

## Growing Disc Golf Through Teaching



*-Notes from the 2017 PDGA Women's Symposium by Zoë AnDyke #39504*

### Tips to Connect Disc Golf with our Youth:

- Contact the Principal, or Athletic Department at your local schools
- Ask if they are interested in having a Disc Golf P.E. day
- Schedule and Prepare for your class (equipment, time, instruction)

### Tips to Connect Youth with Disc Golf Outside of School:

*\*Plan to volunteer your time at these following suggestions, the sky is the limit.*

- Boys and Girls Clubs
- Boy/ Girl Scout Clubs
- YMCA's
- After School Programs
- Church Youth Groups
- Any Summer Kids Camps or Retreats

After contacting the management or person in charge of these organizations, let them know that you would like to offer your time and help them fill in their schedule by bringing Disc Golf equipment, and games to their program.

Keep in mind that you really only need putters, a target, and the kids to be shown how to spin the disc towards it. Small versions of the ring of fire are suggested, where kids form 4-5 lines at the same distance around the target - Putt- go to the back of their line- repeat until stack of discs are out and then have all kids retrieve one disc to repeat process again.

Again, please contact me directly [andykezoe@gmail.com](mailto:andykezoe@gmail.com) if your need suggestions based on age levels, or group sizes.

The PDGA Women's Committee has created a Disc Golf Teaching Packet with tips and skills development to encourage anyone to teach this sport to other. Contact the Women's Committee at [women@pdga.com](mailto:women@pdga.com) if you would like to be emailed this packet.