



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	400									
Elevation	+ 5									
Par	4	3	4	3	3	3	3	3	4	
Wind ↓↑										
Comment										



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 NAME PRACTICE MATE DATE TIME °F Wind ↓↑ Area BEACH _____

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

Throws: /-\>OST_ Putts: . .S spin .P push .H hybrid .T turbo .J jump

Result: .In -Short +Long <Left >Right *Metal ^###	Drive ft	You may add a disc ID			
putts from below:	30ft	20ft	15ft	10ft	5ft
putts level:	40ft	30ft	20ft	15ft	10ft
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

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 form
 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.