

# Tee-Lo | 2017-2018 Curriculum – **Beginners**

AUGUST '17						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

No Golf Summer Break

FEBRUARY '18						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

- 3 Tee-Lo Center 1-4pm
- 10 Tee-Lo Center 1-4pm
- 17 Tee-Lo Center 1-4pm
- 23 Golf Channel Speaker
- 24 Golf Course 3 hole competition

SEPTEMBER '17						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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MARCH '18						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- 3 Tee-Lo Center 1-4pm
- 10 Tee-Lo Center 1-4pm
- 17 Tee-Lo Center 1-4pm
- 24 Tee-Lo Center 1-4pm
- 30 Golf Channel Speaker
- 31 Golf Course 3 hole competition

OCTOBER '17						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL '18						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

- 7 No Golf Spring Break
- 14 Tee-Lo Center 1-4pm
- 21 Tee-Lo Center 1-4pm
- 27 Golf Channel Speaker
- 28 Golf Course 3 hole competition

NOVEMBER '17						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

- 11 Tee-Lo Center Picnic 1-4
- 23 Thanksgiving Day

MAY '18						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- 5 Tee-Lo Center 1-4pm
- 12 Tee-Lo Center 1-4pm
- 19 Tee-Lo-Fest  
Tourney Parent-Child
- 26 No Golf Summer Break

DECEMBER '17						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

25 Christmas Day

JUNE '18						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

No Golf Summer Break

JANUARY '18						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- 13 Tee-Lo Center 1-4pm
- 20 Tee-Lo Center 1-4pm
- 26 Golf Channel Speaker
- 27 Golf Course 3 hole competition

JULY '18						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

No Golf Summer Break

## Detailed Schedule – Session 1

a. Only three clubs will be required for the beginners:

1. A putter
2. A Sand-Wedge
3. And a 7-Iron.

January		
Date	Time	Agenda
01/12/2018	TBD	Registration <ul style="list-style-type: none"> <li>• Parents to fill out forms. While parents are filling out forms, children will be measured for club sizes.</li> <li>• Pay Yearly Fee (See rates as agreed by the board)</li> <li>• Pick up Materials (Tee-Lo shirt, cap, binders)</li> <li>• Provide a document and speak directly to parents as a group on the importance of the commitment to the schedule, as outlined in the forms provided, and necessary for the success of the children.</li> <li>• Have children sign the “Oath of Commitment to Tee-Lo and Life”</li> </ul>
01/13/2018	01:00 – 02:00pm	<ul style="list-style-type: none"> <li>• <b>Word of the day &amp; Core Values Commitment</b></li> <li>• Review concepts taught during last session (<b>To be listed</b>)</li> </ul>
	02:00 – 02:15pm	<b>Stretching</b>
	02:15 – 03:00pm	<b>Evaluate Player’s Skills</b> (determine level) Advance students will help in the evaluation process. <ul style="list-style-type: none"> <li>• Do you know what Golf safety means?</li> <li>• Putting</li> <li>• Pre-Shot routine</li> <li>• Chipping               <ul style="list-style-type: none"> <li>○ Determine player’s knowledge of chipping</li> <li>○ Is the player doing his/her Pre-Shot routine every time?</li> <li>○ Form</li> <li>○ Swing</li> <li>○ Control</li> </ul> </li> <li>• Evaluate Swing by having player do Shadow Swings</li> </ul>
	03:00 – 03:30pm	<b>The Grip – All about the GRIP</b>
	03:30 – 04:00pm	<b>Stance and Posture</b>

January		
Date	Time	Agenda
01/20/2018	01:00 – 01:30pm	<ul style="list-style-type: none"> <li>• <b>Word of the day &amp; Core Values</b> <b>Persistence</b> <ul style="list-style-type: none"> <li>○ Golf Etiquette &amp; Expected behavior at Tee-Lo               <ul style="list-style-type: none"> <li>▪ Safety</li> <li>▪ Proper Golf Attire</li> <li>▪ Courtesy, etc.</li> </ul> </li> </ul> </li> </ul>
	01:30 – 01:45pm	<b>Stretching</b>
	01:45 – 02:10pm	<ul style="list-style-type: none"> <li>• Shadow Swing Exercises using the “SwingGuide*”           <ul style="list-style-type: none"> <li>○ Enforce muscle memory for               <ul style="list-style-type: none"> <li>▪ correct swing plane</li> <li>▪ Full hip and shoulder movement</li> <li>▪ Proper finish</li> <li>▪ Proper arm and wrist positions on the swing</li> </ul> </li> </ul> </li> </ul>
	02:10 – 02:30pm	Pre-Shot Routine (The Think Box and the Execution Box) and Alignment
	02:30 – 03:00pm	Putting Training
	03:00 – 03:30pm	<ul style="list-style-type: none"> <li>• <b>Ankle</b> (25%) Swing Shot practice           <ul style="list-style-type: none"> <li>○ Practice hitting the ankle-back-swing shot.               <ul style="list-style-type: none"> <li>▪ Students will be set at around 15 yards from one of the greens in the Tee-Lo training center with 10 balls each.</li> <li>▪ Pre-Shot routine is a must before each shot.</li> <li>▪ Visualization of target</li> <li>▪ Practice swings</li> </ul> </li> <li>○ After hitting all ten balls students will wait for ALL other students to finish and ALL will pick up their golf balls to go back to repeat the exercise.</li> </ul> </li> </ul>
03:30 – 04:00pm	Ladder Competition	
01/26/2018	07:00 – 08:00pm	Golf Channel

Depending on the number of players, we may need to split in groups, while some are doing “SwingGuide”, the other group may do “Putting”, and so forth. We will need to adapt to the numbers.

