



first tee

aiken

**Eagle-Eagle Advanced
Class Notes**

Eagle

Dealing with Conflicts

A conflict involves a difference in opinion, opposing interests, needs or demands.

Conflicts occur when one is threatened or prevented from getting something they he or she wants.

Wants can be recognition or respect or a resource like money, power or freedom.

Conflicts occur in all aspects of life (school, home, work, sports).

Conflicts can lead to arguments, hurt feelings, fights and effect your personal well-being of body, mind and heart.

Responses to conflict can be passive, aggressive or cooperative. Which one is best?

Remember it is the problem not the person.

Develop a strategy to deal with conflicts in all aspects of life.

CARE

Communicate

Describe objectively what caused the conflict

What do you want or need?

Why do you want or need it?

Is it important to you?

Are you being rational or just reacting?

Actively Listen

Don't dig your heels in.

Listen to the words the other person is saying.

Respond to the words not the person.

Ask questions if you do not understand what the other person wants or needs.

Be open to having your mind changed.

Review Options

Discuss objectively what the conflict is about.

Find options. There may be more than one right answer.

Focus on the problem not the person.

Dealing with Conflicts cont.

End with a Win-Win solution

Be willing to compromise.

Both sides can “win” and not get all they want or need.

A win-win may just be an agreement that you both understand each other’s position with no resolution.

A win-win may also be an agreement to abide by a neutral arbiters decision.

Don’t take it personally

Did You Know

There are 24 rules for golf plus definitions in the USGA rulebook. The USGA’s *Decisions On The Rules Of Golf* takes up well over 700 pages. The USGA fields thousands of rule questions every year. Your win-win may be to write the USGA for a decision.

Rules

Rule 20.1c. If you are unsure about how to proceed in the play of a shot in a stroke play competition before you play the shot, you can advise your competitors or marker that you intend to play two balls and which ball will count if the rule permits. Example: You believe because of the condition of your lie you are entitled to a free drop but your competitors disagree. Before playing the shot invoke 20.1c. State why and which ball you want to count if you are correct. Then play the hole out with both balls and resolve the dispute with an official (even if you score the same on both balls) before signing for a score.

Eagle

Appreciating Diversity

People are different.

Know your own strengths and weaknesses

Understand that we all have different strengths and weaknesses

Seek to find the best in others and it will bring out the best in you

The golf course is a great place to conduct a diversity interview

All golfers are different.

There is no one “perfect” prototype for being a golfer

All golfers have strengths and weaknesses in their game

Maximizing your strengths and minimizing your weaknesses can lead to greater success and enjoyment (in golf and life)

Diversity is important

Appreciating differences leads to a better understanding of and communication with others

Without diversity life would be quite dull

Without diversity the world would be a pretty uninteresting place

Golf History

The first African American and Native American to play in a US open played in the same year at Shinnecock Hills Golf Club on Long Island. The golfers were John Shippen the son of a minister who was serving on the Shinnecock Reservation and Oscar Bunn, a Shinnecock tribe member. Both started their golf careers as caddies at Shinnecock Hills. Shippen, at the time of the Open, was the assistant pro at Shinnecock.

It is said that the day before the Open began, several golfers threatened to withdraw if the two were allowed to play. The USGA President did not bow to the pressure stating that the Open would go on even if Shippen and Dunn were the only two players. No one withdrew. Shippen ended up placing 5th. Shippen continued in golf as a club professional and played in 4 more Opens although he was denied entry into many other tournaments. He retired after over 6 decades as a professional.

The Open in question was the second, contested in 1896. It would take over 60 more years before the PGA would integrate.

Rules Knowledge

Rule 19.1 Unplayable Ball

You are the only person who may decide to treat your ball as unplayable. Unplayable ball relief is allowed anywhere on the course, **except** in a penalty area.

Rule 19.2 and 19.3 determine relief from an unplayable ball in the general area, putting green and bunker – all incur a one stroke penalty.

Rule 4.2c Replacing a ball while playing a hole

You may only substitute another ball (by replacing it on the original spot) if it can be clearly seen that your original ball is cut or cracked and this damage happened during the hole you are playing – but not if it is only scratched or scraped or its paint is only damaged or discolored.

