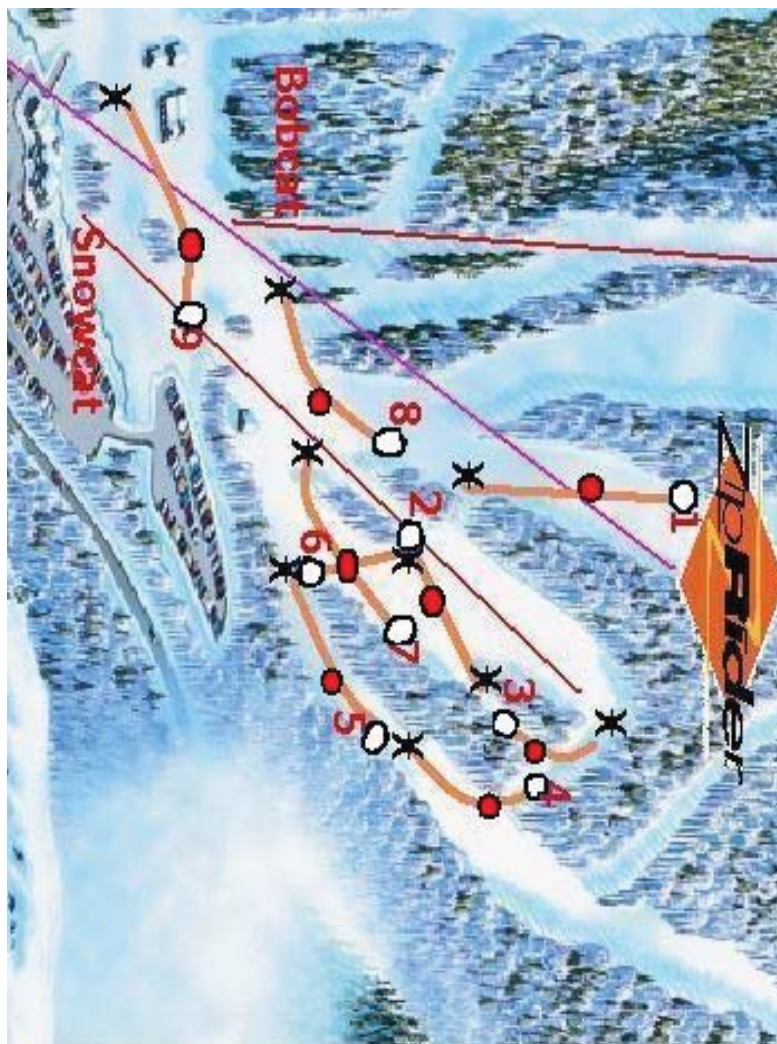


Hole	1	2	3	4	5	6	7	8	9	Total
Distance White (feet)	352	302	326	289	298	319	391	333	399	3009
Distance Red (feet)	210	186	225	205	174	200	286	244	291	2021
Par	3	3	3	3	3	3	4	3	4	29
Player 1										
Player 2										
Player 3										
Player 4										



Wildcat Mountain Alpine 9-Hole Disc Golf Course
 Helpful Info, Tips, & Safety Requirements Of Each Hole.
 We Highly Recommend Playing Red Tees If You Are New
 To The Sport Or Our Course:

- Hole #1 white tee area: DO NOT THROW if ZipRiders are in progress. Keep shot low and consider wet ground/water hazard in front of hole. WATCH FOR UNEVEN AND SOMETIMES WET TRAIL AREAS DURING YOUR ROUND. ALPINE DISC GOLF IS CONSIDERED A 'HIKE' AND PROPER FOOTWEAR, CLOTHING, AND SAFETY IS A NECESSARY PART OF THE SPORT.
- After short walk to #2 tee areas, consider angle of slope and possible roll of disc when approaching basket.
- Hole #3 is a dogleg left approach to the basket, DO NOT THROW until you are sure that any group ahead of you is finished and has progressed to tee #4
- Heading down Wild Kitten trail for dogleg right holes #4 and #5, keep shots low and on the right-hand side of the trail. CAUTION! If shot goes left in to woods, be very careful attempting to retrieve your disc. VERY STEEP DROP OFF! If disc is irretrievable or lost, please note, describe, and report area disc was lost when returning your discs to guest services.
- Holes #6 and #7 cross and share similar red tee areas. CAUTION! White tee area: DO NOT THROW until you are sure that any group ahead of you is well clear of flight path. Be aware of any group ahead or behind you and vice versa, be sure that they are aware of you. Courtesy and allowing faster groups to play through is part of the game.
- Hole #8 is a slight dogleg right to an elevated basket location. Keep shots low and watch your step around basket drop-off.
- Hole #9 white and red tee areas: DO NOT THROW until basket location area is clear. Though this is not a high-traffic visitor area, there may be Wildcat guests or employees walking through the area. Consider angle of slope and possible roll of disc when approaching basket.

WILDCAT MOUNTAIN ALPINE DISC GOLF COURSE

Rules and Safety

Disc Golf: Object of the Game
 To play each hole in the fewest throws (strokes) possible. The player with the lowest total strokes for the course wins.

Safety First
 Golf discs can cause serious injury. Never throw when players or park users are within range. Always give park users the right of way. Be aware of your surroundings and environment.

Guidelines for Play
 Each hole begins at the tee. Subsequent throws are made from the place where the disc comes to rest (the lie). The player who is furthest from the target throws first. The hole is completed when the disc is supported by the target's basket or chains. Tee off order is determined by players' scores on the previous hole. Lowest score tees first.

