

Spring / Fall 2018



Active Start

3-5 years

FUNDamental Movements

5-9 years

Learning to Golf

8-12 years

Emerging Competition

11-14 years

Learning to Compete

15-18 years

Athletic Development | \$129.95

(5+ years)

- Monday 4:00-5:00pm
- SPRING: January 22 - May 14
- Skip April 23
- FALL: August 13 - December 10
- Skip Thanksgiving Week

Athletic Development | \$129.95

(5-12 years)

- Monday 4:00-5:00pm
- SPRING: January 22 - May 21
- Skip February 19 & April 23
- FALL: August 13 - December 17
- Skip Sept. 3 & Thanksgiving Week

Athletic Development | \$129.95

(5-12 years)

- Monday 4:00-5:00pm
- SPRING: January 22 - May 21
- Skip February 19 & April 23
- FALL: August 13 - December 17
- Skip Sept. 3 & Thanksgiving Week

Tots on the Tee | \$99.95

(3-4 years)

- Saturday 11:00am-12:00pm
- SPRING: March 17 - May 5
- Skip March 31 & April 28
- FALL: August 25 - October 13
- Skip September 1 & 29

Year Round After School Program | \$269.95

(7+ years)

- Tuesday, Wednesday, Thursday 4:00-5:30pm
- SPRING: January 23 - May 17
- FALL: August 14 - December 13
- Skip Thanksgiving Week
- Weekly Drop-In **\$19.95**

Year Round After School Program | \$269.95

(7+ years)

- Tuesday, Wednesday, Thursday 4:00-5:30pm
- SPRING: January 23 - May 17
- FALL: August 14 - December 13
- Skip Thanksgiving Week
- Weekly Drop-In **\$19.95**

Tots on the Course | \$99.95

(4-6 years)

- Wednesday 6:00-7:00pm
- SPRING: April 4 - May 9
- FALL: August 15 - September 19

FUNDamental Movement Class

(5-10 years)

- Saturday 9:00-10:30am
- SPRING: March 10 - May 19
- Skip March 31 & April 28
- FALL: August 18 - October 27
- Skip September 1 & 29

FUNDamental Movement Class

(5-10 years)

- See Previous Column

Pre-Year Round After School Program | \$189.95

(5-6 years)

- Tuesday, Wednesday, Thursday 3:00-4:00pm
- SPRING: January 23 - May 17
- FALL: August 14 - December 13
- Skip Thanksgiving Week
- Weekly Drop-In **\$19.95**

Play to Your Par I | \$329.95

(10-16 years)

- Saturday 1:00-3:00pm
- SPRING: January 27 - May 19
- Skip March 31 & April 28
- FALL: August 18 - December 15
- Skip September 1 & 29
- and November 24

Year Round After School Program | \$269.95

(7+ years)

- See Previous Column

Play to Your Par I | \$329.95

(10-16 years)

- Saturday 1:00-3:00pm
- SPRING: January 27 - May 19
- Skip March 31 & April 28
- FALL: August 18 - December 15
- Skip September 1 & 29
- and November 24

Play to Your Par II | \$349.95

(14-18 years)

- Must have passed Play To Your Par I
- Saturday 1:00-3:00pm
- SPRING: No classes
- FALL: August 18 - December 15
- Skip September 1 & 29
- and November 24

Junior Tour | \$125.00

(12-18 years)

- Register and details www.TheFirstTeeSacramento.org

Free Girls Golf Clinics at Haggin Oaks Golf Complex

(4-18 years)

- Saturday 2:00-3:00pm
- May 12
- June 16
- July 14

Junior Tour | \$125.00

(12-18 years)

- Register and details www.TheFirstTeeSacramento.org





THE FIRST TEE OF GREATER SACRAMENTO JUNIOR PROGRAM DESCRIPTIONS

Athletic Development

The Athletic Development class is meant to help children of all ages become physically literate and also further develop the movement patterns within the golf swing. Coaches will set up stations, such as hurdles, speed ladders, catching, throwing, balance, etc. in an environment that is fun and engaging to the young people.

Tots on the Tee

Tots on the Tee is a junior golf program designed for children ages 3 and 4. Participants will be introduced to the basic concepts of the game, athletic movements to enhance hand and eye coordination development and The First Tee Core Values™. This is a six week program, with classes held on Saturdays.

