

DILLON'S SENIOR DISC GOLF TIPS

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1. Have: FUN—FUN—FUN—FUN!!!!
2. Score is not important! Just try to do better each time.
3. Self pace your game! Push yourself but don't strain.
4. Establish a regular schedule for play and keep to it. Nothing gets better with out practice. You will feel better if you work at getting better through practice.
5. Search the following web sites and others that you can find to get information and instruction. Here are some suggestions:
www.pdga.com www.edgsdiscgolf.org
www.innovadiscs.com www.discraft.com
www.gottagogottathrow.com. www.gdstour.com
search for others under "Disc Golf"
6. There is not any one way to correctly grip and throw the various discs for various shots. However, form, concentration and skill are important. There are tested and perfected forms that can be used as examples for you to imitate, but, they may not fit your characteristics. Whatever works for you is what you should do. Keep in mind that poor form becomes a habit and harder to break when a better form is discovered.
7. Grip is dependant on your hand, muscles and the rim characteristics of the disc. A sharp or narrow disc rim may not feel good to you, while a rounder, wider rim may feel better.
8. Disc Selection is **VERY** important! The right disc for you will make all the difference in having fun. Discs are made for the effect desired (Driver, Approach and Putter) and each type comes in different weights. Color of the disc means nothing. In general, I have found that for seniors, a lighter disc (125-150 grams) is good for drivers, 150 gram for approach and 165 grams for putting. If you only want to purchase one all-purpose disc, buy an approach disc. For males with more arm strength, they may want to use a little heavier weight for their discs. Lighter weight discs are easier to throw for distance but more susceptible to winds. Don't be concerned about what other players use, find what works for you in brand name as well as weight and disc type. There is no problem in asking other players what they

use or asking to try their discs. Get a feel for the grip, weight, and hardness of the disc.

9. Getting help with disc selection. This is also very important. Since most disc golf players will be younger than you, their advice will be geared toward their experience, preferences and skill, all of which most probably will not take into consideration your physical ability and attitude towards the game. Do not expect knowledgeable help from store clerks. The best source of help is from another senior. The next best source of help is from the on-line retail site that only sells disc golf discs and accessories, as listed above and others. Tell them who you are, age and skill level. I am sure that different on-line sales persons will suggest different discs from different manufacturers, based on their brand preference and stockage. The choice will probably be between the two major manufacturers, Innova and Disc Craft. They may ask you what type of plastic you want. Discs are made in different types of plastic to reduce the damage caused from hitting trees or other objects. Seniors just starting do not need to pay the increased price for the more hardened plastic. Just ask for the least expensive disc. If you are color blind, you might want to ask for colors that will be easy to see in the woods and leaves. If you are buying three different discs, ask for three different colors.
10. Performance depends on several elements. The first element is your decision on how much you want to be a better player. If all you want to do is just go out and toss a disc, then read no further. If you want to do the best that you can, then, read on. The other elements involve form and attitude. Attitude is very important in that if you tell yourself you can't do it, then, you will not be able to improve your game. Each throw is a new and separate activity. Forget the last throw, think about the present and concentrate on what you have learned from past throws, what you need to do for this throw and then do it. If the throw goes bad, there is nothing you can do about it now, so analyze what went wrong and correct it next time. Think about your form, meaning how you positioned your body, how you gripped the disc, how you rotated your body, arm and wrist and finally, how and when you released the disc with the proper and all important **SNAP**. Think Past-Present-Concentration-Form-Analyze!
11. Analyzing each throw, driver, approach or putt is necessary if you want to improve your game. Watch the flight path of the disc and the distance of the flight. If it didn't go where you wanted it to go, think back to your form and performance and

think what you can do better. Did the disc go straight and level or did it go up or down or sideways or tilted or nose up or did it slip from your hand and go left or did you hold onto it too long and it went right? If so, make a correction next time. Don't get discouraged!! This is a continuing process for as long as you play the game. You can always do better. You are not going to be perfect or do as well as younger players. so what? Have fun and healthy exercise while challenging your brain and body to do better. Unless you want to enter serious competition, just try to do a little better each time you play and forget the score. You will know if you are doing better just by how you feel, not the score.

12. You may have more fun if you play with a companion. Give some thought to joining a local disc golf club if you would like a little more socialization. You could help out with the course maintenance since most courses are established and maintained by volunteer help. You can find the nearest course to you by going to www.pdga.com, click on "Courses" bring up your state and look for your city or nearest city to you. Click on that course and up will come information about the course and hopefully , who to contact. If no contact is listed, contact the park management who will have contacts listed.

Disc Golf is a fun, inexpensive, self-paced healthy activity!! Enjoy yourself and introduce other seniors to the game.