

# Application: CHANGE-00000000

2021 Game Changers Academy

## School & Community Activities Chart

Completed - Apr 11 2021

## School & Activities Chart

### School & Community Activities Chart - Extracurricular & School Activities:

Please complete using the template below for Extracurricular & School Activities. You do not need to use every row.

	<u>Activity</u>	<u>Dates (From-To)</u>	<u>Responsibilities</u>	<u>Accomplishment</u> <u>s</u>
1	High School Golf Team	2018-2020	The first 2 years I was a starter (played every match and attended all practices), this year I played most matches and attended all practices, I also organized senior night for our 2 graduating seniors	My sophomore year we were almost undefeated (we lost 1 match) and this year we finished in the top 3 of our division, I've played almost all matches and last year we were able to attend the [REDACTED] tournament
2	Girls Empowerment Project ([REDACTED] club)	2020-2021	Member of the club, attends meetings and engages in conversations	Due to Covid, the club hasn't been able to hold many events but I have supported the movement of bringing awareness to SH/SA (sexual harassment/ assault) at my

3	Athletes Against Assault (AAA)	2021	This club was just started so roles are still being given out, the main focus is to keep athletes safe on campus and seek justice for victims, currently I attend the meetings and support the club	school Signed a petition demanding the school administration take actions to seek justice for victims and protect/ make athletes feel safe, supported a respectful walkout
4	Fashion Club	2019-2021	Attend meetings, participate in fashion shows, engage in conversations and collaborations with other clubs such as [REDACTED]	Participated in 1 fashion show and participating in another one in a couple of weeks
5	Indian Classical Singing	2012-2021	I have weekly group classes and participate in concerts whenever we have them	I have participated in over 10 concerts and sing at festivals at my house, temple, and friend's houses
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### School & Community Activities Chart - Community & Volunteer Service:

Please complete using the template below for Community & Volunteer Service. You do not need to use every row.

	<u>Activity</u>	<u>Dates (From-To)</u>	<u>Responsibilities</u>	<u>Accomplishment</u> <u>s</u>
1	Junior Coach at [REDACTED]	2018-2021	Junior coach: teach golf and life lessons through games, help set-up warmup and sometimes clean-up depending on the time	I think I've been able to create connections with many of the participants to a level where they are comfortable sharing anything with me. I've attended almost all classes and have tried to connect with all the kids when they come to class.
2	[REDACTED] Volunteer	2018-2021	Serve food to hundreds of people, organizing activities to engage the youth, helping set-up and clean-up, bringing in materials for some construction	I've successfully helped serve food continuously to hundreds of people and ensure that there was enough food coming out on time
3	Girls Golf	2019	I helped set up activities and played golf with a group of girls	I was able to have some fun conversations with the girls and ensure that they enjoyed their time at the event just as much or more than I had.
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## School & Community Activities Chart - Awards & Recognition:

Please complete using the template below for Awards & Recognition. You do not need to use every row.

	<u>Activity</u>	<u>Dates (From-To)</u>	<u>Responsibilities</u>	<u>Accomplishments</u>
1	Volunteer Award	6/19-5/20	Youth volunteer, I had to help organize youth activities and workshops, I also had to help the kitchen staff with serving food	Successfully engaged youth and provided enough food with proper organization
2	Indian Classical Singing	2/20	Had a group performance where we had to perform two songs we had been working on	Performed our songs in front of the audience and received an award in return
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## School & Community Activities Chart - Work for Pay:

Please complete using the template below for Work for Pay. You do not need to use every row.

	<u>Activity</u>	<u>Dates (From-To)</u>	<u>Responsibilities</u>	<u>Accomplishm ents</u>
1	YOC Caddie	2019-2021	Carry bags for golfers and do all the jobs a caddie has including cleaning clubs, getting balls, etc	I was able to caddie once but unfortunately with COVID I haven't been able to go out again, I plan on signing up for more loops this summer
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## Chapter Participation Survey

Completed - Apr 11 2021

Please ask your chapter representative to download the Chapter Participation Survey from the Chapter Intranet, complete it, and return to you to upload to your application. This form is to be completed by a chapter coach, program or executive director. It is the participant's responsibility to make sure this is filled out and signed, and then uploaded to their online application.