January		
Date	Time	Agenda
01/27/2018	01:00 – 02:00pm	<ul style="list-style-type: none"> <li>• <b>Word of the day &amp; Core Values</b> <b>Honesty (Always tell the truth)</b></li> <li>• <b>Golf Basics</b> <ul style="list-style-type: none"> <li>○ Know your clubs               <ul style="list-style-type: none"> <li>▪ Show the different clubs that are available, and what they are used for.</li> <li>▪ Why some clubs have higher lofts</li> <li>▪ The parts of the club</li> </ul> </li> </ul> </li> </ul>
	02:00 – 02:15pm	<b>Stretching</b>
	02:15 – 02:30pm	<ul style="list-style-type: none"> <li>• Shadow Swing Exercises using the “SwingGuide*”           <ul style="list-style-type: none"> <li>○ Enforce muscle memory correct swing plane</li> <li>○ Full hip and shoulder movement</li> <li>○ Proper finish</li> <li>○ Proper arm and wrist positions on the swing</li> </ul> </li> </ul>
	02:30 – 03:00pm	Putting Training
	03:00 – 03:30pm	<ul style="list-style-type: none"> <li>• <b>Ankle (25%) Shot practice</b> <ul style="list-style-type: none"> <li>○ Practice hitting the ankle-back-swing shot.               <ul style="list-style-type: none"> <li>▪ Students will be set at around 15 yards from one of the greens in the Tee-Lo training center with 10 balls each.</li> <li>▪ Pre-Shot routine is a must before each shot.</li> <li>▪ Visualization of target</li> <li>▪ Practice swings</li> </ul> </li> <li>○ After hitting all ten balls students will wait for other students to finish and all will pick up their golf balls to go back to repeat the exercise.</li> </ul> </li> </ul>
	03:30 – 04:00pm	Ladder Competition

February		
Date	Time	Agenda
02/03/2018	01:00 – 02:00pm	<ul style="list-style-type: none"> <li>• <b>Word of the day &amp; Core Values</b> <b>Integrity</b></li> <li>• About the Golf course               <ul style="list-style-type: none"> <li>○ From Tee to Green is measured in Yards</li> <li>○ When on the green, the distance to the hole is measured in feet.</li> <li>○ What is a PAR-3, PAR-4 and PAR-5</li> <li>○ What is a PAR</li> <li>○ What is a Birdie</li> <li>○ What is a bogey</li> <li>○ What is a Double/Triple-bogey</li> </ul> </li> </ul>
	02:00 – 02:15pm	<b>Stretching</b>
	02:15 – 02:30pm	<ul style="list-style-type: none"> <li>• Shadow Swing Exercises using the "SwingGuide*"               <ul style="list-style-type: none"> <li>○ Enforce muscle memory for                   <ul style="list-style-type: none"> <li>▪ correct swing plane</li> <li>▪ Full hip and shoulder movement</li> <li>▪ Proper finish</li> <li>▪ Proper arm and wrist positions on the swing</li> </ul> </li> </ul> </li> </ul>
	02:30 – 03:00pm	Putting Training
	03:00 – 03:30pm	<ul style="list-style-type: none"> <li>• <b>Knee</b> (50%) Swing Shot practice               <ul style="list-style-type: none"> <li>○ Practice hitting the Knee-back-swing shot.                   <ul style="list-style-type: none"> <li>▪ Students will be set at around 25 yards from one of the greens in the Tee-Lo training center with 10 balls each.</li> <li>▪ Pre-Shot routine is a must before each shot.</li> <li>▪ Visualization of target</li> <li>▪ Practice swings</li> </ul> </li> <li>○ After hitting all ten balls students will wait for ALL other students to finish and ALL will pick up their golf balls to go back to repeat the exercise.</li> </ul> </li> </ul>
	03:30 – 04:00pm	Ladder Competition

February		
Date	Time	Agenda
02/10/2018	01:00 – 02:00pm	<ul style="list-style-type: none"> <li>• <b>Word of the day &amp; Core Values Responsibility</b></li> <li>• <b>Rules &amp; Etiquette</b> <ul style="list-style-type: none"> <li>○ <b>On the Green</b> <ul style="list-style-type: none"> <li>▪ Rules               <ul style="list-style-type: none"> <li>• Do not walk on other player's line</li> </ul> </li> <li>▪ Etiquette               <ul style="list-style-type: none"> <li>• Mark your ball before another player's turn</li> <li>▪ No talking while during other players turn</li> </ul> </li> </ul> </li> </ul> </li> </ul>
	02:00 – 02:15pm	<b>Stretching</b>
	02:15 – 02:30pm	<ul style="list-style-type: none"> <li>• Shadow Swing Exercises using the "SwingGuide*"           <ul style="list-style-type: none"> <li>○ Enforce muscle memory for               <ul style="list-style-type: none"> <li>▪ correct swing plane</li> <li>▪ Full hip and shoulder movement</li> <li>▪ Proper finish</li> <li>▪ Proper arm and wrist positions on the swing</li> </ul> </li> </ul> </li> </ul>
	02:30 – 03:00pm	Putting Training
	03:00 – 03:30pm	<ul style="list-style-type: none"> <li>• <b>Knee</b> (50%) Swing Shot practice           <ul style="list-style-type: none"> <li>○ Practice hitting the Knee-back-swing shot.               <ul style="list-style-type: none"> <li>▪ Students will be set at around 25 yards from one of the greens in the Tee-Lo training center with 10 balls each.</li> <li>▪ Pre-Shot routine is a must before each shot.</li> <li>▪ Visualization of target</li> <li>▪ Practice swings</li> </ul> </li> <li>○ After hitting all ten balls students will wait for ALL other students to finish and ALL will pick up their golf balls to go back to repeat the exercise.</li> </ul> </li> </ul>
03:30 – 04:00pm	Ladder Competition	

