1				
Round 2				
Round 3				
My Personal Par				

## WHAT IS YOUR PERSONAL PAR?

\_\_\_ How many strokes does it take **you** to play a hole?

*That number is your **Personal Par** for the hole.*

\_\_\_ How many strokes does it usually take **you** to play a round of golf?

*This number is your **Personal Par** for the round of golf.*

**Personal Par** is a measure of how **you** perform in golf, at home, or in school. When you practice or play, see if you can match or improve on your **Personal Par**.



### PERSONAL PAR SCORECARD

Hole #	Date	1	2	3	4	5	6	7	8	9
Par										
My Score										
Round 1										
Round 2										
Round 3										
My Personal Par										

Hole #	Date	1	2	3	4	5	6	7	8	9
Par										
My Score										
Round 1										
Round 2										
Round 3										
My Personal Par										

### PERSONAL PAR CARD – FUN

Instead of the number of strokes, use happy 😊 and sad 😞 faces to show how much fun you had on each hole within a round of golf.

Hole #	1	2	3	4	5	6	7	8	9
EXAMPLE Personal Par Card – Fun	😊	😊	😞	😊	😞	😊	😊	😞	😊

Hole #	1	2	3	4	5	6	7	8	9
MY Personal Par Card – Fun									

Hole #	1	2	3	4	5	6	7	8	9
MY Personal Par Card – Fun									

## PERSONAL PAR AT HOME OR SCHOOL

Think of an activity that you do at home or at school (chores, school assignments, helping family members, etc.).

Then figure out your Personal Par for that activity.

### Activity:

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---

The number of times you think you have typically done this activity in the past week or month:

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*(My Personal Par)*

Ask yourself if you want to improve on this or not. If your answer is "yes," then track this activity in the coming week and prior to the next class record the number of times you did this activity:

---

*(My Personal Par)*

There are many different methods to warm-up prior to playing or practicing golf. A method The First Tee encourages its PLAYers to use is called:

## THE 5 MINUTE GOLF WARM-UP

By McMaster Golf Fitness Systems

Check out the step-by-step details on the following pages.

STEP 1



**1.** Building Up Your "Golf Feel"  
Using the Flexibility and Mobility Warm-Up Drill

Combined Hip Trunk and Shoulder Stretch

Get into the lunge position, feel stretch at right hip. Maintain an upright posture and suck in your lower abdomen.  
Hold golf club above head with pistol grip.  
Bend trunk to left side, keeping head on shoulders.

STEP 2



**2.** Building Up Your "Golf Feel"  
Using the Balance and Static Posture Warm-Up Drill

Standing upright in the "Angel Wings Position" against the wall,  
Place a golf ball between the balls of your feet. Keep your nose and belly button in line with the ball. Tuck in your chin and look at the bottom of your lower eyelids.  
Keeping your arms by your side and forming a pistol grip in both hands, slowly lift the ball up with your feet.  
Feel yourself getting taller as you pump up.

STEP 3



**3** Building Up Your "Golf Feel"  
Using the Core Stability Golf Drill

Push

Slowly extend your arms and thrust your body in a slow pushing movement against an imaginary truck.  
Feel your shoulders, neck, abdominals, gluteals and legs all work together as if you are simulating a hydraulic pump.

STEP 4A



**4** Building Up Your "Golf Feel"  
Using Core Stability and Rotation

X-Factor Check

Keep yourself in an upright and stable posture. Place your elbows in by the sides of your ribcage. Slowly rotate your trunk to the right maintaining your hips in a stable position to the front. Keep your elbows into your ribcage, feel the tension between your inside thigh and lower abdominals.

STEP 4B

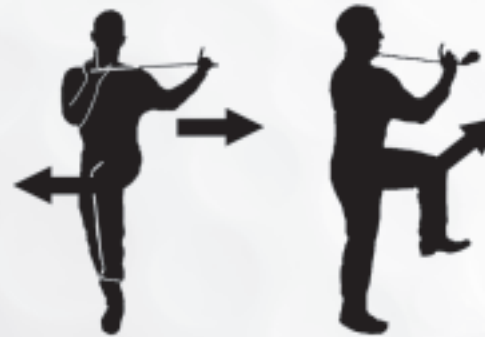


**4.** Building Up Your "Golf Feel"  
Using Core Stability and Rotation

Cowboys and Indians

Keep yourself in a 'strong' spine angle and posture.  
Squat down in a 'Jockey on a horse position' with  
pistols and elbows next to the ribcage.  
Slowly rotate to the right, then left.  
Indians arms straight and behind the buttocks.  
Squat position and heel strike, as in a dance.  
Rotate left to right.

