

TOP FIVE REASONS SPORTS EMPOWER GIRLS FOR LIFE

Are you looking for a youth program to empower girls and build self-esteem? Sports are a great way to equip girls with the tools they need to succeed in life. At The First Tee, we use golf as the platform to help youth build confidence, character and friendships.

5 REASONS SPORTS EMPOWER GIRLS FOR LIFE

1. GIRLS BUILD CONFIDENCE:

Girls who play sports have greater levels of self-esteem, self-image and are less likely to use illicit drugs. Confidence comes through developing a sense of teamwork and learning how to set and achieve goals. Golf is the perfect platform for girls because anyone can play!

2. GIRLS FORM FRIENDSHIPS:

Golf is a fantastic way for girls to build lasting relationships with others while experiencing competition in a fun, supportive environment.

3. GIRLS DEVELOP A STRONG WORK ETHIC:

Athletics require work – especially in a game like golf. One study reported 82% of women in executive-level jobs who played organized sports in middle, high or post-secondary school reported that sports helped them with leadership skills, teamwork, discipline and perseverance.

4. GIRLS STRENGTHEN PERSEVERANCE:

And, of course by being involved with sports, girls learn how to keep playing when nothing seems to go right. To succeed in golf, players must continue through bad breaks and their own mistakes, while learning from past experiences – just like in life.

5. GIRLS HAVE ACCESS TO COLLEGE SCHOLARSHIPS:

Did you know that female college golf scholarships are unused each year? For many girls, the chance to fund or subsidize education is one of golf's greatest benefits. Learn more about helping your daughter pursue a college golf career.



GIRLS GOLF AT THE FIRST TEE

The First Tee programs can provide girls the platform they need to become high-achievers in their personal goals, boost their self-esteem and experience competition in a fun, supportive environment.

Wendy Carlson Girls Golf Program at The First Tee of Central Iowa offers programs geared exclusively for female junior golfers to help provide them with the confidence and skills to become tomorrow's leaders and athletes for life.

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