February		
Date	Time	Agenda
02/17/2018	01:00 – 02:00pm	<ul style="list-style-type: none"> <li>• <b>Word of the day &amp; Core Values</b> <b>Courtesy</b></li> <li>• <b>Rules &amp; Etiquette</b> <ul style="list-style-type: none"> <li>○ <b>On the Green</b> <ul style="list-style-type: none"> <li>▪ Rules               <ul style="list-style-type: none"> <li>• Mark your ball before you pick it up.</li> </ul> </li> <li>▪ Etiquette               <ul style="list-style-type: none"> <li>• Do not walk around while other player is putting.</li> </ul> </li> <li>▪ Fix your divots.</li> </ul> </li> </ul> </li> </ul>
	02:00 – 02:15pm	<b>Stretching</b>
	02:15 – 02:30pm	<ul style="list-style-type: none"> <li>• Shadow Swing Exercises using the “SwingGuide*”           <ul style="list-style-type: none"> <li>○ Enforce muscle memory correct swing plane</li> <li>○ Full hip and shoulder movement</li> <li>○ Proper finish</li> <li>○ Proper arm and wrist positions on the swing</li> </ul> </li> </ul>
	02:30 – 03:00pm	Putting Training
	03:00 – 03:30pm	<ul style="list-style-type: none"> <li>• <b>Knee</b> (50%) Shot practice           <ul style="list-style-type: none"> <li>○ Practice hitting the Knee-back-swing shot.               <ul style="list-style-type: none"> <li>▪ Students will be set at around 25 yards from one of the greens in the Tee-Lo training center with 10 balls each.</li> <li>▪ Pre-Shot routine is a must before each shot.</li> <li>▪ Visualization of target</li> <li>▪ Practice swings</li> </ul> </li> <li>○ After hitting all ten balls students will wait for other students to finish and all will pick up their golf balls to go back to repeat the exercise.</li> </ul> </li> </ul>
03:30 – 04:00pm	Ladder Competition	
02/23/2018	07:00 – 08:00pm	Golf Channel

February		
Date	Time	Agenda
02/24/2018	01:00 – 02:00pm	<ul style="list-style-type: none"> <li>• <b>Word of the day &amp; Core Values Judgement (Think Before You Act)</b></li> <li>• <b>Rules &amp; Etiquette</b> <ul style="list-style-type: none"> <li>○ <b>On the Green</b> <ul style="list-style-type: none"> <li>▪ Rules               <ul style="list-style-type: none"> <li>• If you putt with the flag in is a two-stroke penalty.</li> </ul> </li> <li>▪ Etiquette               <ul style="list-style-type: none"> <li>• The first player to complete his/her putt must put the flag in.</li> <li>▪ When attending the flag stand at arm's length and be sure its firmly in the hole.</li> </ul> </li> </ul> </li> </ul> </li> </ul>
	02:15 – 02:30pm	<ul style="list-style-type: none"> <li>• Shadow Swing Exercises using the "SwingGuide*"           <ul style="list-style-type: none"> <li>○ Enforce muscle memory correct swing plane</li> <li>○ Full hip and shoulder movement</li> <li>○ Proper finish</li> <li>○ Proper arm and wrist positions on the swing</li> </ul> </li> </ul>
	02:30 – 03:00pm	Putting Training
	03:00 – 03:30pm	<ul style="list-style-type: none"> <li>• <b>Knee (50%) Shot practice</b> <ul style="list-style-type: none"> <li>○ Practice hitting the Knee-back-swing shot.               <ul style="list-style-type: none"> <li>▪ Students will be set at around 25 yards from one of the greens in the Tee-Lo training center with 10 balls each.</li> <li>▪ Pre-Shot routine is a must before each shot.</li> <li>▪ Visualization of target</li> <li>▪ Practice swings</li> </ul> </li> <li>○ After hitting all ten balls students will wait for other students to finish and all will pick up their golf balls to go back to repeat the exercise.</li> </ul> </li> </ul>
	03:30 – 04:00pm	Ladder Competition

March		
Date	Time	Agenda
03/03/2018	01:00 – 02:00pm	<ul style="list-style-type: none"> <li>• <b>Word of the day &amp; Core Values</b> <b>Accountability</b></li> <li>• <b>Rules &amp; Etiquette</b> <ul style="list-style-type: none"> <li>○ <b>On the Green</b> <ul style="list-style-type: none"> <li>▪ Rules               <ul style="list-style-type: none"> <li>• You can remove loose impediments.</li> </ul> </li> <li>▪ Etiquette               <ul style="list-style-type: none"> <li>• If your ball is on another player's line, offer to move it.</li> <li>▪ If you lay down the flagstick, lay it down outside of the green.</li> </ul> </li> </ul> </li> </ul> </li> </ul>
	02:00 – 02:15pm	<b>Stretching</b>
	02:15 – 02:30pm	<ul style="list-style-type: none"> <li>• Shadow Swing Exercises using the “SwingGuide*”           <ul style="list-style-type: none"> <li>○ Enforce muscle memory for               <ul style="list-style-type: none"> <li>▪ correct swing plane</li> <li>▪ Full hip and shoulder movement</li> <li>▪ Proper finish</li> <li>▪ Proper arm and wrist positions on the swing</li> </ul> </li> </ul> </li> </ul>
	02:30 – 03:00pm	Putting Training
	03:00 – 03:30pm	<ul style="list-style-type: none"> <li>• <b>Shoulder-high</b> (75%) Swing Shot practice           <ul style="list-style-type: none"> <li>○ Practice hitting the shoulder-high-back-swing shot.               <ul style="list-style-type: none"> <li>▪ Students will be set at around 35 yards from one of the greens in the Tee-Lo training center with 10 balls each.</li> <li>▪ Pre-Shot routine is a must before each shot.</li> <li>▪ Visualization of target</li> <li>▪ Practice swings</li> </ul> </li> <li>○ After hitting all ten balls students will wait for ALL other students to finish and ALL will pick up their golf balls to go back to repeat the exercise.</li> </ul> </li> </ul>
	03:30 – 04:00pm	Ladder Competition

