



THE MENTORING
PARTNERSHIP OF
SOUTHWESTERN
PENNSYLVANIA

September 2011 MLN Meeting Recap “Incorporating Sports Into Your Mentoring Program” and The Magic of Mentoring Special Event

Facilitators: Marc Field (The First Tee of Pittsburgh), Matt Rosemeyer & Allen Murray (Pittsburgh Harlequins)

Key Takeaways

- Programs are NOT concerned with making kids excellent athletes, but use sports as a way to promote healthy behavior in a fun way
- Most significant aspect of mentoring is the relationship itself
- Sports show kids decision making skills that can be used in their own lives with everyday decisions
- **Video from meeting:** Check out the Pittsburgh Harlequins teaching agency representatives about the rugby program by actually playing rugby at <http://www.youtube.com/watch?v=YSt7GHNM9Js>

Interesting Notes about The First Tee of Pittsburgh (Marc Field)

- The program uses a written lesson plan with life skills and golf skills integrated as a fun thing to do
- Not all mentees/mentors are great golfers, each learns from one another when playing
- Great field trip taken to Giant Eagle where the kids learned about healthy decision choices in food
- The core values can be applied to any other program
- The program plans to start having girls as mentors/mentees in the near future
- Powerpoint available below

Interesting Notes about the Pittsburgh Harlequins (Matt Rosemeyer & Allen Murray)

- Program started as the Pittsburgh Harlequins, Men’s rugby team, wanting to give back to their community
- Rugby is not the focus, being active is
- When athletes or other sports’ teams use their facility, they are required to volunteer through the program
- Shows kids to be less violent by playing tag-rugby instead of the traditional tackling within the game
- Encourage respect and responsibility with the students versus disciplining them
- Offer kids a sense of pride when giving them each a jersey to keep
- 10 week program during the spring

Other News and Resources

Mark your calendars – the **2011 Magic of Mentoring event** will be held on Wednesday, November 2nd, 5:30-9:00PM.

- No sit-down dinner with assigned tables
- Program will be 30 min. max; rest of the time is for networking
- Open bar
- Silent Auction
- 2 complimentary tickets available for each local program with a 2011 Letter of Agreement on file (additional tickets for \$100 each)

For questions or more information, please contact Bridget at bridget@mentoringpittsburgh.org

Online Mentor Training – Check out Education Northwest’s “Talking it Through” video series, featuring 13 online videos on how to effectively communicate within the mentor/mentee relationship.

Train the Trainer-Mentee- Training to help you to facilitate a mentee orientation to the young people in your area will be held **Tuesday, September 27, 9:00-11:00AM**. Register online on our website at <http://mentoringpittsburgh.org/get-training-for-programs-form.aspx> . For any questions, please contact Bridget at bridget@mentoringpittsburgh.org

The next **Elements of Effective Practice** will be held on **October 5, 2:00-4:00PM**. Look on our website for more details or contact Bridget at bridget@mentoringpittsburgh.org to register

The next meeting will be a **Webinar: Bullying and How You Can Help**, held on **October 11**. Look on our website for more details or contact Bridget at 412-281-2535 for any other questions.



MPSWPA – September 13, 2011 Using Sports in Mentor Programs



200+ Chapters, more than 500 learning and program affiliates,
and over 600 access affiliate relationships with existing golf
courses for additional access to the game

The First Tee® Founding Partners



PGA.



USGA.



Founding Corporate Partner



Who is The First Tee?

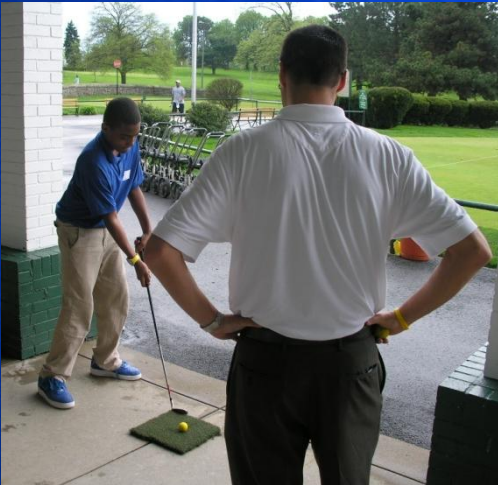
*To impact the lives of young people
by providing educational programs that
build character and life-enhancing
values and promote healthy choices
through the sport of golf.*

The First Tee Nine Core Values® are traits that are exhibited through personal behavior by mentors, staff and volunteers. A value can be taught only through example.

The First Tee Life Skills® are very specific lessons geared to teach mentees effective habits that, when incorporated on the course and in daily life, can lead to positive decisions and outcomes.

The First Tee Nine Healthy Habits® are a holistic approach to mentee wellness that include physical, social and emotional domains

Mentors are
Empathetic
Non-stop advocates
Trustworthy
Optimistic
Role models who
Set high expectations for mentees



TFTP Mentor Program

TFTP partners with East End Cooperative Ministry (EECM) to offer a 32 session program. This includes:

1. A one-hour TFTP Life Skills Golf Clinic
2. A healthy meal, purchased from Whole Foods
3. Supervised field trips
4. Mentor/Mentee interaction

*The golf activity not only helps mentees develop important life skills, it also provides a **shared experience** that promotes solid mentor/mentee relationships*

Program Activities



Mentor/Mentee activities are done with a written lesson plan that clearly articulates a life skill that is seamlessly integrated into a golf activity