Tots on the Course

This class is recommended for children who have taken one session of Tots on the Tee. The coaching staff transforms the Learning Center into a 3-hole loop and children are taught the very basics of how to play more than one golf hole. They learn where to start the hole, where to stand when someone else is hitting and the overall flow of a golf hole.

Pre-Year Round Program

New for 2018!! The Pre-Year Round Program is the stepping stone from Tots on the Tee to the Year Round After School Program. It is geared toward those participants ages 4 to 6 that are showing an interest in the sport, but may not be ready for the full hour and a half class.

Year Round After School Program

The Year Round After School Program is a class in which not only participants work on all facets of their golf game, learn the life skills of The First Tee, but also develop many athletic skills and movements which are critical in becoming an athlete and a more coordinated golfer. This program is special, in that children can come to the course and participate in class for up to three days a week! Whether a child is a beginner or intermediate golfer, stations are set up in a manner in which all skill levels can practice at their ability.

FUNdamental Movement

The FUNdamental Movement class is designed for children ages 5-12. We offer three sessions throughout the year on Saturday mornings from 9:00am-10:30am. Participants will experience The First Tee Nine Core Values™ and Life Skills, the fundamentals of the golf game, as well as develop athletic skills that are not only beneficial to their golf game, but more importantly their overall health. The participant to coach ratio is 5 to 1 or less. Participants will also have the chance to play the on the Learning Center.

Play to Your Par I

New for 2018!! This class is a combination of specific practice and scheduled playing times. The goal of this program is to introduce participants ages 10+ to the concept of keeping their stats, understanding their stats, developing a plan for improvement and applying that plan during the on course sessions.

Play to Your Par II

New for 2018!! Play to Your Par II is phase two to Play to Your Par I. Students must have participated in Play to Your Par I prior to enrolling in Play to Your Par II. The improvement plans become more specific at this level and the expected practice time outside of the class increases.

Junior Tour

The First Tee of Greater Sacramento Junior Tour is a year round competitive golf tournament program for boys and girls ages 12-18. Juniors are able to play and compete on over 24 different area golf courses. The tournament season goes from March through November. The First Tee of Greater Sacramento Junior Tour allows juniors to play until their 19th birthday, or their first day of college; whichever comes first.

For registration or questions, please call or visit:
(916) 451-6240 | www.williamlandgc.com

WILLIAM LAND GOLF COURSE | 1701 SUTTERVILLE RD. SACRAMENTO, CA 95822



THE FIRST TEE OF GREATER SACRAMENTO JUNIOR PROGRAMS

REGISTRATION FORM

- ☐ New Participant
☐ Returning Participant from any The First Tee program

Child's Name: _____

Birth Date: _____ Age: _____ M/F: _____

Grade in School: _____ Allergies/Special Needs: _____

Class Selection: _____

Parent/Guardian

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (h): _____

Phone (w): _____

Email: _____

Emergency Contact

Name: _____

Phone: _____

Ethnicity (optional)

- | | |
|---|--|
| <input type="checkbox"/> Asian | <input type="checkbox"/> Black or African American |
| <input type="checkbox"/> Hispanic or Latino/a | <input type="checkbox"/> Native American or Native Alaskan |
| <input type="checkbox"/> Pacific Islander | <input type="checkbox"/> White or Caucasian |
| <input type="checkbox"/> Multi-Racial | |

The First Tee Life Skills Experience

- | | |
|---------------------------------|---------------------------------|
| <input type="checkbox"/> TARGET | <input type="checkbox"/> PLAYer |
| <input type="checkbox"/> Par | <input type="checkbox"/> Birdie |
| <input type="checkbox"/> Eagle | <input type="checkbox"/> Ace |

All new members age 7 and up start at the PLAYer level

Release

- ☐ I have received a copy, read and acknowledge that I am agreeing on behalf of my minor child to the terms of the 'Minor Waiver & Release.' I also hereby authorize any of The First Tee of Greater Sacramento staff member or golf course facility staff member to act for me according to their best judgment in an emergency. For safety reasons, discipline will be strict and violations of discipline could involve a call to a parent or guardian for arrangement for your junior to return home.

Parent/Guardian Signature: _____

Please Print Name: _____

Date: _____

For registration or questions, please call or visit:

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