

FACES OF
**CALGARY
SPORT**



DISC GOLF

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PANELISTS

Robert “Frisbee Rob” McLeod
6-time Guinness World Record Holder & Sponsored Professional Disc Golfer

Melissa Bright
Volunteer & Amateur Athlete, Calgary Disc Golf Club

James Koizumi
Board Member, Calgary Disc Golf Club

MODERATOR

Catriona Le May Doan
President & CEO, Sport Calgary

DISC GOLF

THE BASIC FACTS



- Similar to ball golf, however, disc golf players use disc golf discs and aim for a disc golf basket which is a pole extending up from the ground with chains and a basket where the disc lands.
- The object of the game is to complete each hole in the fewest number of throws, starting from a tee area and finishing with the disc coming to rest in the basket.
- Generally, a course is made up of 9 or 18 holes.
- Typically, a disc golf course is about 1/3 the length of a golf course, so instead of a hole being 300 yards in golf, it will be 300 feet in disc golf.
- The average drive in ball golf is around 750 feet and the average drive in disc golf is around 350 feet, so you typically see more birdies in disc golf vs golf (also putting is easier in disc golf)
- There are many different kinds of discs.
- The difference between a golf disc and an ultimate disc is the shape and the function, whereas a golf disc is designed for distance and flight, and an ultimate disc is designed for accuracy and catching.
- Ultimate players might prefer to play with ultimate discs, but at some point, you will want to learn to throw golf discs.

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WHERE TO PLAY



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North West

Baker Park – 18 holes
David Richardson Memorial* – 18 holes
Edgemont Disc Golf Course – 11 holes (tonals)

North East

Thornccliffe – 9 holes
Big Marlborough Temporary Course - 12 holes (tonals)

South West

Lloyd Park (Priddus) – 18 holes SW (annual membership required)
WJ Homestead (Priddus) – 18 holes (annual membership required)

South East

Forest Lawn – 18 holes
Bonavista Downs – 9 holes
Park 96 - 18 holes (private)
Midnapore - 18 holes (private)
Sundance - 6 holes (private)

Out of Town surrounding courses

Okotoks Riverside - 9 holes
Cochrane River Front Park- 9 holes.

*Temporarily closed. Construction and closure timeline is December 2020-October 2021, weather permitting.
Project website: <https://www.atco.com/en-ca/projects/northwest-calgary-connector.html>.

DISC GOLF

HEALTH BENEFITS



Exercise
Heart health
Increase in strength
Better sleep
Boosted energy and mood
Fresh air and vitamin D

You can get in touch with nature
Relief of stress
Good for the brain
Great for connecting with family & friends
Make new friends

More fun and less money spent
Part of the community
Patience
Self-confidence
Strategy and thinking skills
Contact free and covid friendly

Disc golf is an inclusive sport for any age, wage, and stage. It is easy to learn, a healthy activity, and accessible to people of all abilities.

If you can throw a Frisbee and you like to have fun, you can play disc golf.

DISC GOLF

SPORT SAFETY



- **Snow and ice** - During winter rounds it is important to wear proper clothing including footwear. Teepads can become icy, volunteer efforts are made to ensure safety.
- **Flying Discs** - Being conscious of your discs and being aware of your surroundings.
- **Urban Forestry** - Concerns of longevity and sustainability of surrounding natural structures.
- **Wasp nests/Pests** - Being aware of nature, limiting disturbances and calling the proper officials if there's the safety of disc golfers or the public to be impacted.
- **Repetitive strain injuries** - Ensuring you are throwing correctly to avoid strain. Plenty of resources within the community to assist.



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EQUIPMENT REQUIREMENTS & COST



- Golf disc are usually smaller than ultimate frisbees and have different profiles.
- There are 3 different types of disc.
 - Driver: used first for tee shot. Meant mostly for speed and distance.
 - Mid-range: used mainly for approach shots close to the basket and for tee shots when the basket isn't too far away. The main goal of a mid-range is accuracy and glide. A new player's best friend!
 - Putter: putters are meant to travel short distances as accurately as possible.
- Best to start with one lower speed disc and learn to throw that flat and straight before upgrading to a higher speed disc.
- Using a backpack that you already own is more than suitable to carry discs around but if you want to get into bags that are specifically meant for disc golf.
- Towels are important to dry discs off to ensure a better grip.
- Hand warmers/Jackets/Gloves are all necessary for colder/winter rounds.
- Sunscreen for summer rounds.

