

# NT

NANTUCKET

# DG

DISC GOLF

BAG BOOK

\$3



[NANTUCKETDISCGOLF.ORG](http://NANTUCKETDISCGOLF.ORG)

21 LOVERS LANE, NANTUCKET STATE FOREST 508.901.9456

# 2015 Nantucket Disc Golf Open

August 15 (Pros) & August 16 (Ams), 2015  
Nantucket Disc Golf Course  
PDGA B-Tier/NEFA Points Event

Men's Pro Open \$80

All other Pros \$55

Advanced/Intermediate/Recreational \$30

Juniors \$15

Non-PDGA Member +\$10

2 rounds of 18 holes

Same schedule both days

Check-In: 7:45-8:30am

Round 1: 9am

BBQ lunch: 12:30pm

Round 2: 1:30pm



Online Registration begins Tues, May 26 at 8pm ET at [discgolfunited.com](http://discgolfunited.com)  
For info, contact Todd Rainwater at [todd@nantucketdiscgolf.org](mailto:todd@nantucketdiscgolf.org)



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## ABOUT NANTUCKET DISC GOLF

Nantucket Disc Golf is an IRS 501(c)(3) non-profit organization whose mission is to promote the mental and physical well-being of the youth on Nantucket Island by providing a healthy, inexpensive, family-friendly, year-round recreational activity.

Planning started in 2008 when long-time Nantucket summer resident Todd Rainwater started pursuing his dream of getting a disc golf course built on the island. And not just any old course would do—Todd was determined to build a world-class facility suitable for a world-class island. That summer, Todd established Nantucket Disc Golf as a fully non-profit youth-focused charity, set up a website, and began recruiting volunteers on island.

In 2009, John Houck, one of the world's premier disc golf course designers, arrived on island to help select the best piece of property on which to build the course. After a one-week search, the South Pasture of the Nantucket State Forest, with its good mix of open space and tall-treed forested areas, was chosen over other NSF and Nantucket Land Bank properties. Soon after, John began his work designing the course. Meanwhile, Nantucket Disc Golf began its work with the requisite state and local authorities to obtain permission to build the course.

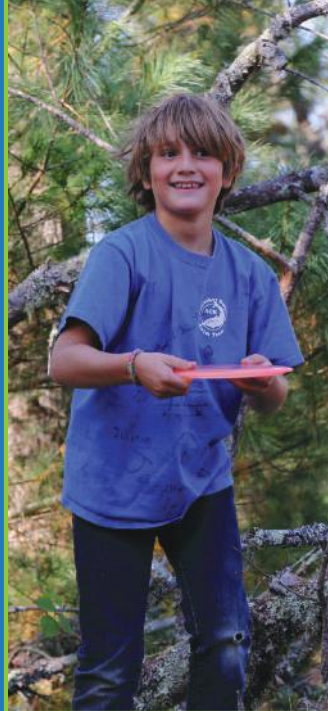
After three and a half long years, NDG completed all the required paperwork and installation of the course in the State Forest finally began in 2011. In 2012, the final few holes were installed and the Official Grand Opening occurred on June 28, 2013, the same weekend as the 2013 Nantucket Disc Golf Open.

In the fall of 2013, Mike Harter was hired as NDG's Youth Program Director. Since that time, he has been doing great work with the students in most every school on the island, teaching them disc golf and promoting the sport as a healthy, fun and family-friendly recreational alternative.



A huge thanks to everyone who made the dream of a disc golf course and a youth-focused disc golf non-profit organization on the island become a reality...

Todd Rainwater  
David Weidman  
Mike Harter  
Noah Learner  
Brett Watts  
John Houck  
Dee Leekha Houck  
John Varkonda  
Gary Briere  
Bob Gardner  
Horace Lawrence  
Peter Louderback  
Lowisa Rainwater  
Susan Montgomery  
Sharon Doan  
John Millar



Ben Moore, Bruce Perry, Charlie Hoilman, Fletcher Bell,  
Heather Warchalowski, Jon Roche, Maggie Casterline, Mark Dombek,  
Massachusetts Department of Conservation & Recreation, Outdoor Power,  
Phil Lindsay, Rachael Slosek, Rusty & Jeanne Campbell, Sam Tyler,  
The Sunken Ship, Tom Holt, Tyler Levine, Wannacomet Water Company

And all the amazing NDG volunteers over the past few years!

## NANTUCKET DISC GOLF QUICK START GUIDE

- Disc Golf is now one of the fastest growing sports in the world. A healthy, easy-to-learn outdoor activity that can be enjoyed by all. While disc golf can be played with just one golf disc, the discs are designed to fly with different characteristics. The myriad of different throws and discs creates an endless outlet for creativity. Whether you make that first long putt or hit the first tree off the tee, you are sure to have fun!
- The Nantucket Disc Golf Course, like most all disc golf courses in the world, is free and is open from sunrise to sunset, 365 days a year. The course is family- and dog-friendly and there are no tee times. All you need to do is bring one disc each and show up and play!
- **Discs are only \$10 or so and are sold on island at The Sunken Ship (12 Broad St).**
- **To begin play, tee off from the green (beginners) or gray (advanced) tee box. After the tee-off, the player whose disc is farthest from the hole throws first.**
- **One stroke is counted each time the disc is thrown. Like golf, the object is to acquire the lowest possible score.**
- **A disc that comes to rest in, not on top of, the basket constitutes a successful completion of that hole.**

- Safety first! Never walk in front of anyone who is throwing a disc, and never throw a disc if someone is in front of you. These discs can travel at very high speeds and should be respected. Bounces off trees can be very unpredictable!
- Everyone in your group should watch every shot carefully until it lands. If everyone watches all the throws, there will be a higher likelihood of finding all the shots quickly and moving through the course at a good and fun pace.
- Please do not litter and please respect the neighbors, fellow recreation seekers and the State Forest wildlife.
- The most important rule in disc golf, at Nantucket Disc Golf and everywhere the game is played, exemplifies the spirit of the game:

“The one who has the most fun wins!”

