

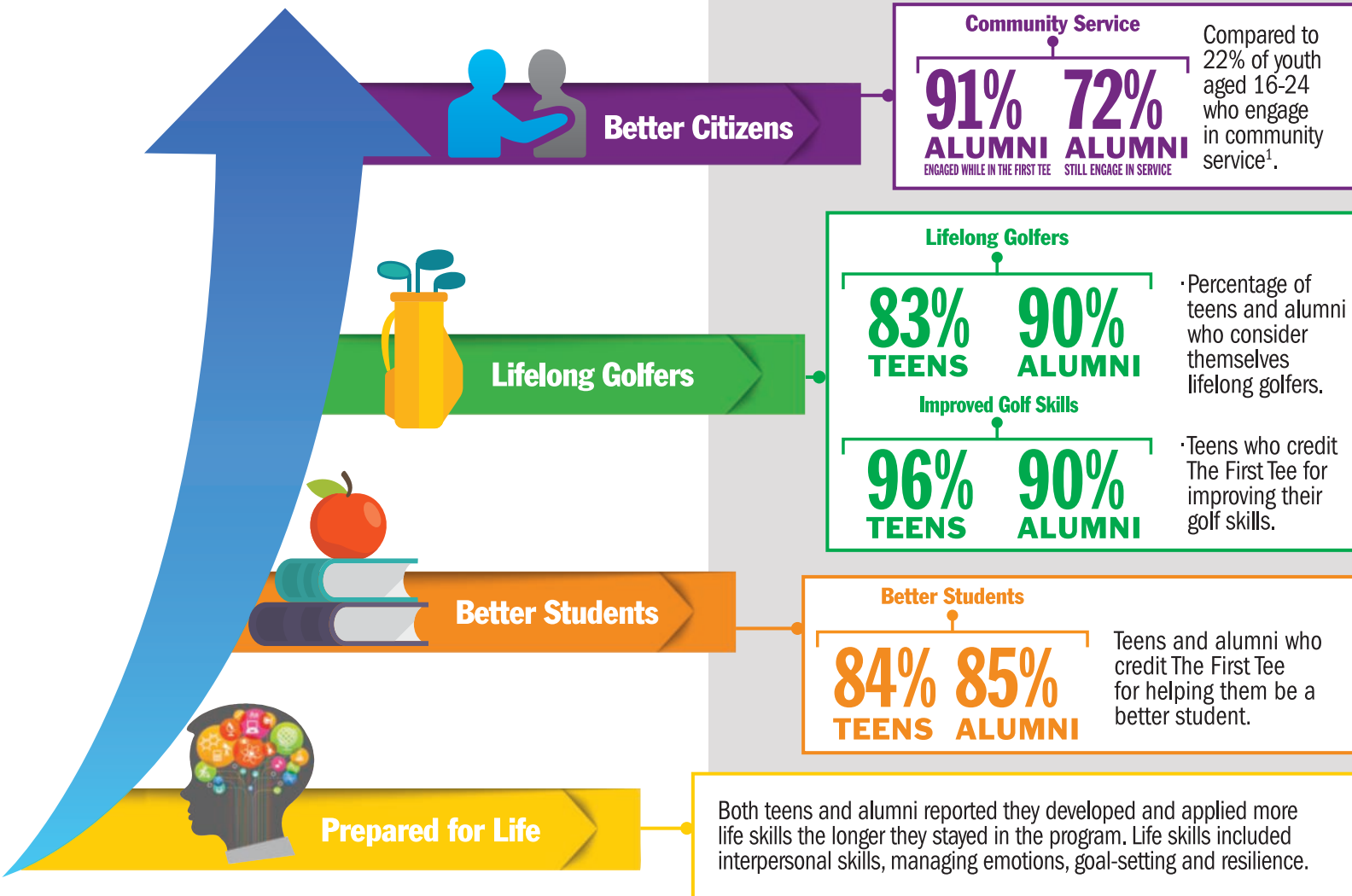


Good Golfers. Better People.

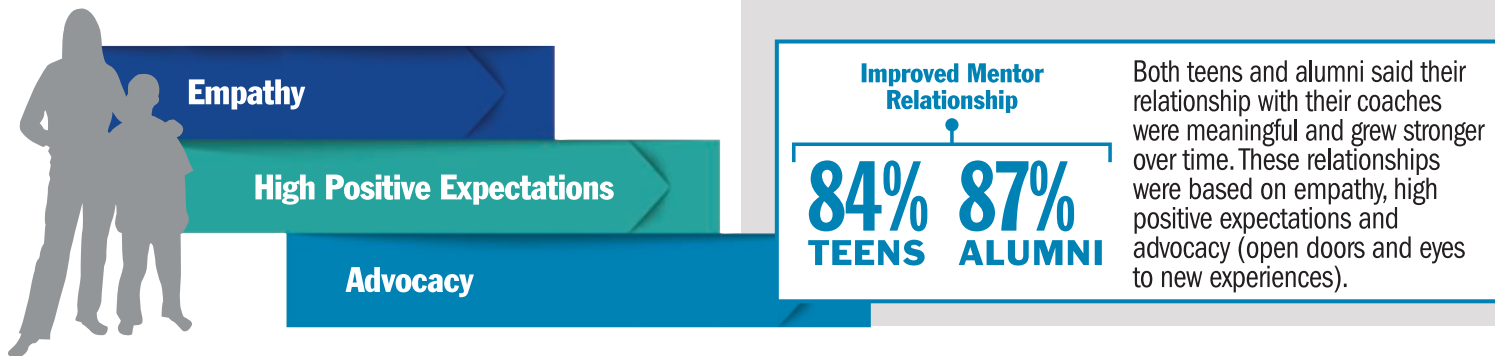
What Our Teens & Alumni Say About The First Tee