March		
Date	Time	Agenda
03/10/2018	01:00 – 02:00pm	<ul style="list-style-type: none"> <li>• <b>Word of the day &amp; Core Values Planning (Set Goals)</b></li> <li>• <b>Rules &amp; Etiquette</b> <ul style="list-style-type: none"> <li>○ <b>Around the Green (Chipping)</b> <ul style="list-style-type: none"> <li>▪ Rules <ul style="list-style-type: none"> <li>• You are allowed to keep the flag in.</li> </ul> </li> <li>▪ Etiquette <ul style="list-style-type: none"> <li>▪ Don't talk while someone is chipping.</li> </ul> </li> </ul> </li> </ul> </li> </ul>
	02:00 – 02:15pm	<b>Stretching</b>
	02:15 – 02:30pm	<ul style="list-style-type: none"> <li>• Shadow Swing Exercises using the "SwingGuide*" <ul style="list-style-type: none"> <li>○ Enforce muscle memory for <ul style="list-style-type: none"> <li>▪ correct swing plane</li> <li>▪ Full hip and shoulder movement</li> <li>▪ Proper finish</li> <li>▪ Proper arm and wrist positions on the swing</li> </ul> </li> </ul> </li> </ul>
	02:30 – 03:00pm	Putting Training
	03:00 – 03:30pm	<ul style="list-style-type: none"> <li>• <b>Shoulder-high (75%) Swing Shot practice</b> <ul style="list-style-type: none"> <li>○ Practice hitting the shoulder-high-back-swing shot. <ul style="list-style-type: none"> <li>▪ Students will be set at around 35 yards from one of the greens in the Tee-Lo training center with 10 balls each.</li> <li>▪ Pre-Shot routine is a must before each shot.</li> <li>▪ Visualization of target</li> <li>▪ Practice swings</li> </ul> </li> <li>○ After hitting all ten balls students will wait for ALL other students to finish and ALL will pick up their golf balls to go back to repeat the exercise.</li> </ul> </li> </ul>
	03:30 – 04:00pm	Ladder Competition

March		
Date	Time	Agenda
03/17/2018	01:00 – 02:00pm	<ul style="list-style-type: none"> <li>• <b>Word of the day &amp; Core Values &amp; Core Values Excellence (Give 100% to everything you do)</b></li> <li>• <b>Rules &amp; Etiquette</b> <ul style="list-style-type: none"> <li>○ <b>On the course</b> <ul style="list-style-type: none"> <li>▪ Rules <ul style="list-style-type: none"> <li>• Do not ground the club in a bunker or other hazard.</li> </ul> </li> <li>▪ Etiquette <ul style="list-style-type: none"> <li>▪ Never hit when players are in front of you and you may hit them.</li> </ul> </li> </ul> </li> </ul> </li> </ul>
	02:00 – 02:15pm	<b>Stretching</b>
	02:15 – 02:30pm	<ul style="list-style-type: none"> <li>• Shadow Swing Exercises using the “SwingGuide*” <ul style="list-style-type: none"> <li>○ Enforce muscle memory correct swing plane</li> <li>○ Full hip and shoulder movement</li> <li>○ Proper finish</li> <li>○ Proper arm and wrist positions on the swing</li> </ul> </li> </ul>
	02:30 – 03:00pm	Putting Training
	03:00 – 03:30pm	<ul style="list-style-type: none"> <li>• <b>Shoulder-high (75%) Shot practice</b> <ul style="list-style-type: none"> <li>○ Practice hitting the shoulder-high-back-swing shot. <ul style="list-style-type: none"> <li>▪ Students will be set at around 35 yards from one of the greens in the Tee-Lo training center with 10 balls each.</li> <li>▪ Pre-Shot routine is a must before each shot.</li> <li>▪ Visualization of target</li> <li>▪ Practice swings</li> </ul> </li> <li>○ After hitting all ten balls students will wait for other students to finish and all will pick up their golf balls to go back to repeat the exercise.</li> </ul> </li> </ul>
	03:30 – 04:00pm	Ladder Competition

