



2237 Yellow Smoke Road, Denison, IA 51442 www.paradocs.care/discgolf
 NAME GROUP DATE TIME °F (mark each 20 bonus paces taken with +)

Throw Type									
/-\>OST_.x									
+ Bonus									
# Disc ID									
Basket	1	2	3	4	5	6	7	8	9
Feet	420	460	700	300	220	200	400	350	512
Elevation	+12	+ 9	-80	-35	-21	+20	0	0	+25
Par	4	3	4	3	3	3	3	3	4
Wind ↓↑									
Comment									



2237 Yellow Smoke Road, Denison, IA 51442 www.paradocs.care/discgolf
 NAME PRACTICE MATE DATE TIME °F Wind ↓↑ Area BEACH _____

Learn to lay out practice marks.
 Use 20 paces to equal about 50ft.
 Lay out quickly but consistently.

Results: v=In -=Short +=Long <=Left >=Right *=Metal ^### Drive feet

Putts: .=Any .S=spin .P=push .H=hybrid .T=turbo .J=jump Throws: |=Any
 /=Hyzer -=Flat \=Anhyzer >=Turnover 0=Roller S=S T=Thumber _=Forehand x=Penalty

Putts up hill: 30ft 20ft 15ft 10ft 5ft

Putts level: 40ft 30ft 20ft 15ft 10ft 5ft

Drives: across 550ft right 390ft left 230ft center 82ft

Player:

Game H O R S E H O R S E H O R S E H O R S E H O R S E H O R S E

Always supervise children.
 Enter the course at a tee.
 Don't throw when other
 park users are in range.
 Look! Wait! Yell to warn!

 To keep happy, improving,
 and moving with experts;
 add 20 paces to a throw.
 Make your 20 paces = 50ft.
 Bonus paces are not used
 to get within 20 paces of
 a target. Getting better?
 Use a bonus less often.
 Use score cards to improve
 disc pick & throw method.

Throws: Hyzer Flat Anhyzer
 Turnover Roller S Thumber
 Forehand Putt Penalty

 Nature is better looking
 without the trash cans.
 Carry in -- Carry out
 Pitch in, help our course.

 Golden rule of Disc Golf:
 RESPECT the course, other
 players, their happiness,
 property, and their discs.

 Split your group into four
 of five players at most.

Stay behind the thrower.
 The player furthest from
 the target throws first.

 At a tee, if there is a
 faster group coming up
 let them "play through."

 Stop, watch while others
 are throwing or putting.
 Point out discs and help
 others find their discs.
 Don't brag, put others
 down, or be boisterous.
 Remember, YOU represent
 the sport of disc golf.