“Steady” Ed Headrick

Designer of the First Disc Golf Basket & Course

## GLOSSARY OF DISC GOLF TERMS

**Ace:** The most sought-after shot in disc golf. A hole-in-one. Landing your disc in the basket on the first throw from the tee.

**Anhyzer:** A disc golf throw where the outside edge of the disc is tilted upward for a right-handed backhand and will have a left-to-right flight pattern for at least a portion of its flight. Opposite for left-handers.

**Backhand:** The backhand shot is similar to how you would learn to throw a Frisbee, or a tennis backhand—leading with the back of the hand. In a right-handed backhand shot, a player will point their right shoulder towards the target, and grip the golf disc with their thumb on top of the disc and fingers underneath. The player then pulls the disc across their chest from the left to the right and releases it towards the disc golf target. A right-handed backhand throw will cause a normal disc golf disc to fade to the left near the end of its flight.

**Basket:** A disc golf basket is the “goal” for every disc golf hole.

**Birdie:** A disc golf term for completing a hole one throw under par.

**Bogey:** A disc golf term for completing a hole one throw over par.

**Drive:** The first shot thrown on a hole. This shot is thrown from the designated tee. A more general definition would define a drive as any long-range throw.

**Driver:** A disc golf disc designed for maximum distance from the tee. This is also the most difficult disc to control.

**Eagle:** A disc golf term for completing a hole two shots under par.

**Flick:** Slang for a sidearm or forehand shot.



**Forehand:** Similar to a tennis forehand, the player leads with the palm of their hand. The forehand is also similar to a sidearm baseball throw but with less arm motion, and usually with the elbow close to the body. Also called a Flick, Sidearm, or Two-Finger which refers to the grip with just the middle and index finger against the rim on the bottom of the disc.

**Green:** Putting area, typically a circle around the target with a 10 meter radius, or about 32 feet 10 inches.

**Hyzer:** A disc golf throw where the outside edge of the disc is tilted downward, and for most discs thrown right-handed backhand will have a right-to-left flight pattern.

**Jump Putt:** A putt where the player pushes off the ground with the lead foot at the time of release and jumps forward. This putt is only legal outside of 10 meters from the basket. The player must release the disc before fully leaving the ground and before landing in front of the marker.

**Lie:** The mark to indicate where your previous shot landed and from which you must shoot next to make a legal disc golf throw. The lie is marked by the disc that was thrown, or if using a mini-marker, the lie is marked on the line of play on the edge of your disc closest to the target.

**Line:** A flight path intended by the thrower.

**Mini (or mini-marker):** A small version of a golf disc used to mark a player's lie.

**Overhand:** A throwing style that propels the disc by an overhand motion much like a baseball or football throw.

**Overstable:** A disc which tends to turn towards the left with a right-handed backhand. An overstable disc will resist turning over to the right even when thrown at high speeds.

**Putter:** A disc used primarily for putting, but can be used for approach shots or short drives. Putters are designed to fly straighter at slow speeds and are built for pinpoint accuracy rather than raw distance.

**Power Grip:** A disc golf throwing grip that maximizes snap out of the player's hand. For backhand, all four fingers are under the disc and the thumb is on top. For forearm/sidearm, both the index and middle finger are in contact with the rim to maximize power.

**Relief:** When a lie is in an unsafe or unplayable position, a player may take relief to the closest safe and playable lie that does not advance the lie towards the target.

**Roller:** A throw where most of the distance comes from rolling the disc on the ground rather than flying through the air. Rollers can be thrown many different ways and can provide many different paths, often to get out of trouble. They can be used to get under low ceilings or for extreme distance provided the fairway is smooth enough.

**Snap:** The moment of the release when the motion of the arm creates a burst of spin on the disc, propelling it forward. Snap is created when the disc is ripped out of the hand by the force of the arm swing. Maximum snap is a product of correct form and hand grip rather than raw power or energy. You can hear the snap of a good throw.

**Spit Out (also known as a Chain Out):** An extremely frustrating event which happens when the disc hits the chains and then bounces out of the basket.

**Stable:** A disc that resists high-speed turn. A stable disc will fade to the left slightly as it slows down for a right-handed backhand.

**Tomahawk:** An overhand shot that is gripped similar to a forearm or sidearm grip but is thrown over the top like a tomahawk. When thrown right-handed, the disc will turn over and move right, then fall and finish to the left.

**Turnover:** A disc that turns to the right (for right-handed backhands) is considered to have turned over. Understable and stable discs turn over more easily than overstable discs. Headwinds make discs turn over more quickly as well.

**Understable:** The tendency of a disc to turn to the right at high speeds (for a right-handed backhand). An understable disc (for a right-handed backhand) naturally wants to turn right at high speeds, and will eventually try to slowly fade left during the end of the flight as it slows down. Understable discs are recommended for beginners.



## THE NANTUCKET STATE FOREST

The Nantucket Disc Golf Course is located in the Nantucket State Forest South Pasture, which is in the central portion of Nantucket Island. The South Pasture is approximately 82 acres and was acquired by the State from the Nantucket Civic League in 1913 as a reforestation lot.

In the 1920's and early 30's, the Civilian Conservation Corps planted white, scots and red pine on the property. Plantings of Japanese black pine, scots pine and larch were done in the 1960's on the north parcel of the property.

Storm events, insects, disease, ocean effects, and forest management have changed the characteristics of the South Pasture since the Commonwealth of Massachusetts has owned and managed it. In 2008, a storm associated with high winds affected much of the degraded South Pasture's white pine plantation. Trees were removed or chipped on site. Areas with open canopy associated with this storm event have pitch pine and scrub oak regeneration and areas with high densities of white pine saplings.