March		
Date	Time	Agenda
03/24/2018	01:00 – 02:00pm	<ul style="list-style-type: none"> <li>• <b>Word of the day &amp; Core Values</b> <b>Patience (Taking time to think, to learn)</b></li> <li>• <b>Rules &amp; Etiquette</b> <ul style="list-style-type: none"> <li>○ <b>On the course</b> <ul style="list-style-type: none"> <li>▪ Rules               <ul style="list-style-type: none"> <li>• Play as it lies.</li> </ul> </li> <li>▪ Etiquette               <ul style="list-style-type: none"> <li>▪ Help your playing partner find their ball.</li> </ul> </li> </ul> </li> </ul> </li> </ul>
	02:15 – 02:30pm	<ul style="list-style-type: none"> <li>• Shadow Swing Exercises using the “SwingGuide*”           <ul style="list-style-type: none"> <li>○ Enforce muscle memory correct swing plane</li> <li>○ Full hip and shoulder movement</li> <li>○ Proper finish</li> <li>○ Proper arm and wrist positions on the swing</li> </ul> </li> </ul>
	02:30 – 03:00pm	Putting Training
	03:00 – 03:30pm	<ul style="list-style-type: none"> <li>• <b>Shoulder-high (75%) Shot practice</b> <ul style="list-style-type: none"> <li>○ Practice hitting the shoulder-high-back-swing shot.               <ul style="list-style-type: none"> <li>▪ Students will be set at around 35 yards from one of the greens in the Tee-Lo training center with 10 balls each.</li> <li>▪ Pre-Shot routine is a must before each shot.</li> <li>▪ Visualization of target</li> <li>▪ Practice swings</li> </ul> </li> <li>○ After hitting all ten balls students will wait for other students to finish and all will pick up their golf balls to go back to repeat the exercise.</li> </ul> </li> </ul>
	03:30 – 04:00pm	Ladder Competition
03/30/2018	07:00 – 08:00pm	Golf Channel

**March – At a Golf Course**

Date	Time	Agenda
03/31/2018	01:00 – 02:00pm	<ul style="list-style-type: none"> <li>• <b>Word of the day &amp; Core Values</b> <b>Diversity &amp; Balance (Accepting others)</b></li> <li>• <b>Rules &amp; Etiquette</b> <ul style="list-style-type: none"> <li>○ <b>On the course</b> <ul style="list-style-type: none"> <li>▪ Rules                             <ul style="list-style-type: none"> <li>• If a ball is lost.</li> </ul> </li> <li>▪ Etiquette                             <ul style="list-style-type: none"> <li>▪ Help your playing partner find their ball.</li> </ul> </li> </ul> </li> </ul> </li> </ul>
	02:15 – 02:30pm	<ul style="list-style-type: none"> <li>• Shadow Swing Exercises using the “SwingGuide*”             <ul style="list-style-type: none"> <li>○ Enforce muscle memory correct swing plane</li> <li>○ Full hip and shoulder movement</li> <li>○ Proper finish</li> <li>○ Proper arm and wrist positions on the swing</li> </ul> </li> </ul>
	02:30 – 03:00pm	Putting Training
	03:00 – 03:30pm	<ul style="list-style-type: none"> <li>• <b>Shoulder-high (75%)</b> Shot practice             <ul style="list-style-type: none"> <li>○ Practice hitting the shoulder-high-back-swing shot.                 <ul style="list-style-type: none"> <li>▪ Students will be set at around 35 yards from one of the greens in the Tee-Lo training center with 10 balls each.</li> <li>▪ Pre-Shot routine is a must before each shot.</li> <li>▪ Visualization of target</li> <li>▪ Practice swings</li> </ul> </li> <li>○ After hitting all ten balls students will wait for other students to finish and all will pick up their golf balls to go back to repeat the exercise.</li> </ul> </li> </ul>
	03:30 – 05:00pm	3-Hole Tournament

<b>April</b>		
<b>Date</b>	<b>Time</b>	<b>Agenda</b>
<b>04/07/2018</b>	<b>01:00 – 02:00pm</b>	<ul style="list-style-type: none"> <li>• <b>Word of the day &amp; Core Values</b> <b>Giving Back</b></li> <li>• <b>Rules &amp; Etiquette</b> <ul style="list-style-type: none"> <li>○ <b>On the course</b> <ul style="list-style-type: none"> <li>▪ Rules               <ul style="list-style-type: none"> <li>• .</li> </ul> </li> <li>▪ Etiquette               <ul style="list-style-type: none"> <li>▪ .</li> </ul> </li> </ul> </li> </ul> </li> </ul>
	<b>02:00 – 02:15pm</b>	<b>Stretching</b>
	<b>02:15 – 02:30pm</b>	<ul style="list-style-type: none"> <li>• Shadow Swing Exercises using the “SwingGuide*”           <ul style="list-style-type: none"> <li>○ Enforce muscle memory for               <ul style="list-style-type: none"> <li>▪ correct swing plane</li> <li>▪ Full hip and shoulder movement</li> <li>▪ Proper finish</li> <li>▪ Proper arm and wrist positions on the swing</li> </ul> </li> </ul> </li> </ul>
	<b>02:30 – 03:00pm</b>	Putting Training
	<b>03:00 – 03:30pm</b>	<ul style="list-style-type: none"> <li>• <b>Full (100%) Swing Shot practice</b> <ul style="list-style-type: none"> <li>○ Using the “SwingGuide” practice hitting the full-back-swing shot.               <ul style="list-style-type: none"> <li>▪ Students will be set at around 45 yards from one of the greens in the Tee-Lo training center with 10 balls each.</li> <li>▪ Pre-Shot routine is a must before each shot.</li> <li>▪ Visualization of target</li> <li>▪ Practice swings</li> </ul> </li> <li>○ After hitting all ten balls students will wait for ALL other students to finish and ALL will pick up their golf balls to go back to repeat the exercise.</li> </ul> </li> </ul>
	<b>03:30 – 04:00pm</b>	Ladder Competition

