

WHY SHOULD GIRLS PLAY SPORTS LIKE GOLF?

The long-term benefit of girls participating in sports, such as golf, goes beyond the physical and emotional. Playing organized sports as a young female helps create better business women according to a survey by MassMutual Financial Group of 401 executive business women.



EXECUTIVE WOMEN BELIEVED THAT SPORTS HELPED THEM IN A VARIETY OF WAYS, INCLUDING:

- 86% of the women felt sports helped them to become more disciplined;
- 81% felt participating in sports helped them function better as team players in the workplace;
- 69% of the women felt sports helped them develop leadership skills;
- 68% of the women believed their past in sports helped them learn to deal with failure; and
- 59% of the women thought sports gave them a competitive edge over others in the business world.

The First Tee junior golf and life skills programs provide girls with the platform they need to become high-achievers in their personal goals, boost their self-esteem and experience competition in a fun, supportive environment ... they even learn to golf!

THE FIRST TEE OF CENTRAL IOWA AIMS TO GET MORE GIRLS GOLFING!

The First Tee of Central Iowa is introducing golf to girls in our community.

We recently created the Wendy Carlson Girls Golf year-round program. This program is designed for young ladies in middle schools and high schools, ages 7-17, who have either never played golf or have not played much at all.

The Wendy Carlson Girls Golf program aims to:

1. help girls discover their full potential for having success
2. live a confident healthy and active lifestyle
3. provide social opportunities and meet lifelong friends



The First Tee of Central Iowa

And the best part?

The Solheim Cup will be at the Des Moines Golf and Country Club August 14-20!

The Wendy Carlson Girls Golf Program at The First Tee of Central Iowa is 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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