Highland First Tee
Junior Golf Program
Descriptions Camps & Classes

The First Tee’s 9 Core Values
Honesty Integrity Sportsmanship Respect Confidence Responsibility Perseverance Courtesy Judgment

Kid Friendly Fun Golf Lessons, Camps, & Leagues (& Adult Lessons Get Ready Golf)
How to Register for First Tee Class

Online registration available at [www.thefirstteetwincities.org](http://www.thefirstteetwincities.org)

Can Pay with Credit Card or Can Register online or can Register on-line then send in a check or can just mail in Registration Form. All Camps meet at the First Tee Sanford Learning Center at Highland National Driving Range (1403 Montreal Ave).

Print out registration form and mail or drop off with payment to:

**The First Tee of Twin Cities**
1403 Montreal Ave
St. Paul, MN 55116

**Questions:** Program Director Franco Zerna 651-315-5266, fzer0@hotmail.com

*Program Director Franco Zerna & the late great Arnold Palmer who is a First Tee Trustee ➔*

**Confirmation – Are You In the Class/League:** You will receive a confirmation email if you pay online, there will be no other confirmation notices sent. Consider yourself registered for the class if you do not hear from us, you only will be contacted (Email first, then phone) if the class is full or cancelled. **We want your juniors to attend Camps and Lessons, if they have conflicts with other activities they can make it up by attending other sessions. (Just talk with your teacher)**

**Facebook:** Free Clinics, Bad Weather/Cancellations & Promotions: Please “Like” us (The First Tee of Twin Cities at Highland)

**No clubs? No problem!** All golf equipment necessary for golf lessons can be provided to First Tee Participants. Juniors will have access to the driving range, practice putting green, and the golf course. (Some Classes, and Camps) Safety is stressed during all lessons. Thank you for your support and interest in our program. Also Scholarships available for kids that are in financial need. Please talk with Program Director Franco for the next steps & forms)

**GOLF SKILLS, CHARACTER EDUCATION & LIFE SKILLS**

The First Tee Character Education and certification program curriculum offer various levels of golf and life skills to participants as young as age 4-5. (Tiny Tots) Participants then advance through the levels upon successfully completing the assessments. Recommended ages & an explanation of each level are listed below:

**Tiny Tots (Ages 4-5) & Bogey (ages 5-8)** The youngest golfers are introduced to the nine core values, golf fundamentals, etiquette and rules of golf in a safe environment that creates curiosity about the game.

**PLAYER Leagues (ages 7-10, 11-14)** Range Instruction and On Course Playing, playing the game of golf with special emphasis on The Code of Conduct, appreciating the rules and etiquette of the game and developing your game in golf and in life

**Monday Leagues (Ages 7-9, 10-15)** On the Golf Course Playing, no instruction.  
**Summer Golf Camps (Par and Birdie Level)**  
PAR recommended for ages 8+  
Continues emphasis on the golf skills, etiquette and rules of golf while focusing on interpersonal communication and self-management skills

**BIRDIE/EAGLE recommended for ages 10+ (Must complete Par or a Camp)**
Mission Statement

The First Tee of Twin Cities is a non-profit 501(c)(3) organization, our mission is to impact the lives of young people by providing learning facilities and educational programs that promote character development and life-enhancing values through the game of golf.

Summer Junior Golf Camps:
$99-$149

Golf training covers putting, chipping, pitching, grip, stance, ball position, posture, pivot, weight shift, woods & irons full swing, and basic rules/etiquette. (Sessions for all skill levels)
Core values taught are honesty, respect and sportsmanship. Life skills include how to introduce oneself, the importance of rules and respect in life, and staying cool on and off the golf course.

Golf Camps are longer than regular Classes and you sign up by age. Camps are four days & are 1.5, 2, 3 or 4 hours

We will provide snacks for most camps but during 4 hours camps, please bring a bag lunch for juniors.
There is a water fountain inside the Learning Center on the range, & please bring a water bottle. Certain Thursdays during snack, a portion of the Financial Literacy Junior Class will be taught by PricewaterhouseCoopers. (PWC). Camps include instruction, life skill’s education, range balls, prizes and golf course access. ( Longer Camps) Clubs: Provided free for lessons if needed.

-Age guidelines for camps: (Typically juniors are grouped by age. Ages 6-8, 9-11, 12-14)
-Ages 9 and older (2, 3 or 4 hour camps)
-Ages 8 and younger (1.5 or 2 hour camps)

Tiny Tots $50 (Ages 4-5):

A wonderful class for young juniors to learn about the very basics of golf such as grip, stance & aim. We will be spending time on the putting green, chipping green and driving range, but most importantly we will be having lots of fun and learning some introductory life skills such as respect for the game of golf. Prizes are given for good behavior and for participating in contests. One parent/Guardian attendance is mandatory the
first lesson. Clubs available if needed

Bogey Level $75:

Beginner Level/Some Experience (Ages 5-6 & Ages 6-8)
Introductory golf classes that emphasize fun! In these progressive classes, golf training focuses on the basics of grip, stance, posture, aim, putting, chipping, pitching, full swing (woods and irons) and basic rules/etiquette. Life Skills focuses on honesty, respect and sportsmanship. We will play fun games and drills to learn and enhance a desired golf motion, & an emphasis on fundamentals and fun. Range balls, prizes & clubs included.