Nantucket Disc Golf, along with personnel from the Manuel F. Correllus State Forest on Martha's Vineyard and the Wannacomet Water Company, which purchased 17 acres of the property in the 1990's and installed a water well, maintain the property.

## TICKS & POISON IVY

**CAUTION:** You may encounter deer ticks and poison ivy while playing the Nantucket Disc Golf Course. It is recommended that you read the following before playing the course.



Actual Size (adult)



Actual Size (nymph)



**DEER TICKS** are common in the Nantucket State Forest and may carry Lyme disease, babesiosis, and/or ehrlichiosis.

The best way to avoid ticks is to stay on the fairways and trails if possible. Wear light-colored clothing and tuck pants into socks. If available, use tick repellent (DEET products on skin, permethrin on clothes). After being outdoors, check yourself and your pets completely. Ticks

anesthetize the skin before biting so you will seldom feel the original bite. Early removal of a tick (within 24-36 hours) reduces the risk of infection.

In Lyme Disease, a circular rash, which occurs in 60 to 80 percent of patients, is usually the first sign of infection and occurs within 3 to 30 days after a bite from an infected tick. Other symptoms may include flu-like fever, chills, fatigue, headaches and a stiff neck. Early diagnosis of the disease is crucial. Seek medical attention immediately.

**POISON IVY** is also found in some areas of the State Forest. For some, poison ivy is a minor irritation, for most, a major irritation, and for a few, a medical emergency. The best advice is to learn to identify the plant by its leaves and avoid touching it. As the old saying goes, "Leaves of three, let it be." If you come in contact with it, make sure to wash the point of contact thoroughly with soap and water or with a poison ivy cleanser, such as Tecnu. In the spring and early summer, leaves are green. In the fall, poison ivy leaves turn crimson red and drop off. In the winter, bare branches are difficult to identify yet still retain their toxic oils.





## **Q & A WITH COURSE DESIGNER, JOHN HOUCK**

John Houck (Austin, TX) designed the Nantucket Disc Golf Course in April 2010. He is arguably the world's premier disc golf course designer, with more than 100 course designs and consultations spanning his career—more than any living designer. John was Commissioner of the PDGA from 1994 to 1996, and has been President of the Disc Golf Foundation since 1998. John is the Head of Course Design for the new International Disc Golf Center in Augusta, GA, and has designed or consulted on course designs for numerous world and national tournaments.

### **What did you think about the Nantucket State Forest South Pasture initially?**

It didn't take me long to see the potential in this property. It's a great place for disc golf.

### **What was your philosophy on the course's design?**

My goals were to make the course accessible and friendly for new players, and to give the experienced players of New England something they hadn't seen before.

### **Were there any specific challenges designing the course?**

The trickiest part was working with the lack of elevation. We decided early on to shoot for the title of "Best Pancake-Flat Course in the World."

### **What are your favorite parts of the course?**

It's tough to pick a favorite, but I really enjoyed working in the northwest section, which eventually became #4, #5, #17, and #18. Great trees and tree density there.

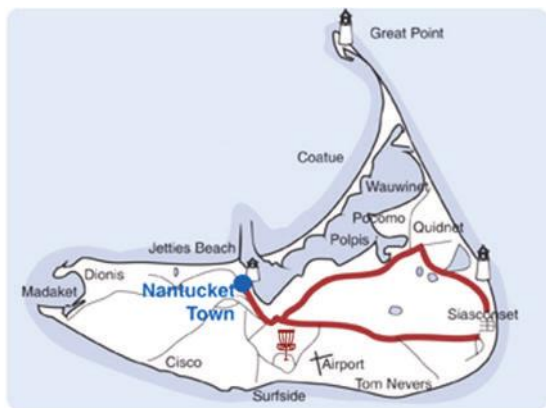
### **Does the course remind you of any other great courses?**

There are elements that remind me of other classic courses, but the Nantucket Disc Golf Course really has a feel of its own.

### **Is there anything else you want to add?**

I'm proud of the work I did here, but no one should forget how much Todd Rainwater and the rest of NDG have done to make this a world-class course.