Rule 18.2a Ball Lost or Out of Bounds

When Ball is Lost. Your ball is lost if not found in three minutes after you or your caddie begin to search for it. If a ball is found in that time but it is uncertain whether it is your ball:

- You must promptly attempt to identify the ball and are allowed a reasonable time to do so, even if that happens after the three-minute search time has ended.
- This includes a reasonable time to get to the ball if you are not where the ball is found. If you do not identify your ball in that reasonable time, the ball is lost.

When Ball is Out of Bounds. Your ball at rest is out of bounds only when all of it is outside the boundary edge of the course. The boundary edge is the course side of the boundary stakes or line. A ball touching both the out of bounds line and the general area is considered to be in bounds.

Eagle Planning for the Future

Do a self-assessment. What interests you? How do you see yourself? What are your positives? What is important to you?

Rate your life skills. What do you need to work on? What are your strengths?

College or not? Complete a decision worksheet. There are many paths to success.

If college what should you consider? Quality of educational programs you are interested in or quality of the football team? Where you feel comfortable or what's easy for your family?

Is golf in my future? Can I compete at a collegiate level? If so, understand the cost to prepare for tournaments, travel entry, fees, cost of equipment and supplies (not shopping at the mall).

Are there other golf jobs that interest you? What does it really take to achieve my desired golf job?

If not golf, then what? Take time to research just what it takes to be what you want to be. Interview those who are doing the job now. Is there a future in that job?

Lead; don't just follow. It's your life; don't be afraid to chart your own course.

It is your decision, don't let friends or families make the decision for you.

Did You Know

Among the many national championships conducted by the USGA, the Men's Mid-Amateur is one of the most popular. To enter you must be at least 25 and have a handicap index of 3.4 or lower. After local qualifiers, 264 advance to the championship proper. A total of 3,860 players entered the 2010 championship. 91 of the 264 who advanced to the championship were reinstated amateurs.

Becoming a Golf Professional

Most highly skilled golfers who plan on making a living playing tournament golf declare that they are a professional and seek to earn status on one of the many professional tours. Most start by playing on one of the "Mini-Tour" circuits. There are many small tours either state or regional. Some of the very best who turn pro receive a limited number of exemptions to attempt to earn enough money to have status on the PGA Tour. The PGA Tour no longer conducts their annual Tour School. The Korn Ferry tour now awards 50 players PGA tour status

through their year long series of tournaments and a three tournament playoff. Regardless of the route taken, the odds of success are quite small. At every step of the way you have to pay money to enter to have the chance to earn money.

For those who want to be a club professional, The PGA of America has two paths you can follow. One is to start as an apprentice and work your way up. At a minimum, in addition to passing all three levels of training an apprentice must work 36 months full time in an eligible golf position. The second track is to enroll and complete (graduate) from a college PGA Golf Management School. There are currently 20 colleges and universities that offer the program. For more information go to:

<http://pgajobfinder.pgalinks.com/helpwanted/empcenter/pgaandyou/universities.cfm>

Planning for the Future cont.

Both tracks require you to pass a 36 hole Playing Ability Test (PAT). To pass you must score within 15 shots of the course rating. For example, if the course rating is 72 the target score for 36 holes would be 159. The test is normally conducted in one day. It is usually played from the middle tees of the selected course with the pins set on relatively flat areas of the greens. Although this sounds relatively easy, less than 20% of those taking the test achieve a passing score. The PGA charges an entry fee and there may also be site (green) fees charged.

Rules Knowledge

Rule 2.2 - Defined Areas of the Course

There are five areas of the course_ The general which covers the entire course except for the four specific areas.

- The teeing area of the hole you are playing ([Rule 6.2](#)),
- All penalty areas ([Rule 17](#)),
- All bunkers ([Rule 12](#)), and
- The putting green of the hole you are playing ([Rule 13](#)).

It is important to know the_area of the course_where your ball lies as this affects the Rules that apply in playing your ball or taking relief. If part of the ball is in two specific areas of the course, it is treated as lying in the specific area that comes first in this order: penalty area, bunker, putting green. Example: A ball touching both the general area and penalty area is considered to be in the penalty area.

