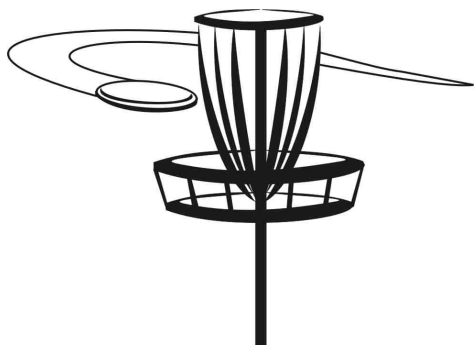


What is Disc Golf?

Disc golf is played much like regular ball golf; however, instead of a ball and clubs, players throw Frisbee-like plastic discs. The sport, formalized in the 1970s, shares with golf the object of completing each hole in the fewest strokes. In disc golf it's the fewest throws.



A golf disc is thrown from a tee area to a target, which is the "hole." The hole can be one of a number of disc golf targets, usually an elevated metal basket. As a player progresses down the fairway, he or she must make each consecutive throw from the spot where the previous throw landed. As with ball golf, trees, shrubs, and terrain changes provide challenging obstacles for the golfer. Finally, the "putt" lands in the basket and the hole is completed. Disc golf shares the same joys and frustrations of ball golf, whether it's sinking a long putt or hitting a tree on a fairway.

Disc golf is generally free to play in public parks, although there are some pay-to-play courses. Disc golf rarely requires carts, but some converted ball golf courses do. Tournament play often requires "tee times," but not in casual play.

Who Plays Disc Golf?



Disc golf is designed to be enjoyed by people of all ages, gender identity, and economic status, making it a great lifetime fitness activity. Because disc golf is so easy to learn, no one is excluded; players merely match their pace to their capabilities and proceed from there.

Where do I play?



In the West Sound, a mix of municipal, county, and private courses are available. Kitsap County provides many beautiful and natural settings. A nine-hole disc golf course can be established on as little as five acres of land. An 18-hole championship course usually requires 30 to 40 acres. Disc golf courses usually coexist with mixed park usages and activities. Ideal course locations combine wooded and open terrains and a variety of elevation changes.

Disc golfers like to say that theirs is "the fastest growing sport nobody's ever heard of." In the West Sound, there is a need for more courses as the sport rapidly grows in popularity. The PDGA, and West Sound Disc Golf Association, have created resources for the design and installation of new golf courses to ensure their success in the community.

Why should I play?

Disc golf provides upper and lower body conditioning, aerobic exercise, and mental stimulation. Concentration skills increase by mastering shots and negotiating obstacles, and players of limited fitness levels can start slowly and gradually increase their level of play.

A casual round takes one to two hours and may be played by an individual or small, informal groups. Perhaps the greatest attribute of the sport is the low barrier to entry. A professional quality disc costs roughly \$15-20, and it only takes one for basic play.

And, of course, there's the sheer fun of the game - no matter what your age or skill level.





SUMMER COURSE LAYOUT



Info: bainbridgediscgolf2017@gmail.com
 For tournament or event use contact B! Parks: (206)842-2306
 Visit us on Facebook: [Bainbridge Disc Golf Club](https://www.facebook.com/Bainbridge-Disc-Golf-Club)
 West Sound Disc Golf Association: wsgda.org

2018 N.A.D. Park Course Steward Assistants

City of Bremerton **PARKS & RECREATION**
 "Committed to Enriching Life in Bremerton"

 January Dan Glynn	 February Kevin Nicholson	 March Kyle Rife	 April Kevin Phillips
 May Allegra Archer	 June Josh McKenna & Crew	 July Chris Shawley & Jai Nelson	 August Adam Avery
 September Casey Hamrick	 October Ron Lidstrom, Sr	 November Jeff Montgomery	 December Deane Phillips



Why Include Disc Golf In Your Recreation Programs?

Disc golf offers high benefit-to-cost ratio, both for recreation departments and citizens of all ages and backgrounds. Disc golf has low capital and maintenance costs, has minimal liability issues and is environmentally sound. It can be played year-round in all climates and is enjoyed by beginners as well as experienced players.

CAPITAL COSTS?