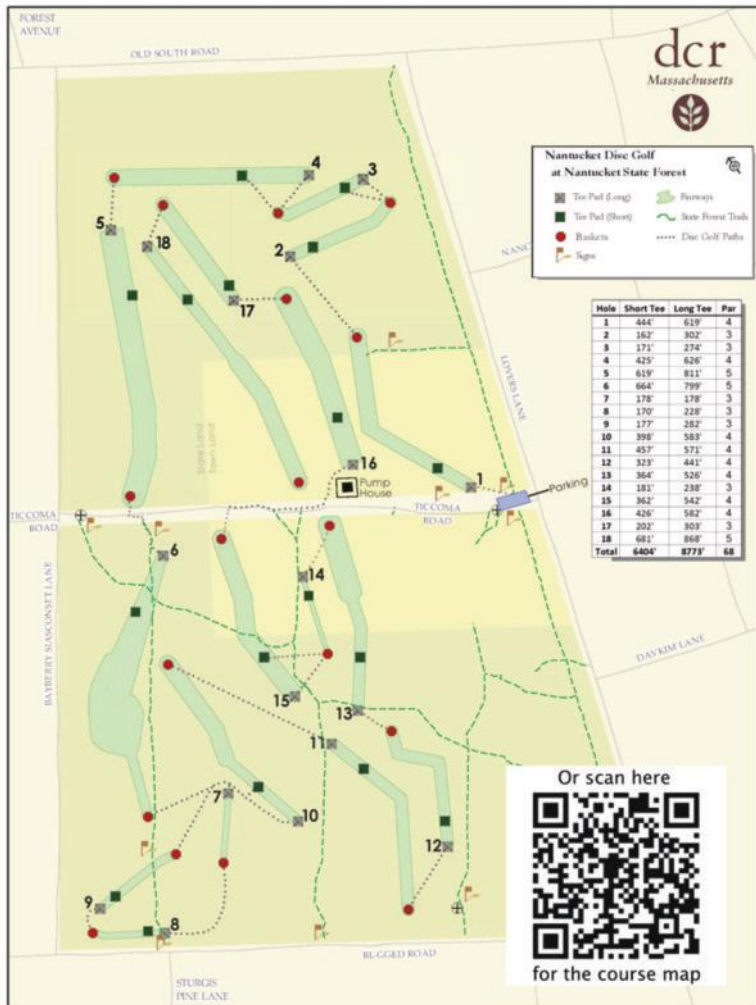
## GETTING TO THE COURSE



The Nantucket Disc Golf Course is located at 21 Lovers Lane in the Nantucket State Forest. The course is about 2 miles southeast of the Nantucket Downtown Historic District. From Main Street, take Orange Street 1 mile to the Rotary. Then take Old South Road .75 miles and take a right on Lovers Lane. Go .25 miles down to the small dirt course parking lot with split rail fence on the right. Adjacent to the parking lot in the State Forest you will find the course bulletin board, scorecards with a course map, pencils, our practice putting basket and the first tee pad.

The course is accessible by car, and bike paths will lead you right there as well. The WAVE bus service runs from late May to early October, and they will take you to the course as well. Take the Airport Route or the Sconset via Old South Road Route and get off at the Lovers Lane stop. From there, it is a short quarter-mile walk down a small footpath in the State Forest that parallels Lovers Lane to get to the course information board and hole #1. For more information about routes and fares, go to [www.nrtawave.com](http://www.nrtawave.com).

# NANTUCKET DISC GOLF COURSE MAP



Or scan here



for the course map

Take a picture of this map with your phone & use it to guide you through the course!

# Nantucket Disc Golf Course

21 Lowers Lane, Nantucket State Forest, Nantucket Island, Massachusetts 02554

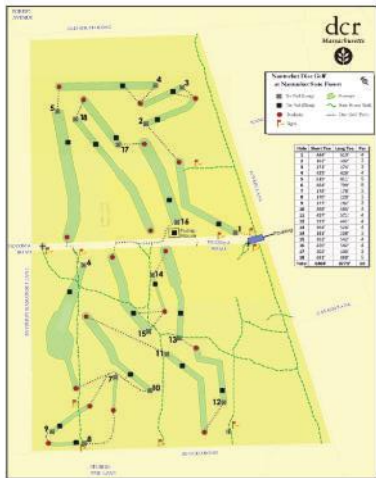
nantucketdiscgolf.org | find us on 

Date: \_\_\_\_\_



Howick  
Design

HOLE	1	2	3	4	5	6	7	8	9	Front	10	11	12	13	14	15	16	17	18	Back	TOTAL	
Long (63.6)	019	302	274	626	831	798	178	228	282	4110'	583	574	441	526	236	542	582	303	868	4654'	8773'	
Handicap	8	9	16	11	5	6	18	17	10	-	13	2	1	7	14	4	12	15	3	-	-	
Short (54.2)	444	162	171	425	619	664	178	170	177	3010'	398	457	323	364	481	362	426	202	681	3394'	6404'	
Handicap	8	14	11	12	3	4	5	15	9	-	18	2	7	6	13	17	10	16	1	-	-	
Par	4	3	3	4	4	5	3	3	3	33	4	4	4	4	4	3	4	4	3	5	35	
PLAYERS																						



### Nantucket Disc Golf: The Basics

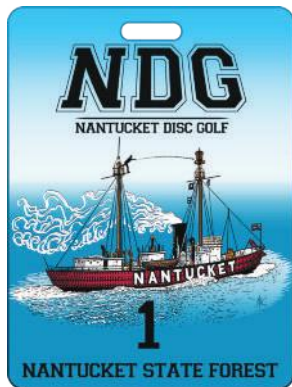
- The Nantucket Disc Golf Course is free and is open all day, 365 days a year. The course is family- and dog-friendly and there are no tee times. **All you need to do is bring one disc each and show up and play!**
- Discs sold on island at *The Sunken Ship* (12 Broad St).
- To begin play, tee off from the green (beginners) or green (advanced) tee box. After the tee-off, the player whose disc is farthest from the hole throws first.
- One stroke is counted each time the disc is thrown. Like golf, the object is to acquire the lowest possible score. Use this scorecard to keep your group's score.
- A disc that comes to rest in, not on top of, the basket constitutes a successful completion of that hole.
- Please do not litter and please respect the neighbors, fellow recreation seekers and the State Forest wildlife.

*Crip it, rip it, and have a good time!*

## ONGOING EVENTS AT NANTUCKET DISC GOLF

### 2015 NDG Bag Tag Challenge

- Bag Tags can be purchased for \$10 at the Sunken Ship, 12 Broad Street, and all proceeds from the sale of the tags go to supporting NDG's non-profit mission of promoting disc golf as a healthy, inexpensive, family-friendly, year-round recreational alternative to the youth on the island.
- Bag Tags are a way for disc golfers to challenge and compete with one another.
- Goal is to acquire and retain lowest number tag possible.
- Tags must be attached to the disc bag and visible at all times.
- Higher-numbered tags challenge lower-numbered tags.
- If higher-numbered tag wins, tags shall be exchanged.
- In the event of a tie, bag tags are not exchanged, unless players agree to a sudden-death playoff.
- The #1 tag holder must regularly accept challenges during the final week of competition.
- Competition will conclude at sunset on Thursday, December 31, 2015.
- Cash prize awarded to the #1 tag holder at end of the competition.