[FTHO 2021 CPSurvey \[REDACTED\] 04-08](#)

Filename: [REDACTED]

## Game Changers Academy Short Answer Essays

Completed - Apr 11 2021

## Form for "Game Changers Academy Short Answer Essays"

## Short Answer Essays

Answer ALL of the following questions. Please use the space provided below. Your response must be 300 words or less per question.

Questions: Contact Sandy Loberstein - [sandyloberstein@firsttee.org](mailto:sandyloberstein@firsttee.org)

### Complete the phrase: Because of First Tee I \_\_\_\_\_

am understanding. Through FT lessons and examples I've learned that no two people are the same. Everyone comes from different backgrounds and may go through similar experiences that affect them differently. I've learned to seek to understand: my experiences, values and perspectives are bound to be different from others and that is a good thing. Despite our differences, there is a common ground where we can all come together. To be understanding is to realize that people are shaped differently through experiences but seek to learn what makes us different and why, which is where ALR helps. In my english class during a socratic seminar, many of us had different interpretations of the book, but rather than disregarding another student's idea, I tried to understand how they came to their conclusions. The first step in understanding was to ask without judgment. Listening to a new perspective didn't make my opinions wrong, but it made me think introspectively. I asked follow-up questions to clarify details and deepen our conversation to be more meaningful. This specific conversation made me realize how important perspective is and how societal norms always play some kind of role in the way we think. The specific details we focused on broadened my perspective to think about how time period and upbringing/ background affects one's views. I realized, it's easy to judge but hard to understand. Having different perspectives doesn't mean one person is wrong, but rather that we can learn from each other and understand the diversity in our community. Understanding is respecting, and if we do not respect each other then our conversations would be limiting and we wouldn't be able to learn. By seeking to understand, I find it easier to create connections with anyone and adapt to situations while keeping my own individual identity.

### **Describe a situation outside of golf where you used STAR?**

Online school changed the process of group projects. Usually I like group work, because I can collaborate and have a go-to team, but online school changed that. I had a project where we split into two sides and created a scripted debate. We created a chat and split the work equally. We had time to work but ended up procrastinating and cramming everything the night before. Unfortunately most of the work fell on me. I had to use STAR to manage my emotions, communication, and work. The day before the due date all we had left was to write our script. Facing an uncomfortable situation I debated whether I should text my group and plead for help or avoid confrontation and finish everything myself. I stopped and thought of another path, should I email my teachers and tell them my group isn't contributing? I decided against this as I didn't want to be that person and thought that nothing good could come of it. I texted my group and anticipated the response of how the text would be perceived. I wondered how to motivate them while expressing urgency without throwing them under the bus. I texted them saying that I completed my work hoping that they'd do the same. After hours with no response I respectfully called out the members of my group that hadn't been active. I reminded them hoping they'd realize that I wanted all of us to get a good grade. In the end, I was able to get 3/5 group-mates to finish their work and help me work on another member's part. STAR helped me set aside my anxiety and focus better. I was able to control my emotions and motivate my group to do their work and collaborate on the project.

**Describe how exposure to diverse individuals and viewpoints can contribute to a richer life experience.**

Without the willingness to learn and adapt, life just stays stagnant. When you meet individuals different from yourself, you introduce yourself to new perspectives, cultures, and approaches. You learn more about the struggles you've never faced or knew existed, and observe the lessons that others have learned from their challenges. Learning new perspectives increases understanding and understanding equals knowledge. Life is more exciting when you are constantly learning. It's crucial for people to step out of their comfort zone, and get out into their stretch zone by taking risks and learning from others. Stepping into the stretch zone allows for new information to be passed and perspectives to be understood. My stretch zone usually involves large public speaking events. I feel comfortable when I'm knowledgeable about a subject and addressing a smaller group as I feel confident to talk freely, actively listen, and share. Class discussions are some of the best places to expose yourself to diverse viewpoints. Here, you can share various ideas but always have the opportunity to build off each other and gain a deeper understanding of any subject. Sharing viewpoints allows for growth and this is important as it opens up new possibilities. Exposure to diverse individuals allows you to learn more about their life and see if you'd wanna try something they're doing. For example, my friend is into fashion so I thought I'd join her fashion club and it turns out I really like stitching designs on clothes to spice them up. Recognizing that you have a lot to learn about various individuals allows learning and growth. Staying in your own bubble for too long becomes boring, but getting out into the world and meeting diverse individuals helps open your own personal world to the true beauty of the diversity in our planet.



