



# J'Cette Disc Golf

September 22 at Graham Park

CornFest and the Union City J'Cettes are incorporating one of the newest sports fields at Graham Park in this year's celebration.

Area residents will be able to compete in a disc golf tournament Sept. 22 at the Graham Park course. Registration will be held at 8 a.m., followed by a players' meeting at 8:30 and tee off at 9.

The tournament is one round and will be limited to the first 72 players. First 30 players will be given a player's pack upon registration.

Pre-registration is required in order to receive a T-shirt.

Novice entry fees are \$20 and intermediate fees are \$25.

The first place finisher in each division will be awarded a plaque.

Disc golf is played much like traditional golf. Instead of a ball and clubs, however, players use a flying disc, or Frisbee®.

"The sport was formalized in the 1970's, and shares with 'ball golf' the object of completing each hole in the fewest strokes (or, in the case of disc golf, 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; the most common is called a Pole Hole® an elevated metal basket," according to the Professional Disc Golf Association's website.

The sport is often played on a course of nine or 18 holes, but other formats are common. Players complete a hole by throwing a disc from a tee area toward a target, throwing again from the landing position of the disc until the target is reached. Players seek



to complete a course in the lowest number of total throws.

The game is played in about 40 countries and according to a 2017 study there are about 35,600 active members of the PDGA worldwide.

According to the PDGA website, "disc golf provides upper and lower body conditioning, aerobic exercise, and promotes a combination of physical and mental abilities that allow very little risk of physical injury."

For more information, call (731) 616-5255.

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