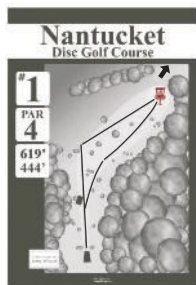


## Weekly Mini-Tournaments At Nantucket Disc Golf

Nantucket Disc Golf holds casual Singles and Doubles mini-tournaments open to ALL players every week. Our weekly mini-tournament schedule varies seasonally, but typically, mini-tournaments are held on weekday evenings during the summer and weekend mornings or early afternoons during the rest of the year. Singles mini-tournaments are just for fun or for Bag Tags. Doubles mini-tournaments are draw-your-partner doubles. There is a \$4 entry fee for Doubles mini-tournaments, with the winner(s) getting half the money and the other half going to the Nantucket Disc Golf Course maintenance fund. To confirm the weekly mini-tournament schedule, and for more information on current and ongoing events at the Nantucket Disc Golf Course, go to [www.nantucketdiscgolf.org](http://www.nantucketdiscgolf.org) or visit us on Facebook.

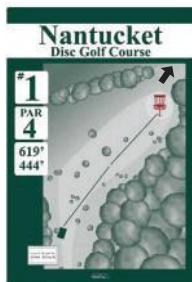


# HOLE 1 - "The John Varkonda Hole"



Hole #1 at Nantucket Disc Golf eases you onto the course. It is a 619' par 4 from the **Long Tee**—very slightly uphill, making a gentle righthand turn most of the way. The ideal drive splits the middle channel and finishes right, anything left will add distance. The last barrier

trees in the fairway are about 350' from the long tee. The hole opens up considerably the last 270'. The **Short Tee** is 444', with a clear driving lane. The green is guarded by three trees on the right and some water pipes on the left 50' out. A scrubby bush also protects the left side of the putting circle.



# HOLE NOTES

Hit the gap on your drive off the Short Tee and try to avoid the first set of trees, ideally finishing a little right.



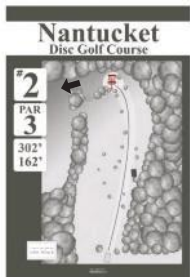
After the first 350', the hole opens up considerably.



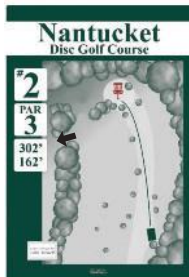
50' out, 3 trees guard the right side, water pipes the left. A small tree also blocks the left side of the circle.



## HOLE 2



Hole #2 at Nantucket Disc Golf is a 302' par 3 from the **Long Tee**. Hit the gap with a right-handed hyzer backhand and you can make a run at an ace—one of seven par 3's on the course. The last fairway tree before the hole turns left is 190' out. Trees lining the entire left side of the



hole make that the most challenging route, although there is a small channel. The **Short Tee** is 162' and has a clear-cut path to the basket. A cluster of trees guards the green to the right and left on approach, and the area long and left of the basket is clear.

# HOLE NOTES

The largest gap off the Short (and Long) Tee starts right and finishes left on this hole.



Trees guard the basket left and right.

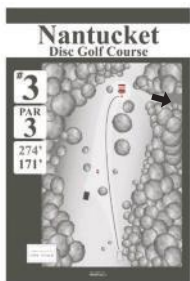


View from behind the basket shows the lanes coming in.

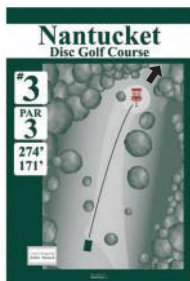




# HOLE 3



Hole #3 at Nantucket Disc Golf is a 274' par 3 from the **Long Tee**. Seemingly reachable for most, this par 3 is still a tough hole to birdie. A small tree—even with the short tee on the left side of the fairway—is the main obstacle until you reach the large pine guarding the right



side of the green, 65' out. A righty forehand or lefty backhand hyzer is your best option here to get close to this fairly open green. The **Short Tee** is 171' and players must choose which way around the big pine they want to go. A small tree to the left of the basket is the only other obstruction around the green.

# HOLE NOTES

Smooth sailing from the Short Tee.



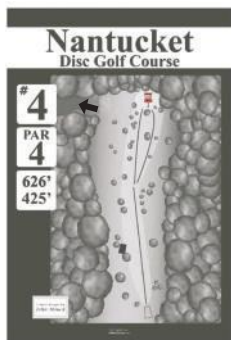
Choose your route around this big pine.



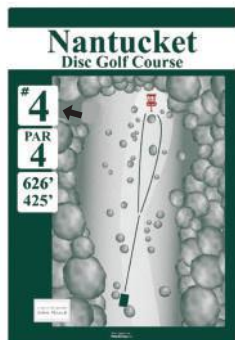
The green is wide open past the big pine, except for a bush to the left of the basket.



# HOLE 4



Hole #4 at Nantucket Disc Golf is the start of a tough 3-hole stretch. A 626' par 4 from the **Long Tee**, long and straight is the name of the game for this tee shot. The best route is to split the trees on either side of the fairway about 300' from the tee. The **Short Tee**



is 425' and gives you a nice look at the center gap. A menacing small tree on the right side about 200' from the basket sees a surprising amount of action. The entrance to the green is more guarded if approaching from the left, and more open on the right.

# HOLE NOTES

Long and straight  
off the Short Tee  
is good here.



This tree 200'  
from the basket  
sees lots of  
action.

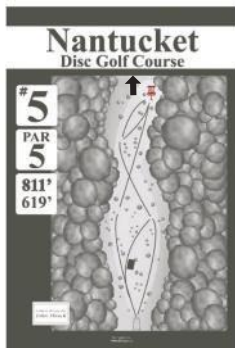


Right side of the  
green is more  
open than left.



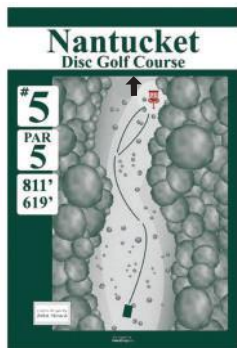


# HOLE 5



Hole #5 at Nantucket Disc Golf is the first of two consecutive long par 5's. It is 811' from the **Long Tee**, a tree-lined and potentially treacherous hole. You need to make it 600' through the center gap and maze of trees before the hole opens up. On your drive,

choose your way left or right of the center tree cluster, and try to stay in the middle gap if possible after that. The **Short Tee** is 619' and is tighter on the left side off the drive. The final 200' of the hole gives you a break and is fairly open with only a few trees protecting the green.



