

First Tee – Aiken – PLAYer Study Guide

Nine Core Values

Respect	To be nice and kind in ones action's
Courtesy	Being or acting polite to others
Responsibility	It's up to me; I am the one myself and others depend on to make it happen
Honesty	To tell the truth
Sportsmanship	Playing by the rules and acting nice to others no matter if you are winning or losing
Confidence	A feeling of "I can do it!"
Judgement	To make an decision or form an opinion
Perseverance	To keep going no matter what
Integrity	Knowing the difference between right and wrong; doing the right thing even when no one is looking

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

Rules of Golf

- What does Par mean?
 - Par is the score that advanced players will make on a hole. One shot under par is a birdie, one shot over par is a bogey, and two shots over par is a double bogey!
- Where should I tee up my ball on the teeing ground?
 - Golfers should tee the ball between the tee markers. PLAYers are able to tee the ball up to two club lengths behind the markers, but not ahead of the markers. PLAYers receive a penalty if they do not tee up the ball correctly.
- What is a penalty?
 - When a PLAYer breaks a rule, he/she is given a penalty. The penalty is usually a stroke or two added to the score. Other penalties are sometimes given such as losing distance or losing a hole. PLAYers are expected to act with honesty and integrity when keeping score and adding penalty shots.
- Whose turn is it?
 - Once all PLAYers have hit their tee shot, the PLAYer who is FURTHEST from the hole goes first. This continues until all members of the group have holed out.
- What are the golf swings we have learned?
 - Putt – A short shot that rolls; usually done on the putting green
 - Chip – A short shot that goes low in the air and lots of roll; usually started from just off the side of the green
 - Pitch – A short shot that goes high in the air and only has a little roll; usually done from a few yards off the green when a player needs to go over something like a bunker
 - Full Swing – A big swing to hit the ball as far as the club will make it go
- What are the areas of the golf course?
 - Teeing Ground
 - Rough
 - Fairway
 - Bunker
 - Putting Green
 - Penalty Areas