STEP 5



**5.** Building Up Your "Golf Feel"  
Using Core Stability, Rotation and Dynamic Posture

The Cross Over Golf Exercise Drill

Stand in an upright position and maintaining good  
spinal posture at all times, cross your right elbow  
to the top of your left knee.  
Then cross your left elbow on to your right knee.  
The movements should be smooth and the  
speed of the exercise gradually increased.

## PERSONAL PAR FOR WELLNESS AND PHYSICAL ACTIVITY

Think of an activity you do related to Wellness and Physical Activity (walking the golf course, jogging, lifting weights, playing volleyball, drinking lots of water, eating healthy, getting 8 hours of sleep, etc.).

Then figure out your Personal Par for that activity.

### Activity:

---

---

The number of times you think you have typically done this activity in the past week or month:

---

*(My Personal Par)*

Ask yourself if you want to improve on this or not. If your answer is "yes," then track this activity in the coming week and prior to the next class record the number of times you did this activity:

---

*(My Personal Par)*



## LIST OF GOLF TERMS

**Aim and alignment:** The way you line up your body and the club towards a target.

**Approach shot:** A shot that you play to get your ball onto the putting green.

**Ball marker:** A coin or small round disk that you use to show where to replace a ball that has been picked up on the green.

**Ballmark:** The little hollow spot that a ball leaves when it lands on the green. *(You use a divot repair tool to fix the mark.)*

**Birdie:** A score in golf that is one stroke under par on a hole.

**Bunker:** A hollow area on the golf course that is filled with sand.

**Caddie:** A person who carries a PLAYER's bag and gives advice (when asked) about the golf course and how to play it.

**Chip shot:** A short low shot that you want to land on the green and roll toward the hole.

**Divot:** A chunk of grass and dirt chopped out of the ground by the golf club during a swing. *(Always put the divot back and tap it down.)*

**Dog-leg hole:** A hole where the fairway bends around a corner.

**Drive:** A long shot played from the teeing ground.

**Eagle:** A score in golf that is two strokes under par on a hole.

**Etiquette:** Correct behavior and courtesy on the golf course.

**Fairway:** On a hole, the grass between the tee and the green. *(Fairway grass is usually cut short.)*

**Flagstick:** A pole with a flag on it that is centered in the hole.

## LIST OF GOLF TERMS

**Fore!:** A warning shouted to alert other PLAYers that you are about to hit the ball or have hit a ball that is headed toward them.

**Green:** The part of the golf course around the hole where the grass is cut the shortest.

**Grip:** How you place your hands and hold a club.

**Hazards:** An area of the golf course that creates challenges for PLAYers. These include bunkers and lakes or ponds, for example.

**Hole:** 1) The small hole or cup cut into the green  
2) The part of a golf course consisting of a teeing ground, putting green, and the area in between. Also, if you “hole” your ball, you have hit it into the hole on the green.

**Lie:** The spot where the ball is sitting.

**Out of bounds:** The area of a golf course that is outside the official playing area. Golf courses use white stakes or paint a white line on the ground to mark the out of bounds.

**Par:** The score a professional or elite PLAYer would be expected to make on a hole.

**Penalty stroke:** A stroke added to the score of a PLAYer under the Rules of Golf.

**Pitch shot:** A high shot played to the putting green having little or no roll.

**Putt:** A shot played on the green in which you try to roll the ball into the hole.

**Putter:** A golf club that is used on the green to roll the ball into the hole.

**Range:** A place where PLAYers can practice hitting balls.

**Rough:** The area of long grass around tees, fairways, and greens.

**Scorecard:** A card provided by the golf course for PLAYers to keep track of their strokes. PLAYers also can track their Personal Par on this card.

## LIST OF GOLF TERMS

**Short game:** The part of golf played near or on the green, including putting, chipping, and pitching.

**Stance:** The position of the feet when you are getting ready to hit the ball.

**Stroke:** When you swing at the ball and try to hit it, you have made a stroke. (*A swing and miss is counted as a stroke.*) Add up the number of strokes you take to get your score.

**Tee:** A small peg put in the teeing ground to hold up the golf ball for your first shot on a hole.

**Tee or Teeing ground:** The starting place for the hole to be played. Its shape and size is a rectangular area which is defined by two club lengths in depth, from two tee markers.

**Water hazard:** A body of water on the golf course such as a lake or stream. (*If you hit your ball into a water hazard, you have to add penalty strokes to your score.*)

**Yardage book:** A small “map” of a golf course and all the holes.