The West Sound Disc Golf Association is prepared to provide all required materials and labor, so the cost to the County will be negligible.

MAINTENANCE COSTS?

Again, the WSDGA is prepared to perform routine maintenance such as mowing of grass fairways and trash collection. Occasionally the WSDGA has worked with Boy Scouts who build kiosks or benches for our local courses. On rare occasions the WSDGA might require the County's assistance in taking down "widow maker" trees for safety's sake.

LAND REQUIRED?

A full scale 18-hole course ranges from 20-25 acres (about 1 acre/hole). A significant advantage for disc golf is its ability to use land areas that's undesirable or unusable for other activities. The portability of baskets and signage allows park departments to inexpensively relocate the course to another site as community needs dictate.

VANDALISM?

In Kitsap County, criminal activity and vandalism have been reduced in areas that had problems before a disc golf course was installed. Disc golf courses increase foot traffic in parks consistently throughout the day, from dawn 'till dusk, and on weekends. Increased player presence reduces vandalism and curtails other questionable activities.

WHO PLAYS?

The simple answer is everyone! A disc golf course serves a broad portion of the community, from professional players to families who play on Sundays after church. Disc golf has one of the most diverse demographics of any sport. Even though everyone can play, the most serious and active players are males from age 15-50. In the WSDGA, however, we have a number of active women players, some of whom have become professionals. Locally we also have a large group of active seniors who prefer to play disc golf rather than just take a walk.



What is the Professional Disc Golf Association?

The Professional Disc Golf Association (PDGA) is a membership-based organization boasting more than 120,000 lifetime members across 54 countries. The PDGA is also the governing body for the sport and sanctions competitive events for players of every skill level. There are more than 8,000 disc golf courses worldwide, with more being installed every day.

www.pdga.com

What is the West Sound Disc Golf Association?

The West Sound Disc Golf Association is dedicated to promoting the sport of Disc Golf. Our goal is to foster a strong community for disc golfers in the West Sound region. We promote disc golf as an environmentally, socially, and physically beneficial sport.

The West Sound Disc Golf Association is a tax exempt 501(c)(3) organization and is chartered as a non-profit corporation in the state of Washington. The WSDGA has an active history of fundraising for charitable events and disc golf course improvements.

The WSDGA currently hosts regular random "family friendly" doubles event each Saturday at N.A.D. Park. The emphasis is on skill development, fun, and camaraderie in a nurturing and positive environment. Free! Open to all ages and all skill levels! Come join us; partners are drawn promptly at 9:00 am.

PDGA-sanctioned tournaments are offered at our various courses. These events cater to local players but also bring in many outsiders who fill our hotels and eat at our restaurants. The West Sound region is known around the state and the country as a "Disc Golf Mecca."

www.wsdga.org



Announcements for other doubles and play opportunities can be found at www.wsdga.com and facebook www.facebook.com/wsdga (1151 followers) and Kitsap Disc Golfers www.facebook.com/groups/268083486999255/ (878 members).

Board of Directors 2019-2020



Paul Wright
President



Tony Beckett
Vice President



Scott Mabbutt



Deane Phillips



Allegra Archer



Sam Huff
Treasurer



Lisa Nienhuser
Secretary

At Large



Bremerton Parks & Recreation & WSDGA present our 11th annual

West Sound Ice Bowl

January 18, 2020
N.A.D. Park



to benefit the Bremerton Foodline

\$ 710 & 178 #

Total Entries (54 @ \$10) = \$ 540
Total Entries (10 @ \$10) + Additional Donations = 178 Pounds
Additional Donations of \$, Raffle, and "Whine" Fines = \$ 170



Dominic Muscolo



Mielyn Jeske



Deane Phillips & Nikole Coleman



Ace Hole #7



Michael Lambert



CTB #15:
Brandon Teske



CTB #18:
Brian Jacobs



IB Queen:
Dawn Calkins



Photographer:
Lisa Nienhuser



Warm Up Ring Of Fire:
Deane Phillips



Playoff Winning Team:
Adam Avery & Cameron Wheeler

Thank You!

www.icebowlwa.com
www.facebook.com/icebowlwa
<http://bremertonfoodline.org>