12.2b. Restrictions on Touching Sand in Bunker

Before making a stroke at your ball in a bunker, you must not deliberately touch sand in the bunker with your hand, a club or rake or any other object to test the condition of the sand and learn information for your next stroke, or touch sand in the bunker with your club in the area right in front of or right behind your ball (except as allowed in fairly searching for your ball or in removing a loose impediment or movable obstruction), in making a practice swing, or in making your backswing for a stroke. Penalty is two strokes. Accidentally touching the sand (grounding) with your club is no longer a penalty if it is deemed to not be considered testing the surface or improving the conditions of your stroke.

8.1b Actions that are Allowed

In preparing for or making a stroke, you may take any of these actions and there is no penalty even if doing so improves the conditions affecting your stroke...

- Ground your club lightly right in front of or right behind your ball (but you cannot do this in a bunker).
- Make a stroke or the backswing for a stroke which is then made. But when your ball is in a bunker, touching the sand in the bunker in taking your backswing is not allowed

Grounding your club in a penalty area is no longer subject to a two stroke penalty.

Eagle

Be a Go-To Person

A go-to person is one who helps others; at home, in school, in the community and on the golf course

Why you should help others.

It's a way to give back to others and the community.

You gain personal satisfaction, sharpen your interpersonal skills and gain respect from others.

You can make a difference in your community and in individual lives.

You are doing the right thing.

How can you help.

Listen, be a friend.

Share your experiences, help in decision making, help resolve conflicts.

Be a role model, set a good example for wellness.

Show younger kids "the ropes", help with instruction on the course and in the classroom.

Refer someone with a serious problem to professional help.

Seize every opportunity to make a difference.

Being a go-to person.

Be respectful, listen, see the person's point of view, understand their feelings.

Be willing to help them look for solutions.

Ask if you can help, don't offer unsolicited help, try to understand the problem before you act.

You don't have to be perfect or a genius to help.

First Tee Life Skills you can use.

ALR – Ask, Listen, Respond

Controlling Your Emotions – 4R's – Replay, Relax, Ready, Redo

Make Good Decisions – STAR – Stop, Think, Anticipate, Respond

Dispute Resolving – CARE – Communicate, Actively Listen, Review Options, End with a Win-Win.

Look around you, always think how you can make a difference.

During the first round of the 2011 PGA at the Atlanta Athletic Club, Rory McIlroy played his second shot at the 4th hole where the ball was very close to a tree root. After a long discussion with his caddy, he played the shot and struck the root with his club injuring his right wrist. The injury clearly affected his play for the remainder of the tournament. Some have felt it possibly

kept him from winning a second Major in 2011. If you had been his caddy, what would you have done or said?

Nine Healthy Habits

Social

Friends – People who support, trust and like each other and often share common interests. Maintaining healthy relationships includes surrounding oneself with friends and supportive people while effectively handling challenging situations such as bullying, social media and the digital age.

School – A place or institution for learning and teaching. Being successful in school (learning, building relationships and contributing to the school environment) leads to success in other areas of life.

Community - A group of people with shared elements such as geography. Members have common rights, goals and privileges. It is important to explore and discover how one can and give back and care for a community's health environment and safety.

Golf History

The 1968 Masters Tournament was decided by the most famous scoring error in the history of golf. Argentinean Roberto DeVicenzo playing with Tommy Aaron shot a final round 65 to tie Bob Goalby for first place with a total score of 277. However, Tommy Aaron incorrectly recorded a 4 for DeVicenzo on the 17th hole when he had in fact made a 3. Mr. DeVicenzo failed to correct the scoring error and signed for a 66, costing him a chance to win the tournament in a play-off. His comment about the failure to correct the scoring error lives on as one of the greatest comments in golf; "What a stupid I am!" It rivals Phil Mickelson's comment after the 2006 US Open at Winged Foot when he doubled 18 to lose by one and proclaim "I am such an idiot". Angel Cabrera would final win a Masters for Argentina in 2009 following up on his U S Open victory in 2007.