<b>April</b>		
<b>Date</b>	<b>Time</b>	<b>Agenda</b>
<b>04/14/2018</b>	<b>01:00 – 02:00pm</b>	<ul style="list-style-type: none"> <li>• <b>Word of the day &amp; Core Values</b> <b>Respect</b></li> <li>• <b>Rules &amp; Etiquette</b> <ul style="list-style-type: none"> <li>○ <b>On the course</b> <ul style="list-style-type: none"> <li>▪ Rules               <ul style="list-style-type: none"> <li>• .</li> </ul> </li> <li>▪ Etiquette               <ul style="list-style-type: none"> <li>▪ .</li> </ul> </li> </ul> </li> </ul> </li> </ul>
	<b>02:00 – 02:15pm</b>	<b>Stretching</b>
	<b>02:15 – 02:30pm</b>	<ul style="list-style-type: none"> <li>• Shadow Swing Exercises using the “SwingGuide*”           <ul style="list-style-type: none"> <li>○ Enforce muscle memory for               <ul style="list-style-type: none"> <li>▪ correct swing plane</li> <li>▪ Full hip and shoulder movement</li> <li>▪ Proper finish</li> <li>▪ Proper arm and wrist positions on the swing</li> </ul> </li> </ul> </li> </ul>
	<b>02:30 – 03:00pm</b>	Putting Training
	<b>03:00 – 03:30pm</b>	<ul style="list-style-type: none"> <li>• <b>100%</b> Swing Shot practice           <ul style="list-style-type: none"> <li>○ Using the “SwingGuide” practice hitting the 100%-back-swing shot.               <ul style="list-style-type: none"> <li>▪ Students will be set at around 45 yards from one of the greens in the Tee-Lo training center with 10 balls each.</li> <li>▪ Pre-Shot routine is a must before each shot.</li> <li>▪ Visualization of target</li> <li>▪ Practice swings</li> </ul> </li> <li>○ After hitting all ten balls students will wait for ALL other students to finish and ALL will pick up their golf balls to go back to repeat the exercise.</li> </ul> </li> </ul>
	<b>03:30 – 04:00pm</b>	Ladder Competition

<b>April</b>		
<b>Date</b>	<b>Time</b>	<b>Agenda</b>
<b>04/21/2018</b>	<b>01:00 – 02:00pm</b>	<ul style="list-style-type: none"> <li>• <b>Word of the day &amp; Core Values &amp; Core Values Connection with Nature</b></li> <li>• <b>Rules &amp; Etiquette</b> <ul style="list-style-type: none"> <li>○ <b>On the course</b> <ul style="list-style-type: none"> <li>▪ Rules               <ul style="list-style-type: none"> <li>• .</li> </ul> </li> <li>▪ Etiquette               <ul style="list-style-type: none"> <li>▪ .</li> </ul> </li> </ul> </li> </ul> </li> </ul>
	<b>02:00 – 02:15pm</b>	<b>Stretching</b>
	<b>02:15 – 02:30pm</b>	<ul style="list-style-type: none"> <li>• Shadow Swing Exercises using the “SwingGuide*”           <ul style="list-style-type: none"> <li>○ Enforce muscle memory correct swing plane</li> <li>○ Full hip and shoulder movement</li> <li>○ Proper finish</li> <li>○ Proper arm and wrist positions on the swing</li> </ul> </li> </ul>
	<b>02:30 – 03:00pm</b>	Putting Training
	<b>03:00 – 03:30pm</b>	<ul style="list-style-type: none"> <li>• <b>Full (100%) Shot practice</b> <ul style="list-style-type: none"> <li>○ Using the “SwingGuide” practice hitting the full-back-swing shot.               <ul style="list-style-type: none"> <li>▪ Students will be set at around 45 yards from one of the greens in the Tee-Lo training center with 10 balls each.</li> <li>▪ Pre-Shot routine is a must before each shot.</li> <li>▪ Visualization of target</li> <li>▪ Practice swings</li> </ul> </li> <li>○ After hitting all ten balls students will wait for other students to finish and all will pick up their golf balls to go back to repeat the exercise.</li> </ul> </li> </ul>
	<b>03:30 – 04:00pm</b>	Ladder Competition
<b>04/27/2018</b>	<b>07:00 – 08:00pm</b>	Golf Channel

April – At a Golf Course		
Date	Time	Agenda
04/28/2018	01:00 – 02:00pm	<ul style="list-style-type: none"> <li>• <b>Word of the day &amp; Core Values</b> <b>Being True to your Principles</b></li> <li>• <b>Rules &amp; Etiquette</b> <ul style="list-style-type: none"> <li>○ <b>On the course</b> <ul style="list-style-type: none"> <li>▪ Rules <ul style="list-style-type: none"> <li>• .</li> </ul> </li> <li>▪ Etiquette <ul style="list-style-type: none"> <li>▪ .</li> </ul> </li> </ul> </li> </ul> </li> </ul>
	02:15 – 02:30pm	<ul style="list-style-type: none"> <li>• Shadow Swing Exercises using the “SwingGuide*” <ul style="list-style-type: none"> <li>○ Enforce muscle memory correct swing plane</li> <li>○ Full hip and shoulder movement</li> <li>○ Proper finish</li> <li>○ Proper arm and wrist positions on the swing</li> </ul> </li> </ul>
	02:30 – 03:00pm	Putting Training
	03:00 – 03:30pm	<ul style="list-style-type: none"> <li>• <b>Full (100%) Shot practice</b> <ul style="list-style-type: none"> <li>○ Using the “SwingGuide” practice hitting the full-back-swing shot. <ul style="list-style-type: none"> <li>▪ Students will be set at around 45 yards from one of the greens in the Tee-Lo training center with 10 balls each.</li> <li>▪ Pre-Shot routine is a must before each shot.</li> <li>▪ Visualization of target</li> <li>▪ Practice swings</li> </ul> </li> <li>○ After hitting all ten balls students will wait for other students to finish and all will pick up their golf balls to go back to repeat the exercise.</li> </ul> </li> </ul>
	03:30 – 05:00pm	3-Hole Tournament