Par Level 1 $80 (Ages 8-11) Par Level 2 $80 (Ages 10-14): 

A Little Experience (Par 1) & Intermediate Level (Par 2): Golf training covers putting, chipping, pitching, grip, stance, ball position, posture, pivot, weight shift, woods & irons full swing and basic rules/etiquette. Par Core Values taught are honesty, respect and sportsmanship. Life Skills include how to introduce oneself, the importance of rules and respect in life, staying cool on and off the golf course and how to maximize fun while learning something new. Juniors ages 8-9 will be put into Par Level 1, ages 10 plus will be put Par Level 2. Juniors receive golf prizes, bag tag, golf balls, range balls, tees, and golf clubs provided if needed.

LPGA Girls Golf $99: (Ages 6-10 & 11-14): 

A nationally recognized, wonderful program for girls interested in golf. The lessons include LPGA instruction, green fees, snacks, special events, prizes and range balls. Each player also receives a Hat, Bag Tag & LPGA tee’s & golf balls if you fill out the LPGA Application. Golf clubs provided if needed. On course access is provided during a few lessons. (The One-Hour Classes the last few lessons
will be 2 hours, the instructor will provide a schedule)

Studies have consistently shown that when girls learn in a “girl-friendly” environment, they: Experience higher levels of engagement and participation, Are more comfortable learning and developing skills, have heightened confidence in their abilities for self-expression and communication & are more likely to engage in group activities.

Golf training covers putting, chipping, pitching, grip, stance, ball position, posture, pivot, weight shift, woods & irons full swing & basic rules/etiquette.

Junior PLAYer Leagues $149 (Ages 9-11, 12-15)

Juniors will Play rounds on course & receive driving range instruction

The class includes instruction, multiple course access at Highland 9 Hole Course or Highland National Golf Course, range practice/instruction. Golf balls can be provided for use on the golf course. Coaches will help juniors with their golf game on the range as well as on the golf course. Golf training covers putting, chipping, pitching, grip, stance, ball position, posture, pivot, weight shift, woods & iron full swing, golf course management and basic rules/etiquette. Juniors will be grouped based on age and playing ability.

Monday Junior Leagues

- Cub 5 Hole League (Ages 6 – 10) Tee-times from about 11am- 11:40pm Session #L21
- Shark 9 Hole League (Ages 7 – 14) Tee-times from 9-10:30am Session #L22
- Annika (Girls) 9 Hole League (Ages 7 – 14) Tee times from about 10:30-11:00am Session # L23

Mandatory Orientation Sunday, June 10* from 4:00-6:30pm (Open House format – stop by First Tee Learning Center at the Highland Range (1403 Montreal Ave) for tee times, golf clubs buy/trade, range practice, free golf balls/tees/wrist bands, and sign the league agreement form)
The Junior League is played in an individual stroke play format. We emphasize having fun on the golf course while trying to improve your golf skills as well as respecting the golf course and other juniors, and the etiquette necessary to play a timely round of golf.

Juniors will receive a tee-time for the summer, which they can request a tee-time to play with other juniors. (Friends) Emphasis is placed on the rules of golf, having fun and the etiquette necessary to play a timely round of golf.

In August will have a free lunch provided for the juniors (Past 7 years its been Fat Lorenzo’s Pizza)

A special set of tees will be placed to make some of the longer holes shorter.

Where: Highland 9 Hole Golf Course (1797 Edgecumbe Rd)

TO HELP DETERMINE PICK-UP TIME:
Add about 2 hours from tee-time to play 9 holes. For example, if a junior has a tee-time at 10:00 AM they should be done by a round 12:00 PM (Cub 5 hole League about 1 hour 10 minutes from Tee-time, extra volunteers needed for Cub League to walk with the juniors, if interested contact Franco Zerna (651) 315-5266 or fzer0@hotmail.com)

Birdie/Eagle Advanced (Ages 10-13, 14-16): Summer #Birdie1A

Birdie/Eagle Level classes address more advanced golf techniques. For ages 12-18, The golf training in these classes focuses on a solid foundation of fundamentals and builds on the long game, short game, swing plane, effective practice techniques, course management, swing aids, rules of golf and on course playing. Life Skills focuses on applying goal setting, honesty, respect and sportsmanship on and off the golf course. Eligible participants will be coached on mentoring and volunteering. This comprehensive class will meet in the summer. Dates can be modified based on juniors schedule; usually meet at the range, and then proceed to the golf course.

Participants in Birdie Class will also form a Junior Board Advisory, this advisory will help mentor, create ways to engage juniors, learn how to promote and grow the game of golf and apply the Life Skills learned. Juniors that participate will be eligible to apply to for First Tee local & National Programs: The First Tee National Programs such as college scholarships, (Scholars Program) Pebble Beach Golf Tournament, Life Skill Leadership Academy, and local events such as The First Tee Invitational Tournament & The 3M Junior Course Reporter.
Interested participants need to contact Franco Zerna at fzer0@hotmail.com. Schedule will include times from June through August. (Minimum of 8 sessions and 4 on course playing experiences)

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Thank you for your interest and support of the First Tee of Twin Cities at Highland

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