Basic Rules of Play
 A player must have a supporting point behind his lie and in line with the target when disc is released. A run up and follow through are allowed unless the lie is within 10 meters of the target. Any shot within 10 meters of the target requires that the player not move past his lie until the disc is at rest. Casual relief should be taken from an unsafe lie.

Courtesy and Etiquette
 Remain quiet and avoid unnecessary movements when others are throwing. Stand behind the player who is throwing until throw is complete. Remove disc from target after completing the hole. Allow faster groups to play through when possible. Respect the course – put trash in proper receptacles; do not alter trees or obstacles. Vandalizing targets, signs, park equipment, and landscaping is a serious offense that will be prosecuted.

For more detailed rules, visit the Professional Disc Golf Association at pdga.com

Disc Signs by HouckDesign.com

THE BASICS

by Dave Dunipace - illustrations by Tom Bant

THE BACKHAND DRIVE

The arms are tucked in close to the torso. The upper body twists opposite of the throw as the front foot moves forward to the plant position. Center of gravity is behind the front foot. The throwing elbow should start as far back as is possible while still able to rotate quickly forward.

The front foot has been planted and the hips have rotated. The shoulders then begin to turn, but the elbow has not straightened yet. Center of gravity begins to shift over the front foot.

The shoulders and upper arm continue to turn as the elbow extends the disc into the snap position. The disc begins to pivot at the end of the elbow extension and will rip itself out of the grip as the arm and shoulders pull through with maximum force.

The disc is released as weight is now over the plant foot. The left foot comes off the ground and the plant foot begins to pivot in the follow-through motion.

The follow through pivot is necessary to relieve stress on the plant foot's knee, and to ensure maximum pull through power and speed. Momentum should be so great at this point, that it makes a pivot necessary.

The throwing arm continues to twist around the body as the hips complete their rotation and the golfer ends up pointing the opposite shoulder at the target.

THE FOREHAND DRIVE

The Forehand Drive is a simple throw. However, there are different ways to hold the disc and slight variations of the angles of the wrist, fingers and elbow can create a wide range of results. Here are the basic grips and a general explanation of this delivery.

Note: It is important to put the pad of your finger(s) against the inside vertical wall of the disc's rim for maximum power. Squeeze the rim between your thumb and the "fist" knuckle of your index finger.

Three examples of grips on the underside of disc

Thumbside (top of disc)

Begin with your feet comfortably perpendicular to the target. Your shoulders and hips wind back and weight is transferred to your back foot.

Then your left foot steps forward and turns toward the target, as your weight begins to move forward. Your hips lead your body rotation, followed by your shoulders pulling your bent arm, elbow first. Your weight transfers to your front foot which has planted, pointed toward the target.

Your hips should continue pulling your shoulder and arm. The arm straightens, then your wrist and fingers stop abruptly and stiffen, forcing the ejection of the disc. Your back heel must lift to accommodate complete rotation.

Your shoulders continue to rotate, and your weight continues forward. Your back foot may come all the way off the tee pad as your front foot rotates to take the stress off your knee.

THE BACKHAND ROLLER

There are several types of rollers. Illustrated here is the basic Backhand Roller. Throughout the diagram a green line represents the center of gravity (balance) of the body weight. The red arrows indicate rotation.

At the start of the throwing motion the off foot (opposite your throwing arm) has been set down perpendicular to the target. The disc is held high and close to the ear opposite your throwing arm. Your hips, shoulders and throwing arm are wound back. Your weight is on your off foot.

Your throwing side foot now begins forward toward a plant position, again perpendicular to the target. Your hips begin to turn. Shoulder rotation follows slightly. The disc is still back behind your ear. Your center of gravity moves forward with the weight shift.

The throwing side foot is planted. Your hips continue to turn, your lead shoulder turns toward target following your hips. Upper arm motion starts to bring the disc across your face. The elbow is bent and the disc is held at 45°. Your center of gravity continues to move forward with the weight shift toward your lead foot.

Hips continue to turn. Shoulders continue to turn following hips slightly. The center of gravity continues to move forward. The throwing arm continues to pull around. The elbow is extended which will force the disc to rip out of the grip when the wrist snaps forward and then stops suddenly.

Shoulders and arms continue turning, pulling hard as the disc rips from your grip. The disc rips out of the grip at approximately a 45° angle after the wrist stops. The throwing foot then pivots as the body turns and the disc leaves.

The disc hits the ground down the fairway at an angle that will force it to stand up and roll. Follow through results from pulling hard through the snap.

THE X STEP (for the right handed back hand drive)

The X step moves you smoothly from the back of the tee pad to the front and into position to throw. It really is a "step, hop and a step" during which your momentum moves smoothly forward. Along with the drawings indicating leg positions, we have indicated foot placement and weight distribution with a step diagram. The solid coloring represents weight placement. The green arrows indicate the movement of the body from the back to the front of the tee.

- 1. Front foot STEP**
 The X step begins (and ends) with both feet perpendicular to the target. Weight is on the front foot. The back foot pushes off to the hop and begins to slide behind the front foot. The body moves forward toward the plant and throw.
- 2. HOP to left foot**
 2a. Your back foot is behind your lead foot as you hop forward. At this point both feet are momentarily lifted off the ground as your body continues forward smoothly.
 2b. The left foot lands with hips rotated back in position to throw. Your right foot is off the ground in preparation toward the plant step.
- 3. Front foot STEP to plant**
 When the lead foot plants the throw begins. Your hips rotate first followed by shoulders and arm motion. When your weight transfers and your hips and shoulders rotate, the back heel lifts and eventually so does the entire back foot in the follow through. Just after release of the disc the front foot must pivot to relieve stress on the knee.

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