



My name is Misa Church, and I am of the graduating class of 2019 at Deer Valley High School in Antioch, CA. I am proud to say that I will soon sign to play for San Jose State University's Division One Women's Golf team. Aerospace Engineering is the major I will focus on along side with golf. My primary focus as of now is gaining more experience on challenging courses and keeping my grades up in school. Having limited extracurriculars, such as being a violinist, allows me more time to focus on academics and improving my golf game.

No matter what sport, a player's character and responsibility are key components to succeeding. I have been a part of The First Tee (Contra Costa Chapter) for over seven years. Their main focus is teaching junior players life skills needed not just on the golf course, but in their everyday lives. I want to show you how I portray the Nine Core Values taught in The First Tee not just through my attitude on the golf course but also outside of it, such as in a professional meeting setting. There have been plenty of opportunities that I have taken advantage of through The First Tee that I hope to one day share my experiences with you.

A little bit of background on me: I have played golf since I was four. My dad introduced me to it once we moved from Maryland to San Jose, CA. I was never too fond of tournaments so I didn't start playing competitively until around 2012. I never did too well, but it didn't stop me from getting my mom to register me for more tournaments. I believe that even though I struggled in tournaments and never could understand how to play well enough to win one, it helped my mental game immensely. I used to get so upset that my mom and coaches would say, "Misa, your shoulders look tense... Breathe a little." Nowadays in tournaments, I am asked how I keep my composure. There is always another opportunity to play better on the next hole; the round only counts if you tried your best.

I have had some great coaches since I first started playing in tournaments. I worked with coaches at the Las Positas Golf Course in Livermore. My main coach is PGA Professional Instructor and Champions Tour Player, Jeff Brehaut, a resident of Los Altos. I came to know Coach Jeff through being his playing partner for The First Tee Nature Valley Open of 2016. Previous to Coach Jeff, Coach Bill Wilson of San Jose Municipal Golf Course was my swing and course management coach.

Misa Shigeko Church