# HOLE NOTES

Choose your gap wisely off the drive on the Short Tee.



If you can make it to the fairway opening after 2 shots, you are in great shape.



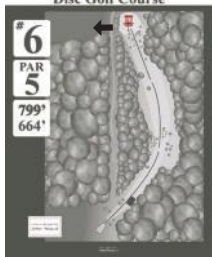
The hole opens up significantly the last 200'.



# HOLE 6



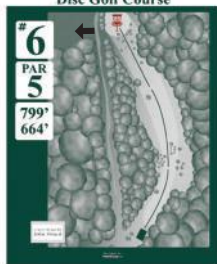
## Nantucket Disc Golf Course



Hole #6 at Nantucket Disc Golf begins the 10 holes of the south side, and is another difficult par 5 with a tight beginning and a tighter ending. It is 799' from the **Long Tee**, and a drive splitting the middle gap and finishing left is the shortest route. Big throwers

have a potential clear deeper route on the right as long as they finish left. It is about 400' to get to the middle clearing from the Long Tee. The **Short Tee** is 664'. Try to stay on the right side after the clearing in order to have the best approach to the tunnel shot to the basket. Miss left or right and you have to find your own route to a well-protected basket.

## Nantucket Disc Golf Course





# HOLE NOTES

Try to drive through the tree barrier off the Short Tee.



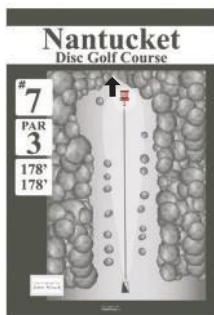
Once to the clearing, stay right to give yourself the best look at the tunnel shot to the basket.



Well-guarded approach has lots of obstacles.

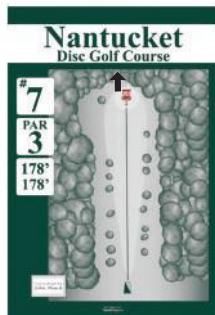


# HOLE 7



Hole #7 at Nantucket Disc Golf is the beginning of 3 straight par 3's, and the only hole on the course with just one tee pad. Time to make some birdies if your aim is true. It is a 178' straight tunnel shot. Make it through the first 115' of trees and you can bail out left near

the green. If you finish right, plan on throwing your second shot from some dense trees. This straightforward but difficult hole can separate the men from the boys. Plenty of space around the basket if you can just hit the tunnel.



# HOLE NOTES

This is the definition of a "tunnel shot."



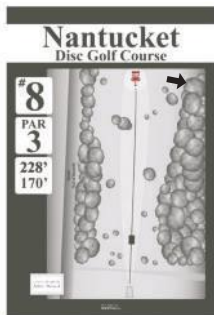
Hole opens up after 115', especially to the left.



Green is wide open except for trees on the right.

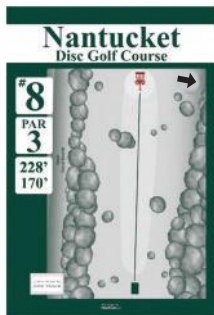


# HOLE 8



Hole #8 at Nantucket Disc Golf is a deceptively tricky par 3, especially from the Long Tee. The **Long Tee** is 228', and your drive needs to split the trees on either side of the **Short Tee**, which is 170' from the basket. You can choose either side of the cluster

of trees 50' from the basket, depending on whether you are throwing a forehand or backhand. A slightly downhill tee shot leads to a slightly uphill backdrop for approach shots. A couple trees behind the green are the only obstacles near the basket. This is a well-designed hole that demands precision, but will yield birdies as reward.





# HOLE NOTES

Split the rows of trees on your drive from the Short Tee.



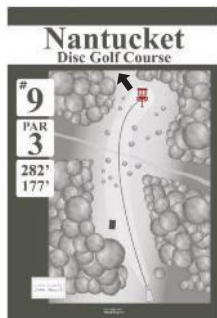
Choose right or left around these trees bunched 50' from the basket.



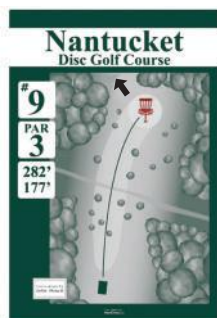
The green is open with a slight uphill backstop.



# HOLE 9



Hole #9 at Nantucket Disc Golf is a slightly uphill sloping par 3 that puts an emphasis on placement of your drive. The **Long Tee** is 282' with a narrow beginning, making the drive difficult if you can't keep it straight from the start. Forehand, backhand,



overhand—anything goes on this hole. The **Short Tee** is 177' and if you make it past the first group of trees, you are home free. The green is wide open.



# HOLE NOTES

Put your drive from the Short Tee through the main gap.



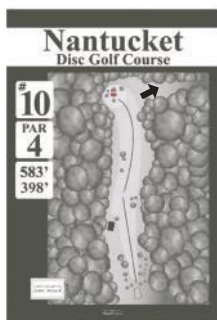
The fairway opens up after the first row of trees unless you go left or right.



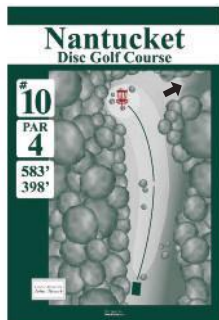
The green is wide open.



# HOLE 10



Hole #10 at Nantucket Disc Golf is the first of four consecutive par 4's. It is 583' from the **Long Tee** and places a huge emphasis on placement of the drive. The hole bends right after about 260'. There are a couple of trees guarding the basket, and if you go



too far past the basket, you'll be in the woods. Other than that, the green is fairly open.

