



Disc Golf Mentorship Program

Supporting Disc Golf in Calgary,
Alberta

What is Disc Golf Mentorship Program

The Disc Golf Mentorship Program is a **free** program offered by the Calgary Disc Golf Club where beginner disc golfers are paired up with an experienced player. This program is designed to provide experienced players the opportunity to share their disc golf experience and knowledge.

The Disc Golf Mentorship Program is great for new players who want to learn more about the game, to develop their skills and expand their disc golf network.

The Disc Golf Mentorship program will officially start June 21st, 2021 and run for 6 weeks. Mentors and mentees are expected to meet up either virtually or on the course for a minimum of 2x a week for 6 weeks.

Sign up via the Calgary Disc Golf Club website. Pairing will take place June 18th and the CDGC will exchange contact information to each couple.

An optional mentor/mentee doubles **paid** tournament will be available following the 6 week program. Pending covid restrictions.

**CDGC membership is not required but encouraged.

**Scheduling will be left up to the mentor and mentee to decide on amongst themselves.

Expectations of a Mentor

- Be a Calgary Disc Golf Club member
- Meet with your mentee either virtual or on the course a minimum of twice a week for 6 weeks (Covid restrictions apply)
- Create goals based on mentee skill level and area of interest
- Be friendly and approachable
- Be encouraging, we all started somewhere
- Provide accurate education on all disc golf topics
- Share your disc golf experience
- Be a positive ambassador to the community and new players
- Provide guidance and support to inexperienced players
- Offer constructive feedback
- Share your disc golf network
- Be generous with your information
- Be accessible and available to your mentee
- Keep an open mind
- If your mentee is not progressing, don't give up...follow up
- Ensure mentee is completing their goals and tracking their progress

Expectations of a mentee

- Be a Calgary Disc Golf Club member
- Meet with your mentor either virtual or on the course a minimum of twice a week for 6 weeks (Covid restrictions apply)
- Have a genuine interest in disc golf
- Ask a lot of questions and listen to your mentor
- Be receptive feedback
- Don't be afraid to challenge yourself
- Don't have an ego
- Don't fear the unknown
- Don't accept blindly, if you are unsure ask questions, we are all volunteers.
- Create goals with your mentor and track your progress in your workbook

Ideas to start the conversation

Proper disc golf etiquette including the Disc Golfers Code

Disc Golf Rules

How to throw including managing wind conditions

Different putting styles including spin vs push and jump putts

Disc Selection

UDisc scoring

Disc Golf Mentorship Program Benefits

Mentor

Increases self awareness
Improves leadership skills
Gives back to the community

Mentee

Accelerates development
Enhances confidence
Expands network

Calgary Disc Golf

Strengthens the culture
More members
Safer courses

Helpful Resources

Calgary Disc Golf Club [Calgary Disc Golf Club – Supporting Disc Golf in Calgary, Alberta!](#)

Disc Golf Quick Facts [PowerPoint Presentation \(squarespace.com\)](#)

PDGA [Professional Disc Golf Association | \(pdga.com\)](#)

UDisc [UDisc - The App for Disc Golfers](#)

YYC DG TV Youtube [YYC DGTV - YouTube](#)