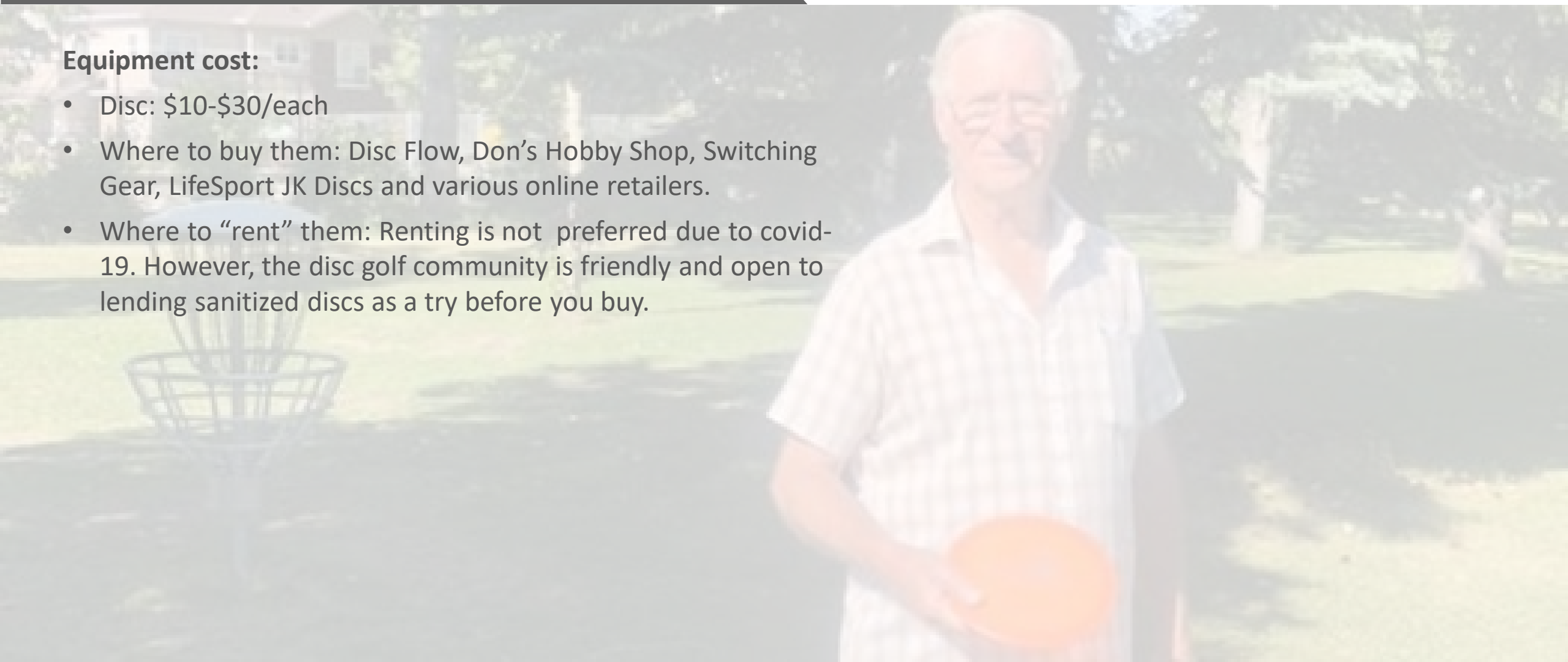
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EQUIPMENT REQUIREMENTS & COST



Equipment cost:

- Disc: \$10-\$30/each
- Where to buy them: Disc Flow, Don's Hobby Shop, Switching Gear, LifeSport JK Discs and various online retailers.
- Where to "rent" them: Renting is not preferred due to covid-19. However, the disc golf community is friendly and open to lending sanitized discs as a try before you buy.



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MEMBERSHIP & TRYOUTS COST



Try out possibilities

- Various clinics ongoing during the year including evening glow disc golf
- Various locations all over the city. No scheduled tee times for daily disc golf.
- **Free** - most courses are free in public parks with the exception of private courses.
- Find out more: <https://frisbeerob.com/discgolf> or <https://calgarydiscgolf.com/>

2 types of Membership

- Most club leagues and tournaments require a membership.
 - **CDGC (Calgary Disc Golf Club)** – \$35. All funds go towards course maintenance and development of the sport.
 - PDGA (Professional Disc Golf Association) – \$75 USD. To participate in tournaments all over Alberta, Canada, and the world. Cost of membership?
- Most courses are **free** to play although some have either a membership fee, a per round/day fee, or a park fee.
 - Park 96, Sundance and Midnapore – you must be accompanied by a member of the community association.
 - Lloyd Park - requires a membership to the Red Deer Lake Community Association.
 - WJ Homestead - membership or pay per round.

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RESOURCES



Calgary Disc Golf Club

<https://calgarydiscgolf.com/>

Local club website, announcements, and league information.

Calgary Disc Golf Forum Group

<https://www.facebook.com/groups/CalgaryDiscGolfClub>

Great platform to connect with local disc golfers.

Udisc

<https://udisc.com/>

Score keeping app plus course directory.

Video resources

General Disc Golf Instructional Videos

- What is disc golf: <https://www.youtube.com/watch?v=rFvHgfvGhIs>
- Disc golf for beginners: <https://www.youtube.com/watch?v=T7Buk1Hn8jM>
- Putting video: <https://www.youtube.com/watch?v=IKgE6q0YKC8>
- Backhand video: <https://www.youtube.com/watch?v=rCs5u9ecVis>
- Sidearm tips: https://www.youtube.com/watch?v=rf6qb4_y3A

YYC DG TV Youtube

https://www.youtube.com/channel/UCI466r8gMDBY51_gS_Rvdtg

Informative instructional videos by fellow disc golf volunteers.

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CONTACT

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***THANKS FOR
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QUESTIONS?