## How has First Tee helped equip you to take on the unexpected challenges that 2020 presented?

First Tee has provided me with a community. I've been able to create a strong go-to team that I constantly reach out to for help and support. My team includes mentors like Coach [REDACTED] who I still ask for advice, and friends like (coach) [REDACTED] given me advice from being a better coach to being a better person. She constantly encourages me to be confident by just being myself. [REDACTED] is one of my best friends and without her I wouldn't be the golfer or person I am today. We've been playing golf every week and constantly talk about how to resolve any problems we have. I realized that even though we're all living through similar circumstances, we're handling it differently. 2020 has shown me the importance of focusing on my mental health and ensuring that I'm taking care of myself. First Tee equipped me with ways to be positive, which has helped my mental health. I've learned that the worst of situations can always be improved. This mindset's really helped me in school. This year I was able to focus on my grades and bump them up. I unconsciously utilized the goal ladder to set and meet deadlines. This guaranteed that I finished all assignments on time while allocating space for non-school related activities. The 4Rs especially helped me this year as I've noticed I started to get a lot more anxious about things like golf matches, presentations, deadlines, and school generally. I'd have trouble focusing and working. The 4Rs helped me take a step back from my chaotic life and take a breather, deep breaths calming myself letting me know I can handle whatever comes my way. After achieving calmness, I'd rethink my process and go with the path of most comfort and least anxiety.

## Letter of Recommendation

Completed - Apr 11 2021

Please upload a letter of recommendation from ONE of the following explaining why your application should be accepted for attendance at a National Participant Opportunity. Please choose from one of the following:

- Adult mentor
- Teacher
- School Administrator

You may use the same Letter of Recommendation for multiple opportunities.

[Recommendation for](#) [REDACTED]

Filename: [REDACTED]

## Headshot

Completed - Apr 11 2021

Please upload your photo. Here are some important tips to follow when submitting a quality



## Chapter Participation Survey

**PLEASE COMPLETE AND SIGN:** The following form is to be completed by a chapter coach, program or executive director for each participant applying for a First Tee national opportunity. It is the participant's responsibility to make sure this is filled out and signed, and then uploaded to their online application. The same form can be used for all opportunities in the same year.

This form is a vital part of the criteria evaluated for national participant opportunities. Please complete it thoughtfully. You can type directly onto this form, or attach a separate typed page with numbered answers.

Participant Name and Chapter: [REDACTED] First Tee - [REDACTED]

1. How many years has this participant been involved with your chapter?

[REDACTED] took her first class in the Summer of 2013

2. Please provide examples of how your participant has been engaged (with others, as a representative, or as a leader) at your chapter within the past three years.

[REDACTED] is an Ace student and became an active volunteer in May of 2018. All together she has served 166 hours as a volunteer junior coach. [REDACTED] moved through our program taking all 4 Ace projects by the end of her freshmen year. She has participated in our Girls Golf events, our seasonal tournaments, and represented our chapter at the [REDACTED] Chapter Championship.

In 2019 she was selected to represent FT [REDACTED] and present in front of top executives at the [REDACTED] Business Travel Association forum. There must have been over 200 people in the audience, and [REDACTED] shared her First Tee story with poise, confidence, and personality. After the speech I remember many individuals came to our table to congratulate her and say how impressed they were of her.

At our classes she maintains a great rapport with her coaches and with her fellow peers. She always meets and greets others when arriving and provides full effort in class as a participant and as a junior coach.