Rules Knowledge

Match Play scoring is always expressed as either “all square” or so many “holes up” with so many “holes to play”. “Dormie” is the term used to describe a match where one side is up by as many holes as there are holes remaining to be played. If you are up by three holes with three to play it would be stated that you are “dormie 3”.

Advise vs. Information. Any player who either asks for or gives counsel or suggestion that might influence how to play a shot, what club to use, what type of stroke to make is considered to have given advise and is subject to either loss of hole in match play or a two stroke penalty. Seeking information on matters that are of a public nature such as distances, hole positions, locations of hazards or rules questions are not considered advise. Looking at a competitors bag to determine information on what club was used is permissible, so long as the player does not touch the bag or clubs. In match play if requested during the play of a hole you are required to accurately tell your opponent how many strokes you have taken. Failure to do so will result in loss of hole unless you correct your mistake before your competitor plays his/her next stroke.

It is the competitor’s responsibility to accurately tell the maker the score for each hole played. It is the competitor’s responsibility to be sure that the marker has recorded each score correctly. However, neither the marker nor the competitor are responsible for the addition of the score.

Eagle

Building a Go-to Team

Getting help from others.

Asking for help can sometimes be a very difficult thing to do.

To be successful in life and golf you will from time to time need help from others.

Everyone could use some help and support to deal with challenges as you work on goals.

Think of those who can help as members of a team; your go-to team.

Team members can provide specific help on different parts of the overall challenge or goal.

Team members may just be there to listen, provide encouragement, help you stay focused, resolve a conflict or point you in the direction to others who can help or provide information.

Building go-to teams for different goals or challenges.

Goals or challenges could be for life or school, golf, wellness.

Consider the goal and challenge first.

Consider people you see often in that setting, people who know what kind of person you are, people who care about you, people you can depend on, people who know what you are capable of doing.

A team member for one goal or challenge may not be the best for another.

Team members can be friends, adults, parents, teachers etc. The important point is that they have something specific that they can contribute.

Begin thinking about being a go-to buddy.

What skills, knowledge or experience can you call upon to help others.

Can you mentor younger students or First Tee PLAYers?

Rules Knowledge

Rule 14 covers when can you mark and touch your ball? Once a ball is in play not on the putting surface, obstructed by an immovable obstruction or in area marked as abnormal ground condition, you can only touch a ball under very specific circumstances:

1. If your ball interferes with the stance, swing or line of play of a competitor or.
2. If you believe that your ball or another's ball position may aid a competitor playing from off the putting surface.
3. For the purposes of identification.
4. The ball is embedded in its pitch mark not on the putting surface or sand otherwise not in a bunker.
5. To determine if the ball is unfit for play.

In all cases do not pick up your ball without first being requested to do so or prior to announcing your intentions. Be sure your competitors agree and if necessary get a ruling that it is OK before you proceed. Failure to properly mark results is a one stroke penalty. Once marked and lifted you cannot clean the ball except if it was embedded or to the extent necessary for identification purposes. A ball lifted must be placed on the exact same spot and lie it came to rest on except for an embedded ball. An embedded must be dropped in a one club relief area from a spot directly behind where it was embedded (you can repair the pitch mark) no closer to the hole not on the putting surface.

What is abnormal ground conditions? An animal hole, ground under repair (marked by a white line), an immovable obstruction or temporary water. Water accumulated in a penalty area other than a bunker is not temporary water.

Nine Healthy Habits

Emotional

Vision - In order to make the most of your unique gifts (talent and abilities) you should learn from the past experiences, value the present and create a vision for the future using your intelligence and imagination to ultimately leave a footprint.

Mind – The mind is a powerful tool for health. It is the element that influences emotions and behaviors and enables you to reason think, feel and be aware of experiences.

Family – People who are related to each other and are held together by bonds of shared values, goals and devotion. Families that share activities, roles and responsibilities are more likely to be successful in health and life.

Golf History

Where did the word “Golf” come from and what does it mean? When did the game of golf first get started?

Some scholars believe the word can be traced back to the Dutch words “Kolf” or “Kolve” which means club. Dutch traders probably brought the word to the Scottish and by the 14th and 15th century their dialect had changed the word to “Goff” or “Gouff”. By the 16th century it had evolved into “Golf”.