Sample Lesson Plan

- **Life Skills Objective:** Exploring the Game through G.A.M.E. (Go play, And Explore, My interests, Enjoy what's fun for me). Scavenger Hunt helps initiate exploration.
- **Golf Skills Objective:** Mentees will hit different types of shots going through a 5 hole course exploring what they like best
- **Healthy Habits Objective /Social (friends):** At TFTP we support and encourage each other. We are all learning new things and it is OK to make mistakes. No bullying or teasing is permitted at TFTP.
- **Rules of Golf Objective:** Review Ground Under Repair rule: GUR is marked and relief is nearest point of full relief out of GUR one club length no nearer the hole.
- **Courtesy Objective:** We are quiet and still when other golfers are hitting their ball

Warm-up *(Include rapport-building, mental & physical activity, as well as safety.)*

- 1. Icebreaker:** TFTP Scavenger Hunt – Pre-mark 40 golf balls with numbers 1 – 5. Place one of each number on putting green, fringe, rough, chipping green, tee box, pro shop, ball washer, fairway – teams need to find all eight balls marked with their number. First team to find all 8 balls is the winner.
- 2. Explanation of GAME,** (Go play, And Explore, My interests, Enjoy what’s fun for me).
- 3. Demonstrate three grips** – baseball, overlap and interlock. Have each Mentor/Mentee Scav. Team go with their mentor and pitching wedge and try all three grips. After come back and explain which they prefer and why.
- 4. Mentors will review grip, stance and swing** (hot dog in a bun) and explain safety zones. Mentees should be asked about their golf interests and what is fun for them.

- **2. Seamless Games/Activities** *(Create first; then develop Warm-up and Wrap-up. Seamlessly integrate life skills and golf skills into games/activities and clearly state how they are delivered together.)*
- PLAYers will break into five groups and shotgun start at one of the five holes. As they play the five-hole course it will require different kinds of shots because of the set-up, barriers and obstructions. PLAY-ers should note what they like and don't like about different kinds of shots/holes and "score" them on scorecard. PLAYers should then "score" their most/least favorite holes on scorecard and be able to explain why. (#1 is least favorite and #5 is most favorite)
- Mentors should also stress order of play, quiet and still while others are hitting and use definition to note obstruction.

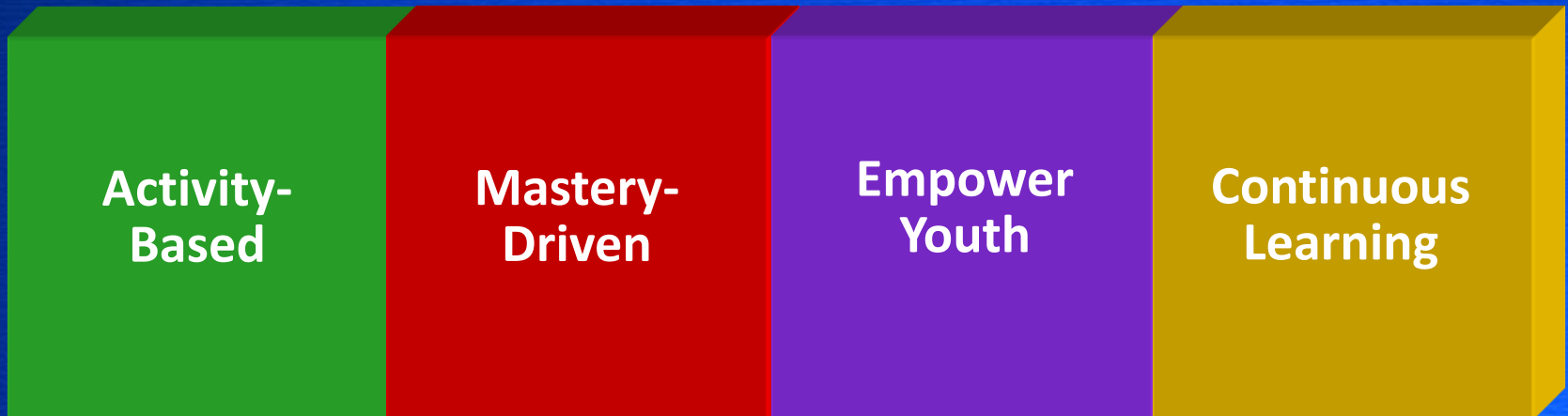
Program Activities



Life Skills Categories

- **Interpersonal skills** - meeting, communicating, and interacting with others; showing respect
- **Self-management** - maintaining a positive attitude; controlling thoughts and emotions
- **Goal setting** - assessing one's abilities; setting realistic goals under one's control; creating a plan
- **Resilience skills** - resolving conflicts; appreciating diversity; making healthy choices; being a mentor

The First Tee Coach Building Blocks



Doing vs. Telling / Intention = Attention / Youth Centered / Good, Better, How



#	PLAYer
1	Welcome and Showing Respect
2	Courtesy toward Others
3	Responsibility for the Course
4	The Honesty of PLAYers
5	Modeling Sportsmanship
6	Developing Confidence
7	Using Good Judgment
8	Playing with Perseverance
9	Living with Integrity

#	Par	#	Birdie	#	Eagle
10	Explore the Game	16	Dreams and Goals	22	Stay Well for Life
11	Respecting the Rules	17	Positive and Important to You	23	Building a Go-to Team
12	Meeting and Greeting with A-L-R	18	Specific	24	Appreciating Diversity
13	Having Fun While You Learn	19	Under Your Control	25	Dealing with Conflicts
14	Staying Cool	20	Goal Ladder	26	Be a Go-to Person
15	Personal Par	21	Dealing with Challenges	27	Planning for the Future

Conclusion: *The First Tee is a youth development organization that uses proven methods to teach young people **Life Skills, Healthy Habits** and **Core Values** through the game of golf. When these lessons become life-long habits, they help The First Tee participants be successful on and off the golf course.*