3. Please explain why you feel this participant should be selected for a national opportunity.

She is a great candidate because:

1. She is working to make a difference: This year she joined a club called Athletes Against Assault. The goal of the club is to promote change within her school and community culture around safety, and in particular, women's safety. The club creates a safe space for people to share their experiences with sexual assault and strives to hold the school and local law enforcement accountable for enforcing laws and consequences for safety violations. She has participated and led walk out protests, signed petitions, and worked with the AD and Super Intendent on actionable responses.
2. She is a continuous learner: When I asked her why she wants to attend the opportunities she responded, 'I know what I don't know and I want to dive deeper on leadership skills, and want to develop the tools necessary to make an actual change.' She always asks questions in her Ace class and



attends most of our 4 mentor trainings throughout the year to learn and become a more informed coach. Lastly, she wants to learn to challenge the status quo. For example, she belongs to a temple in her local community. She told me most of them are older and have traditional Indian thinking. They have a restrictive approach to what females can do within the temple and in the community. She told me she wants to learn more so she can challenge their opinions and show what's possible.

4. (Optional) Is there any additional information that you would like to add about this participant that has not been covered by the questions above?

I was having a conversation with her recently and she was describing her academic journey through high school. Her freshman year she was doing well in school, but by sophomore year she got sick which led to downward spiral in terms of motivation, grades, and wellness. She had to make life-style changes, set specific goals, improve her organizational practices, and take time to focus on her and the activities that strengthen her well-being. Long story short, she followed her goals to the point where in her junior year she received all A's and 1 B. It is not easy to have that level of self-awareness, and then to take actions herself shows a source self-motivation that will be instrumental in guiding her toward future success.

By signing below, I acknowledge that I am fully aware of and understand that if the participant recommended above does not follow the Code of Conduct at the corresponding participant opportunity and is sent home early, the Chapter will be responsible for any additional airfare fees inquired.

Name of chapter representative: [REDACTED]

Signature: [REDACTED]

Position at Chapter: Program Director

E-mail address: [REDACTED]

Date: 04-09-2021

Phone Number: [REDACTED]

March 31, 2021

To: The First Tee Game Changer Academy

Hello,

My name is [REDACTED] I am writing on behalf of [REDACTED] who is applying for this year's First Tee Game Changer Academy. I am [REDACTED] high school golf coach and am delighted to recommend [REDACTED] for this opportunity. [REDACTED] is a junior at [REDACTED] in [REDACTED] where she has been a member of our Girls Varsity Golf Team for three years.

[REDACTED] is a gifted and hard-working athlete. Her talent for golf became clear in the first week of tryouts in her freshman year- she could hit a 7-iron as far as most girls her age hit driver. [REDACTED] has been a stalwart for the team across her three seasons. She has worked hard and helped us take the division championship in her sophomore year. In this current COVID school year, our league had an abbreviated golf season. While we were unsure how many girls would show up this year, [REDACTED] again came out and played hard for the team, helping us finish among the top three teams in the league.

[REDACTED] credits her participation in the First Tee as an important part of her development as a golfer and person. As a veteran Junior Coach in The First Tee, [REDACTED] shows her enthusiasm for giving back as well as growing the game. In addition to having a high golf IQ, [REDACTED] truly embodies the Nine Core Values- she is an excellent ambassador for golf.

Coaches know the value of an athlete who is dedicated to personal excellence but who also knows how to be a great teammate. [REDACTED] understands the responsibility of being part of something larger than herself. The team can always depend on [REDACTED] to *be there* - at practice, matches, team meetings, or volunteer work. From a personal standpoint, [REDACTED] connects with every team member, treating them with warmth and respect. Whether in the face of a tough loss or the very real emotional challenges of this past year, her positivity bolsters the confidence and resilience of the whole team.

In addition to golf, [REDACTED] is an excellent student in all subjects. She also enjoys participating in her family's religious and cultural traditions. Her acceptance into

this program would recognize [REDACTED] as an outstanding young woman, as well as afford her the unique opportunity to engage in some very important conversations that would impact both golf and our communities at large. I recommend her most highly for this opportunity.

Respectfully yours,

[REDACTED]