<b>May</b>		
<b>Date</b>	<b>Time</b>	<b>Agenda</b>
<b>05/05/2018</b>	<b>01:00 – 02:00pm</b>	<ul style="list-style-type: none"> <li>• <b>Word of the day &amp; Core Values</b> <b>Help at Home</b></li> <li>• <b>Rules &amp; Etiquette</b> <ul style="list-style-type: none"> <li>○ <b>On the course</b> <ul style="list-style-type: none"> <li>▪ Rules               <ul style="list-style-type: none"> <li>• .</li> </ul> </li> <li>▪ Etiquette               <ul style="list-style-type: none"> <li>▪ .</li> </ul> </li> </ul> </li> </ul> </li> </ul>
	<b>02:00 – 02:15pm</b>	<b>Stretching</b>
	<b>02:15 – 02:30pm</b>	<ul style="list-style-type: none"> <li>• Shadow Swing Exercises using the “SwingGuide*”           <ul style="list-style-type: none"> <li>○ Enforce muscle memory for               <ul style="list-style-type: none"> <li>▪ correct swing plane</li> <li>▪ Full hip and shoulder movement</li> <li>▪ Proper finish</li> <li>▪ Proper arm and wrist positions on the swing</li> </ul> </li> </ul> </li> </ul>
	<b>02:30 – 03:00pm</b>	Putting Training
	<b>03:00 – 03:30pm</b>	<ul style="list-style-type: none"> <li>• <b>Full (100%) Swing Shot practice</b> <ul style="list-style-type: none"> <li>○ Practice hitting the full-back-swing shot.               <ul style="list-style-type: none"> <li>▪ Students will be set at around 45 yards from one of the greens in the Tee-Lo training center with 10 balls each.</li> <li>▪ Pre-Shot routine is a must before each shot.</li> <li>▪ Visualization of target</li> <li>▪ Practice swings</li> </ul> </li> <li>○ After hitting all ten balls students will wait for ALL other students to finish and ALL will pick up their golf balls to go back to repeat the exercise.</li> </ul> </li> </ul>
	<b>03:30 – 04:00pm</b>	Ladder Competition

<b>May</b>		
<b>Date</b>	<b>Time</b>	<b>Agenda</b>
<b>05/12/2018</b>	<b>01:00 – 02:00pm</b>	<ul style="list-style-type: none"> <li>• <b>Word of the day &amp; Core Values</b> <b>Hard Work</b></li> <li>• <b>Rules &amp; Etiquette</b> <ul style="list-style-type: none"> <li>○ <b>On the course</b> <ul style="list-style-type: none"> <li>▪ Rules               <ul style="list-style-type: none"> <li>• .</li> </ul> </li> <li>▪ Etiquette               <ul style="list-style-type: none"> <li>▪ .</li> </ul> </li> </ul> </li> </ul> </li> </ul>
	<b>02:00 – 02:15pm</b>	<b>Stretching</b>
	<b>02:15 – 02:30pm</b>	<ul style="list-style-type: none"> <li>• Shadow Swing Exercises using the “SwingGuide*”           <ul style="list-style-type: none"> <li>○ Enforce muscle memory for               <ul style="list-style-type: none"> <li>▪ correct swing plane</li> <li>▪ Full hip and shoulder movement</li> <li>▪ Proper finish</li> <li>▪ Proper arm and wrist positions on the swing</li> </ul> </li> </ul> </li> </ul>
	<b>02:30 – 03:00pm</b>	Putting Training
	<b>03:00 – 03:30pm</b>	<ul style="list-style-type: none"> <li>• <b>Full (100%) Swing Shot practice</b> <ul style="list-style-type: none"> <li>○ Practice hitting the full-back-swing shot.               <ul style="list-style-type: none"> <li>▪ Students will be set at around 45 yards from one of the greens in the Tee-Lo training center with 10 balls each.</li> <li>▪ Pre-Shot routine is a must before each shot.</li> <li>▪ Visualization of target</li> <li>▪ Practice swings</li> </ul> </li> <li>○ After hitting all ten balls students will wait for ALL other students to finish and ALL will pick up their golf balls to go back to repeat the exercise.</li> </ul> </li> </ul>
	<b>03:30 – 04:00pm</b>	Ladder Competition

May		
Date	Time	Agenda
05/19/2018	TBD	Tee-Lo Fest Tournament – Parent/Child
		Beginners: 5-Hole Tournament
		Intermediates: 9-Hole Tournament
		Advanced: 9-Hole Tournament
		Picnic
		Awards
<b>HAVE A GREAT SUMMER – Practice your Golf</b>		

## Where to practice & Play Tournaments: (Some of the information below may change)

- Winter Pines Golf Course in Winter Park - 950 S Ranger Blvd, Winter Park, FL 32792 - (407) 671-3172  
For only \$50.00, kids can play all summer at this course, they can play as many holes as they want every day. Players must walk, unless a parent is also playing.
- Casselberry Golf Club - 300 S Triplet Lake Dr, Casselberry, FL 32707 - (407) 699-9310  
I have found deals on this course for \$10.00 for 18 holes, including cart at noon. This deal may be found at GOLFNOW.COM. They also have affordable prices on the driving range and facilities to practice your short game and bunker game.
- Volusia Flagler Junior Golf Association – <http://vfjga.org/>  
This association holds tournaments throughout the Summer. It is a great deal, as of 2017 it was \$120.00 for players who only play 9 holes, and \$150.00 for those who play 18 holes. There is a total of nine (9) tournaments throughout the Summer, that makes it at \$13.33 per tournament for the 9-hole players and \$16.66 for the 18 hole players. The tournaments are played at very good courses, it is well run and lots of fun.
- TOP-50 Junior.  
This group goes all year, it is about one tournament per month. For 9-hole players is a one day tournaments, for the 18-hole players it is two days.
- Drive, Chip and Putt – FREE – Register to compete with many other kids from your area and a chance to go to Augusta is you win all levels.

