

Disc Golf Club

Goal: The goal of *Disc Golf Club* is to bring staff and students together for light activity and social interaction. It also allows students access to a competitive sport that is less physically demanding than most. Finally, disc golf offers participants an opportunity to apply critical thinking skills and strategy to its gameplay.

What is *Disc Golf*?

1. Disc Golf is an after school club where students will throw plastic discs in an effort to get them in a basket in a minimal amount of attempts, much similar to golf. There are 3 different types of discs: drivers, mid-ranges, and putters. Within these disc types, there are discs that are overstable or understable, which impacts the flight paths and natural turns of the discs.
2. Students will learn to throw in different fashions, such as forehand and backhand. They will also learn different disc grips such as power grip, fan grip, stacked grip, etc.
3. Each time we are together, students will be taught a new skill and have the resources, time, and space to practice. They will then break into groups and put the skill to work by playing the game together. Students and staff who have played the game before can serve as a game mentor for students who are just learning to play.

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