*A Lasting Impact: The First Tee's Role in Fostering Positive Youth Development
Springfield College Center for Youth Development & Research, 2015*

Empowering Youth Over Time



The Power of Mentors



¹2014 survey, U.S. Dept. of Labor: <http://www.bls.gov/news.release/volun.nr0.htm>

Behind the Study

A Lasting Impact: The First Tee's Role in Fostering Positive Youth Development

WHY?

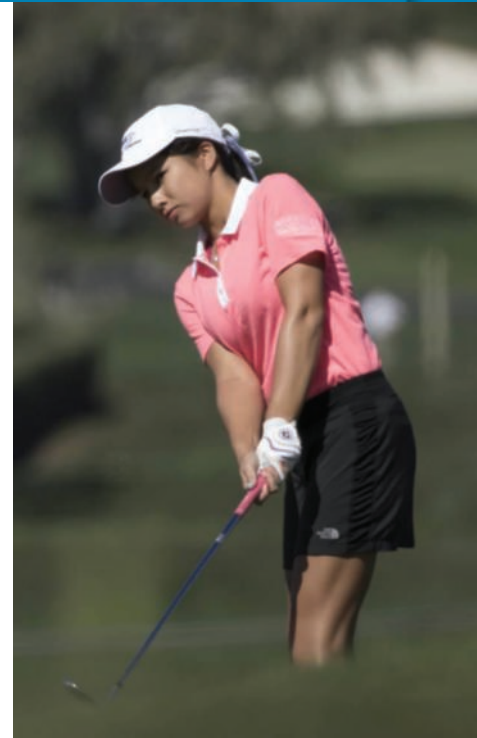
Evaluating programs is at the heart of a healthy nonprofit organization. The results of this survey are consistent with, and provide additional support to, the findings of previous longitudinal, evidence-based research conducted on The First Tee programs.¹ Through this research, The First Tee has gone a step further and examined the depth of participant/coach relationships respective to the acquisition of life skills associated with positive youth development, something few organizations have done.

Central themes emerging from the study:

1 Other research has shown that positive youth development programs that lack fidelity in delivery can do more harm than good². Data from The First Tee's recent study supports that coaches at the chapters are effectively using, as intended, four "Building Blocks" (Activity-based, Mastery-driven, Empowering Youth and Continuous Learning) when delivering the program. These results also support the importance of a non-family adult mentor, such as a coach, in the lives of youth³. **The participant/coach relationships established within The First Tee Life Skills Experience are meaningful and deep from the participants' and alumni perspectives.**

2 Additionally, a recent GradNation report⁴ released by America's Promise Alliance noted that while having a caring relationship with a non-family adult is important, it alone may not result in positive youth development outcomes. Relationships are most effective when they serve as an anchoring function where the adult provides a gateway to a larger web of peer and adult support, as well as, a variety of new experiences. **Data suggests The First Tee coaches may provide this anchoring function through their relationships with participants.**

3 As participants progress through The First Tee Life Skills Experience they reported the quality of their relationships with coaches increased. Coaches play a critical role in how participants define their experience. **The key message learned from these participants and alumni is that coaching for positive youth development is not done to youth, rather, it is founded on relationships that are built with youth.** This message is at the heart of The First Tee.



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 "The First Tee is a great experience. It's definitely going to help you later in life when you're trying to make a hard decision or in a situation when you don't know what to do."

–Teen participant

Quantitative and qualitative study conducted by:

Springfield College Center for Youth Development & Research, 2015

Dr. Albert Petitpas, Dr. Thaddeus J. France III, Dr. Elizabeth Mullin (and Maura Bergan, Greg Margolis, Meghan Krasnow, Riley McGhee, Leonardo Ruiz)

Methodology: Coach Athlete Relationship Survey (873 teen-age participants and 93 alumni respondents), which is a valid and reliable instrument, as well as life skills questions based on The First Tee curriculum and qualitative interviews with six teen focus groups.



1 "More Than a Game": Longitudinal Effects of The First Tee Life Skills Programs on Positive Youth Development (Weiss et al., 2005–2008).

2 DuBois et al., 2002

3 Rhodes & DuBois, 2008

4 Center for Promise at Boston University: Don't Quit on Me, 2015, <http://bit.ly/1rk2TOi>