## **Ladder:**

The main goals of the ladder:

1. To reinforce good behavior.
  2. To indirectly push players to practice and do well.
- How to get EASY points
    - Bringing the binder every week.
    - Having your shirt tacked in.
    - When you come in. Greeting your coaches and volunteers with a hand-shake while looking directly at their eyes.
    - When you leave. Saying 'Thank you' to your coaches and volunteers with a hand-shake while looking directly at their eyes.
  - How to accumulate points through Golf
    - At the end of the day all players will participate in fun activities that will challenge their Golf skills, every task that is completed as expected wins a point to the player.

**- WE NEED TO COME UP WITH GAMES FOR THE END-OF-DAY CHALLENGES**

**FORMS:**

- Pre-Shot Routine to be evaluated on ALL exercises except Shadow Swing
- Alignment

Beginner Level Evaluation Form							
Player Name		Date					
Test	Description	Tries					Avg
		1	2	3	4	5	
1	Club on Safety						
2	Putting from 1' – 5 balls to be placed around the hole						
3	Putting from 2' – 5 balls to be placed around the hole						
4	Putting from 3' – 5 balls to be placed around the hole						
5	Shadow Swing						
6	Chipping from 1' off the green						
7	Chipping from 2' off the green						
8	Chipping from 3' off the green						
9	Swing with ball from 10'						
10	Swing with ball from 15'						
11	Swing with ball from 20'						
12	Swing with ball from 30'						

The first Saturday of the session, advance students will help in the evaluation of all “Beginner Level” players.

\* Parents can purchase a “SwingGuide” from Tee-Lo, buy it at a Golf Store, Amazon, etc, so they may take it home with them. Tee-Lo can provide the “SwingGuide” but those will remain at Tee-Lo, after the exercises these will be taken off the clubs to be stored for use during the next session.

<b>Words and Core Values for Each Month</b>				
<b>January</b>	<b>February</b>	<b>March</b>	<b>April</b>	<b>May</b>
Commitment	Integrity	Accountability	Giving Back	Help at Home
Persistence	Responsibility	Planning	Respect	Hard Work
Honesty	Courtesy	Excellence	Connection with Nature	
	Judgement	Patience	Being True to your Principles	
		Diversity & Balance		

## Measuring for club size:

### 1. Measure your height

From the top of your head to the bottom of your feet.

### 2. Measure wrist-to-floor length

Stand up straight and have someone measure the length from the top of your wrist down to the floor.

Child Height	Driver	3 Wood	3 Iron	5 Iron	7 Iron	9 Iron	PW	SW	Putter
36"	26"	25"	-	22"	21.5"	21"	20.5"	20.5"	20.5"
37"	26"	25"	-	23"	22.5"	22"	21.5"	21.5"	21.5"
38"	26"	25"	-	23"	22.5"	22"	21.5"	21.5"	21.5"
39"	27"	26"	-	24"	23.5"	23"	22.5"	22.5"	22"
40"	28"	27"	-	24"	23.5"	23"	22.5"	22.5"	22"
41"	30"	29"	-	26"	25"	24"	23.5"	23.5"	23"
42"	31"	30"	-	27"	26"	25"	24.5"	24.5"	23.5"
43"	32"	31"	-	27"	26"	25"	24.5"	24.5"	23.5"
44"	33"	32"	-	28"	27"	26"	25.5"	25.5"	24.5"
45"	33"	32"	-	28"	27"	26"	25.5"	25.5"	24.5"
46"	34"	33"	-	29"	28"	27"	26.5"	26.5"	25.5"
47"	34"	33"	-	29"	28"	27"	26.5"	26.5"	25.5"
48"	35"	34"	31"	30"	29"	28"	27.5"	27.5"	27"
49"	35"	34"	31"	30"	29"	28"	27.5"	27.5"	27"
50"	36"	35"	32"	31"	30"	29"	28.5"	28.5"	28"
51"	36"	35"	32"	31"	30"	29"	28.5"	28.5"	28"
52"	36"	35"	32"	31"	30"	29"	28.5"	28.5"	28"
53"	37"	36"	33"	32"	31"	30"	29.5"	29.5"	29"
54"	37"	36"	33"	32"	31"	30"	29.5"	29.5"	29"
55"	38"	37"	34"	33"	32"	31"	30.5"	30.5"	30"
56"	38"	37"	34"	33"	32"	31"	30.5"	30.5"	30"
57"	39"	38"	35"	34"	33"	32"	31.5"	31.5"	31"
58"	39"	38"	35"	34"	33"	32"	31.5"	31.5"	31"
59"	39"	38"	35"	34"	33"	32"	31.5"	31.5"	31"
60"	40"	39"	36"	35"	34"	33"	32.5"	32.5"	32"
61"	41"	40"	37"	36"	35"	34"	33.5"	33.5"	33"
62"	41"	40"	37"	36"	35"	34"	33.5"	33.5"	33"