



# Transformative and Empowering

In open-ended, unaided essays program participants articulated the following impacts of their involvement with The First Tee:



“Because of The First Tee I...”

## 87% Improved Sense of Empowerment



- “Gave me a greater sense of confidence.”
- “Taught me perseverance...to never give up.”
- “I’ve become a leader.”
- “I’m able to confidently speak in front of groups.”
- “I’m more goal oriented.”

## 81% Demonstrable Self Improvement/Personal Transformation



- “I’m better able to manage my time.”
- “I have the courage to do things that I wouldn’t do before.”
- “My grades have improved.”
- “I’m making better decisions.”
- “I’ve become a better version of myself.”

## 67% Enhanced Team Work and People Skills



- “I’ve made great friends for life.”
- “I’ve learned how to be respectful of others.”
- “I’m comfortable initiating conversations with adults.”
- “I’ve developed a ‘go-to-team’ that believes in me.”
- “I’m a better team player.”

## 85% Personal Ownership of The Nine Core Values



- Honesty
- Integrity
- Sportsmanship
- Respect
- Confidence
- Responsibility
- Perseverance
- Courtesy
- Judgment



# Providing the Right Foundation

The First Tee participants provide unaided and open-ended statements about how their coaches/mentors have made an impact on their lives:



## Adult Mentor Relationships

61%

### Setting the Right Example



“She has been a perfect role model...like a second parent to me.”

“He’s taught me how to be a better golfer, and helped me grow as a person.”

“I’ve always admired [my coach’s] hard work.”

“Coach is always honest, genuine and open with us.”

51%

### Pushing Me to be My Best



“He helped me set a good foundation.”

“She encouraged me set goals and visualize a path.”

“Coach pushes me and is always challenging me.”

“He motivates us and inspires us.”

71%

### Supportive and Encouraging



“He always cheers me on and believes in me.”

“She was so caring, understanding and kind.”

“[My Coach] always had good advice to help me solve problems.”

“He’s always able to boost my confidence and makes me feel like a winner.”

54%

### Always There for Me



“He’s a reliable part of my team and is always there when you need him.”

“I’m so glad that we continue to be a part of each other’s life.”

“She’s a great listener. I can talk to her about anything.”

“I admire her selfless dedication to all of us.”

**...YOU CAN ALSO MAKE A DIFFERENCE!**

<https://thefirsttee.org/get-involved/ways-to-give/>

Source: 2018 analysis of 268 unaided and open ended responses to two questions related to The First Tee participant opportunities.

“Because of The First Tee I \_\_\_\_\_”, and “Provide an example of an adult mentor relationship at The First Tee that has been significant to you and explain why.”

Respondents were age 14-18 with a balanced representation of gender, ethnicity and region. The First Tee partnered with Sports and Leisure Research Group for this project.