

Scouts, I'm not sure if you know, many people in our area don't, that we have an amazing disc golf course in our backyards at Heckscher State Park. And its free! The course is 21 holes and about 4 miles weaving through the woods of the park. Long Island Disc Golf Club is a club that play there and other courses on Long Island. They have members that travel form all over the tristate area to play right here in East Islip. Here is a chance for you to be introduced to the game of disc golf.

**Long
Island
Disc Golf**



Learn Disc Golf With A Pro

When: March 30th @ 10am

Location: Meet at Hechscher State Park Pavilion 3 (Disc Golf Course)

Cost: \$10 a person for disc mini and 2 regular discs that you get to keep. No cost if you bring your own official disc golf discs.

Dress: It is suggested to where long pants, shirt and socks. Dress for a hike in the woods.

Deadline: Tuesday, March 26nd with signed permission slip and \$10. No cancellations or refunds after payments made. Please submit cash or check, payable to **"Troop 205"** along with signed permission slip and give or mail to Assistant Scoutmaster Brian Ballou

We will go out in small groups, Each group will have a member of LIDG with them. The member will instruct you on the rules of the game and all the different throws and discs that are used in the game while playing 18 holes.

What is Disc Golf?

Disc Golf is One of Today's Fastest Growing Sports The sport of disc golf evolved as an offshoot of the many games spawned by the Frisbee® craze. The game started with people using Frisbees and aiming at targets made up of trees, trash cans, light poles, pipes, and whatever else was handy.

Disc golf is similar to regular golf; however, instead of using golf clubs and balls aiming for a hole, Disc Golf players use golf discs and aim for a disc golf basket, a pole extending up from the ground with chains and a basket where the disc lands. The object of the game is to complete each hole in the fewest number of throws, starting from a tee area and finishing at the disc golf basket. Generally, a course is 9 or 18 targets long. Players start at "hole" one and complete the course in order, playing through to the last hole. The player with lowest total cumulative score wins. Disc Golf differs from regular Golf in important ways. Disc golf courses can use a wide variety of terrain. Often times, land not suitable for other park activities or development is perfect terrain for a disc golf course. Today's Disc Golf Disc golf is one of the best lifetime fitness sports. It is easy to learn, a healthy activity and accessible to people of all ages and fitness levels. If you can throw a Frisbee® and you like to have fun, you can play disc golf. Today there are over 2,500 Disc Golf Courses in the United States. There are between 7,000,000 and 10,000,000 people who have played the game. Since 1976, there have been over 24,000 members of the Professional Disc Golf Association. Pro players compete in more than 390 sanctioned tournaments and a Worlds Championship annually. The positive experience with Disc Golf and the growing demand for courses have led to the expansion of the sport all over the country, from small towns to urban areas.

longislanddiscgolf.com

Call or message

ACM Brian Ballou

bgballou@gmail.com

516-635-6589

Troop 205 Disc Golf Event
March 30th 2019
Troop 205 Scouts/parents

Scouts Name _____ Email _____

Phone Number _____

____ # **OF TROOP SCOUTS/ADULTS/LEADERS @ \$10 PER PERSON** =

\$ _____

CASH _____ **CHECK #** _____ **USE TROOP 205 CREDIT, IF AVAILABLE IN MY ACCOUNT** _____

ADULT SIGN-UP (IF ATTENDING) NAME: _____ , _____

____ , _____

Permission Form

I give my son(s) _____ to attend and participate in the Troop 205 Disc Golf Event

Emergency Phone: _____ Secondary Phone: _____

In the event of an emergency, I authorize the Tour Leader or Assistant Tour Leader to obtain emergency medical treatment for my son(s). He/they are covered under the following health insurance:

Parent Name: _____

Parent's _____ Signature: _____

Date: _____

Sign up & payment deadline – Tuesday, March 26th at Timber Point Elementary School – 7:30pm.
No refunds after this date.