# HOLE NOTES

The area surrounding the **Short Tee** (shown) is a good spot to lay-up from the Long Tee.



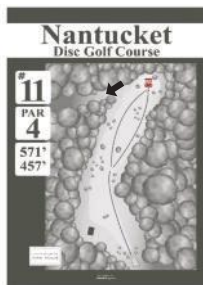
Start your disc out right and come back left.



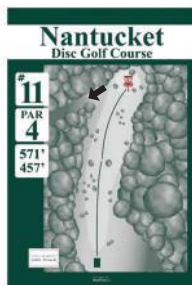
The basket is tucked left, guarded by a few trees left and long.



# HOLE 11



Hole #11 at Nantucket Disc Golf is a 571' par 4 from the **Long Tee**, and one of the most difficult holes to birdie. Similar to hole #10, if your drive goes deep and left, you will most likely be in the rough. The two trees in the fairway are 140' out and the last tree



on the right before the hole snakes right is 215' from the Long Tee. The **Short Tee** is 457'. Once to the midway point, players must hit tight gaps whether they take the wider gap to the right or the tighter route on the left. The vine-covered tree sits 120' out from the basket and the green is open except for 3 trees—front, right and just beyond.



# HOLE NOTES

Placement on the drive from the Short Tee is key.



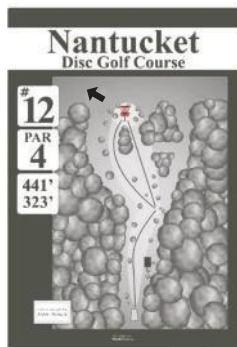
The approach shot is a very tight one.



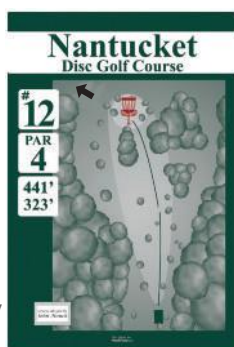
A couple of trees guard the green.



# HOLE 12



Hole #12 at Nantucket Disc Golf is a terrifying 441' from the **Long Tee**. It takes a perfectly placed 225' drive to get to the bend. If you miss your drive even slightly, you could be looking at having to pitch back into the fairway from a deeply wooded lie. Strokes can



add up quickly on this hole. The **Short Tee** is 323'. The white rock in the fairway is 125' from the hole—you can choose to go left or right around the center bunch of trees. Both routes demand precision but the right side is much tighter. There is a bushy tree directly in front of the basket players must contend with if they approach from the left side.



# HOLE NOTES

Definitely the toughest drive on the course from the Short (and Long) Tee.



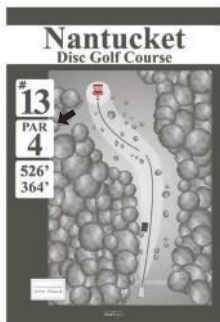
Get to the bend, then choose your path from there.



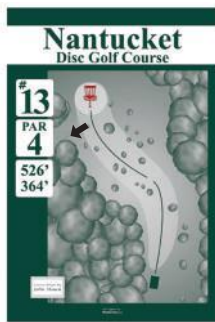
If you approach from the left, this tree blocks your path.



# HOLE 13



Hole #13 at Nantucket Disc Golf is a 526' par 4 from the **Long Tee**. As with hole #12, a premium is placed on the drive on this hole. But unlike hole #12, this hole really opens up after the first 285', and bends slightly left. The **Short Tee** is 364', and sends players



off at the same angle as the Long Tee. Send your drive long and deep and then pick a route through the remaining trees. There are a couple of trees guarding the basket, and if you go too far past the basket, you'll be in the woods. Other than that, the green is fairly open.

# HOLE NOTES

The Short Tee looks a lot like the Long Tee.



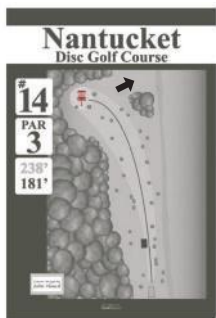
Find your approach gap.



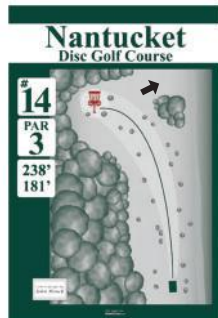
One big tree is in the way near the basket.



# HOLE 14



Hole #14 at Nantucket Disc Golf is a 238' par 3 from the **Long Tee**. There is only one clear gap and even good shots get knocked down by trees lining the route on the right side. The **Short Tee** is 181' and still challenging. There is one final clump of



trees just short of the basket you must navigate, and if you go long, there are a few trees to contend with as well.



# HOLE NOTES

From the Short Tee you have two routes to the basket.



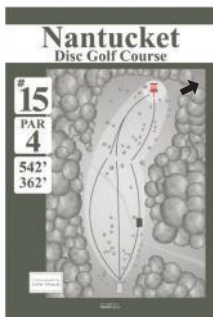
A few pesky trees are clumped in front of the basket.



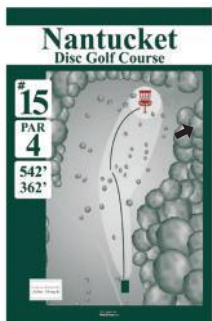
The green is pretty open.



# HOLE 15



Hole #15 at Nantucket Disc Golf is a 542' par 4 from the **Long Tee** and the last hole on the south side. There is a tight center route off the long tee. There is a tight center route off the long tee. Larger routes exist right and left around the center group of trees. The route to the right takes you over the **Short Tee** which



is 362' from the basket. All routes tighten up about halfway through, with lots of trees in the middle, and the hole takes a slight bend to the right as well. Once you get to the final third of the hole, there are less obstacles and the green is pretty open. Similar to hole #13, if your approach goes further than 20' long, you will be in the rough.



