



# Youth on Course

[www.youthoncourse.org](http://www.youthoncourse.org)

# Changing Lives

**Youth on Course**, the NCGA Foundation's youth development program, can change a child's life using the game of golf. The program makes the game affordable and accessible to Northern California youth while simultaneously developing life skills and core values. To include youth from all socioeconomic backgrounds, the NCGA Foundation partners with local organizations to identify underserved youth in communities that wouldn't normally have such opportunities. Through a continuum of services, the Foundation invests in the lives of deserving youth.

**Youth on Course** creates the opportunity for kids to succeed by using a continuum of services:



## **Play.**

Makes golf affordable, accessible, and fun for participating youth.

## **Learn.**

Teaches life skills, core values and nutrition using on-site and online learning methods.

## **Participate.**

Gives access to and supports Northern California junior golf competitions.

## **Work.**

Provides internships and career opportunities for youth in the golf industry.

## **Educate.**

Awards educational scholarships to deserving youth.

## **MISSION**

*Provide deserving youth the opportunity to develop life skills and values through golf.*

# Play.



In 1997, the World Health Organization declared obesity a global epidemic with major health implications.<sup>1</sup> Getting kids playing golf, making golf affordable, and helping ensure healthy kids is the goal of **Youth on Course**. Founded in honor of Tom Morton by his family, Tom's Kids was the predecessor to **Youth on Course**, and all current participants are affectionately referred to as Tom's Kids.

To become one of Tom's Kids, each participant must complete the life skills and core values curriculum. After this, young players receive an NCGA membership that allows them to play at more than 115 participating Northern California

courses for no more than \$5. The Foundation hopes to expand this program and add more participating courses with the help of other golf courses and generous donors.

**Youth on Course** has grown to include the Southern California Golf Association Foundation and is now a statewide initiative. For additional information or to find courses in select regions, log on to our website at [www.youthoncourse.org](http://www.youthoncourse.org).

***I really like the clinics and learning how to actually play golf. This is my first time golfing. It's not like Wii Golf. It's a lot different.** —JOCELYN, YOUTH ON COURSE PARTICIPANT*

## Fact

In 5th grade, only 25% of males and 31% of females could meet the California state fitness standards test. Physically fit children generally have better memory, concentration, and energy levels. They tend to be healthier emotionally, and are more inclined to carry their healthy lifestyle into adulthood.<sup>2</sup>

<sup>1</sup>World Health Organization. *Obesity: Preventing and Managing the Global Epidemic. Report of a WHO Consultation on Obesity, 3-5 June 1997, Geneva.* Geneva, Switzerland: World Health Organization; 2001. WHO/NUT/NCD 98.1

<sup>2</sup>Kidsdata.org

# Learn.



**Youth on Course** is also about participants learning skills now that they can carry into the future. Children learn the game of golf and more importantly learn life skills and core values. To help reach all youth, including those at-risk, the Foundation has partnered with special groups in Northern California such as the Boys and Girls Clubs of America, Visitation Valley Middle School, La Familia Counseling Center, Sacred Heart Nativity School, and Seaside Baptist Church.

The Foundation provides 20-week confidence building golf clinics with professional golf instruction and an educational curriculum that teaches life skills, core values, and nutritional education. Due

to a small ratio of students to instructors, adults mentor youth and help them learn life lessons.

**Youth on Course** also goes beyond the “green” classroom and has impact in the school classroom. Many teachers and parents say that sports not only keep children coming to school but also keep them away from crime, drugs and gang activity.<sup>1</sup>

*It's very relaxing. I come tired with a lot of thoughts on my mind that bother me. I focus on my arms and legs and swing and forget about everything. It's nice and quiet here. No distractions.*

—OSCAR, YOUTH ON COURSE PARTICIPANT

## Fact

Research has identified three key factors that promote resilience in young people, thereby protecting them from risk and helping them succeed:

- *Caring relationships:* Supportive connections to others who model and support healthy development and well being
- *High expectations:* Consistent communication of direct and indirect messages that youth can and will succeed
- *Opportunities for participation and contribution:* Involvement of youth in relevant, engaging, and interesting activities with opportunities to contribute<sup>2</sup>

<sup>1</sup>New York Times, “For Many Student Athletes, Game Over.” By Winnie Hu. Published: July 28, 2008.

<sup>2</sup>Kidsdata.org

# Participate.



Through a partnership with the NCGA, youth who show interest in building their golf skills or who want a little competition can join the NCGA Junior Tour. The Foundation encourages active participation in golf events as a way to build confidence and help each participant reach their individual goals.

**Note:** The Foundation subsidizes the fees if a participant needs assistance.

***It teaches me to keep trying until you get it right and stay positive. Also to be respectful, be kind, and not self-pity.*** —GERARDO, YOUTH ON COURSE PARTICIPANT

## Fact

Youths aged 12 to 17 who participated in church- or faith-based or other activities during the past year were less likely to have used cigarettes, alcohol, or illicit drugs in the past month than youths who did not participate in these activities.<sup>1</sup>

<sup>1</sup>Participation in Youth Activities and Substance Use Among Youths. The NSDUH Report. August 13, 2004. Packard.org



# Work.



## Fact

After-school programs can keep youth out of trouble, improve school attitudes and behavior, strengthen social networks, teach new skills and improve self confidence by offering safety, structure, supportive adults and exposure to new and different experiences.<sup>1</sup>

*<sup>1</sup>Putting It All Together: Guiding Principles for Quality After-School Programs Serving Preteens. Lucile Packard Foundation for Children's Health. Rachel Metz, Julie Goldsmith, and Amy Arbreton. Copyright 2010.*

Another way the Foundation is changing lives is by providing internships, career opportunities, scholarships, and grants. Youth can apply for internships and job opportunities in the golf industry that include working at local golf courses, volunteering at **Youth on Course** clinics, and mentoring young golfers.

***Golf relates to my life because it teaches me to be positive and respectful to the community. Being proud of what you do and can do. —YAJAIRA, YOUTH ON COURSE PARTICIPANT***

# Educate.



*They might be the generation  
that changes their family.  
They might be the first ones to  
graduate high school or attend  
college.—MARC BRAGA, HEAD GOLF  
PROFESSIONAL, SAN JOSE COUNTRY CLUB*

The scholarship program, established in memory of Paul Porter in 2007, assists youth with college expenses. Scholarship recipients have attended the following outstanding colleges and universities:

- Scripps College
- University of Montana
- Santa Clara University
- University of California at Berkeley
- Methodist University

On a larger scale, the NCGA Foundation has awarded more than \$2,000,000 in direct aid to youth development organizations since 1990. Over 50 organizations used these funds for professional golf instruction, golf course access, transportation, volunteer training, and most importantly, to teach life skills and core values to more than 20,000 youth. The Foundation hopes to increase the annual grant contributions by counting on its many generous donors.

NCGA FOUNDATION **YOUTH ON COURSE**

# Foundation Goals

The NCGA Foundation's most important goal is to continue offering opportunities to youth that change and enrich their lives. Additionally, the Foundation endeavors to:

- Increase the number of youth served
- Enhance the life skills and values curriculum while expanding the continuum of youth development opportunities
- Expand partnerships with agencies, schools, churches and youth groups
- Operate efficiently, ensuring approximately 90% of every dollar is invested in youth

Your generous support of the NCGA Foundation will provide deserving youth the opportunity to develop life skills and values through golf.

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