The game itself possibly started with the Dutch hitting stones with sticks on frozen canals possibly in the 13th and 14th century. As they traded with the Scottish people the Scots transformed the game into one played on the public land that linked the beaches with the farms and towns. Other scholars have suggested that the act of using sticks and other implements to hit small objects such as rocks and stones may have been going on well before recorded history.

Eagle

Stay Well for Life

What does wellness mean?

You are physically healthy and fit.

Your mind is sharp and you have a positive attitude.

Your emotions and feelings are balanced and positive.

You have a healthy social life; you respect and get along with other people.

You are committed to wellness daily.

Success in life and golf requires that you be well in all areas.

Building physical wellness.

Be active; look for opportunities to exercise and play in a safe environment

Have a balanced and healthy diet, drink lots of water not sodas or sports drinks.

Get a good night's sleep.

Always warm-up before any physical activity.

Limit your time watching TV or playing video games.

Building Mental and Emotional Wellness.

Surround yourself with positive people.

Be confident, honest with yourself and others, relaxed, control your temper.

Respect yourself and others, have a good sense of humor.

Set goals, work to solve problems, be willing to work hard to achieve.

Appreciate all kinds of different people, cultures and opinions.

Being healthy and fit reduces the risk of injury and illness, relieves stress, lowers blood pressure, burns fat and strengthens your heart and lungs.

Additional resources for wellness.

Review setting goals and the use of a goal ladder for achieving wellness.

Use My Plate as a guide to eating healthy.

Learn to resist. Commit to STAR as a method for maintaining wellness.

Golf History

In the 1800's and early 1900's the concept of one making a living playing golf (being a professional) was not considered a profession for a true gentleman. Professionals were often barred from entrance to clubhouses. Prizes for winning professional competitions were meager. A professional often augmented his living by making clubs and balls and teaching lessons.

Exhibition matches were organized by wealthy club members for the purpose of betting with the actual players receiving a small percentage of the total purse. Players would often make side bets to augment any winnings they might receive. In the early 1900's many of the better known professionals would stage exhibition matches to supplement their earnings. They would tour the country putting on exhibitions giving rise to the concept of the professional tour.

The PGA of America was organized in 1916 and slowly the professional tour was taken on by the PGA. In 1932 the PGA created the Tournament Bureau of the PGA. In 1946 it became an autonomous division. In 1968 the tournament division separated from the PGA and became the PGA Tour.

Fitness

As part of every warm-up routine we emphasize exercises that involves five categories; strength, flexibility and mobility, agility and coordination, balance and object control. Your individual warm-ups should seek to engage all aspects to be sure you are physically ready to pursue the activity you are getting ready to engage in.

First Tee Nine Healthy Habits

Physical

Energy – The physical and mental strength or power that allows one to function, move and be active. To have energy one needs to understand and make healthy choices about what, when and how much to eat and drink to provide the body with the most useful energy.

Play – Lively (often spontaneous) activity or exercise done for recreation, fun and enjoyment. A variety of fun activities can help maintain a lean, fit and strong body. Re-charging (sleep and other forms of rest allows one to participate in play on a daily basis.

Safety – Doing things to prevent or minimize injury, danger or loss. Playing in a safe environment by the rules with proper protections and equipment. Includes appropriate warm-up, cool down, hydration and sun protection.

Rules Knowledge

Impediments verses Obstructions: As a general rule, impediments are considered to be naturally occurring objects such as leaves, twigs, rocks, sand etc. Obstructions are man made objects such as cart paths, signs, cups and cans, ice cubes, sprinklers etc. Penalty area stakes (red & yellow) are considered to be moveable obstructions but out of bounds stakes (white) are not. Moveable impediments and obstructions can be moved anywhere on the golf course with

out penalty except if the ball at rest moves while doing so. Then the ball must be replaced in its original position and a one stroke penalty is incurred.

Dropping a ball: Only the player can drop his/her ball when taking relief (either free or from a penalty area). While standing erect the player must drop the ball from knee height, the ball must land in the marked relief area and come to rest within the relief area. Rules 15 & 16 cover taking free relief. Rule 17 covers taking relief from penalty areas.