# HOLE NOTES

The route to the right takes you over the Short Tee (shown).



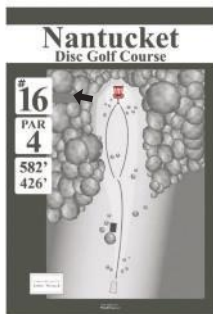
You have to split these trees if you take the left side.



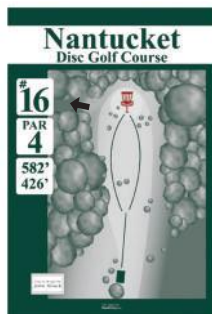
There are a few trees to block approach shots.



# HOLE 16



Hole #16 at Nantucket Disc Golf takes us back into the north side for the final three holes. It is a 582' par 4 from the **Long Tee**, and the wind can play a big factor. This is the most open driving hole on the course, and finally a hole for big arms to show their stuff.



Aside from a big tree near the **Short Tee** which is 426' from the basket, there are only a few obstacles to contend with in the fairway. A few trees block the left side of the fairway about 410' from the Long Tee, and a few trees guard the righthand approach to the green about 60' from the basket. The green is wide open.

# HOLE NOTES

The Short Tee offers a wide open drive.



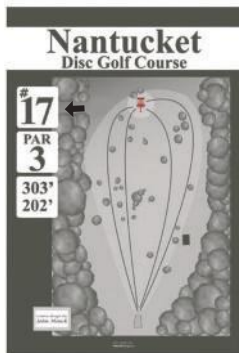
Watch out for trees on the left.



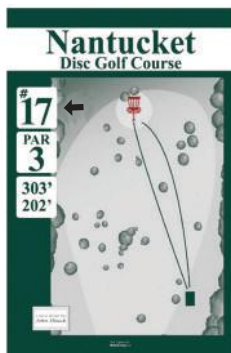
A few trees guard the right side of the green.



# HOLE 17



Hole #17 at Nantucket Disc Golf is a 303' par 3 from the **Long Tee** and can be deceptively long. There is a distinct route for a right-handed back-hand hyzer through the trees. There are a couple tight paths on the left side. The **Short Tee** is 202', starting you



off from the right side of the fairway, with plenty of large trees blocking your path. Once you get past the final barrier of trees, the green is open except for a couple trees slightly beyond the green that can act as a backstop.



# HOLE NOTES

The Short Tee starts you out on the right side of the fairway.



The left side is very well-protected.

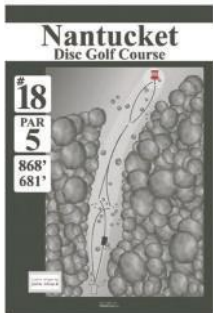


The green is open except for a few trees just past the basket.

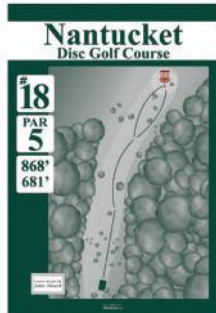




# HOLE 18



Hole #18 at Nantucket Disc Golf is the longest hole on the course, an 868' par 5 from the **Long Tee**. Your tee shot must go right or left around the center clumping of trees 140' from the Long Tee. The **Short Tee** is 681' and points you right at the middle gap, with ideal drives



fading right at the end to avoid the left rough. There is a small pine on the left side of the fairway about 390' from the basket, and the hole straightens out and opens up the last half. There are a few trees blocking the left side of the fairway the final third, and three big trees 60' from the basket blocking potential approach shots. The green is open except for a tree just right of the basket.

# HOLE NOTES



There is a clearly visible center gap off the Short Tee.



Pine on the left of fairway about 460' out sees lots of action.



Last guardian trees are 60' from the basket.





**Remember - whoever has the most fun wins!**

*Driver* - Drivers can go the furthest but are hardest to control. They are thin and very hard. Once you can control a putter and a mid-range you can move on to a driver.

*Mid-Range* - Once you can throw a putter you should move to a mid-range. They are a little thinner than putters but fatter than drivers. They fly a little further but are harder to control.

*Putter* - Start with a putter—they are the discs with the fatter rims and they fly straighter and are easier to throw.

## **The Discs**

*Tomahawk* - stack your middle and index finger against the rim on the bottom of the disc. Throw it over your head like your are chopping an axe!

*Thumb* - grip the rim on the bottom of the disc with the thumb pad and squeeze the disc between the thumb and the index finger on top of the disc. Throw it overhand like a baseball!



**The Object** - to get the disc in the basket in the fewest throws. Throw your disc from the tee pad any way you want. Throw your next shot from wherever your disc lands, and keep going until you get your disc in the basket. The chains in the basket are designed to "catch" your disc even if you throw from far away! Count your number of throws and move to the next hole!

**The Throws** - the beauty and fun of disc golf is in the ability for players to use their own style and creativity. Feel free to experiment with grips and throws until you find out what is best for you.

Here are a few suggestions:  
**Backhand** - grip the disc with your thumb on top. Turn your body sideways to the target, reach the disc back about chest high and let her rip!

**Forehand** - stack your middle and index finger against the rim on the bottom of the disc. Turn your body sideways to the target. Throw it kind of like a sidearm baseball and give it a flick!



## LETTER TO THE KIDS

Nantucket Disc Golf is a

non-profit organization created

to give the youth of Nantucket a

year-round, healthy, free activity.

Simply put, the Nantucket Disc

Golf Course was built for the kids!

If you are a kid on Nantucket

please give the sport a try. We

hope you will love it as much as

we do and enjoy it for a lifetime.

We are very lucky to

have such a wonderful

world class facility on

Nantucket. So grab a

disc and head out

to the course.





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DISC GOLF  
NANTUCKET GUIDE FOR KIDS

