

First Tee NEW — Northeast Wisconsin

Welcome to First Tee NEW Winter Programming!

We are so excited to have your child join us for winter programming! First Tee NEW is part of a national youth development organization that uses the game of golf to help kids build character, confidence, and life skills they can carry with them everywhere they go.

Our winter sessions are focused on full swing mechanics, using a TrackMan launch monitor and simulator to analyze and improve your child's swing — keeping them sharp and ready for the golf season ahead.

WHAT TO BRING

- Golf clubs — we encourage players to bring their own if they have them. Rental clubs are available if needed.
- Water bottle — please send your child with water for every class.
- Athletic or golf attire, closed-toe shoes.
- Girls with long hair: please bring a hair tie to keep hair pulled back and out of your face when swinging and putting.

OUR LOCATION

First Tee - Northeast Wisconsin at Mid Vallee Golf Course

3870 Mid Valley Dr, De Pere, WI 54115

www.midvallee.com

Classes held at the Learning Center — past the clubhouse in the gray building.

Use the glass door at the ramp to enter.

Questions? Contact First Tee NEW: (920) 606-6607 | admin@thefirstteenew.org | firstteenew.org

WHAT YOUR CHILD WILL LEARN

Winter sessions are focused on full swing mechanics. Using a TrackMan simulator, coaches will analyze your child's swing and provide targeted feedback to help them improve their technique, consistency, and confidence.

Students will work on:

- Full swing mechanics and sequencing
- Ball flight and TrackMan data review
- Grip, stance, and posture fundamentals
- Building consistency and muscle memory through repetition

GOLF TIPS FOR PARENTS

You don't need to know golf to reinforce what your child is learning. Here are the things coaches say most:

- Let them grip the club the way their coach showed them — it will feel a little awkward at first, especially if they've held a club before. That's normal. The new grip is correct; don't let them go back to what feels familiar.
- Don't tell them to "keep their head down" — it's one of the most common things parents say, but it actually causes problems with the swing. It can cause a player to stop their body from rotating properly through the shot. Coaches spend a lot of time working on this, so it helps to avoid saying it at home too.

- Putting practice at home is great — putting on carpet with a cup builds real feel for distance and is one of the most effective things they can do between classes.
- Grip and stance can be practiced anywhere — a broom, umbrella, or just their hands in the mirror works fine.

WHAT TO EXPECT AT DROP-OFF

- Please arrive a few minutes early so your child is ready when class begins.
- Check your child in with the coach upon arrival.
- Please be prompt at pick-up — class ends on time.
- Each coach and class setup is a little different. Some coaches welcome parents in the simulator room; others find that students focus better when parents step back. Your coach will let you know what works best for their session. In some cases — especially with younger or newer students in a one-on-one setting — a parent's presence can actually be helpful. Follow your coach's lead and don't hesitate to ask.
- Students age 7 and under: If you or your coach prefers that you step out of the simulator room, please remain on property. You're welcome to wait in the Trinks Learning Center meeting room or in your car.
- Students age 8 and older: If you or your coach prefers that you step out of the simulator room, you are welcome to drop off, run errands, and return promptly at pick-up time.
- If your child does not have their own golf clubs, we have clubs available to borrow for class.

A NOTE FROM FIRST TEE NEW

We are so excited to work with your child this winter! Our coaches are passionate about helping every student improve their swing mechanics and stay connected to the game during the off-season. Winter programming is a fantastic opportunity to build the skills and muscle memory that will make the transition into summer programming smoother and more enjoyable.

We can't wait to see your child grow on the simulator — and on the course come spring!

— The First Tee NEW Coaching Team