
Frisbee, Ultimate and Disc Golf Resources for Your School by Frisbee Rob

Incorporating frisbee into your gym class can be a lot of fun for kids. However, there are a few things to keep in mind. Namely, they are:

1. Proper equipment
2. Proper technique

It doesn't matter how good someone's technique is – if the disc is poorly designed, it won't fly. Conversely, it doesn't matter how good the disc is, if someone has terrible technique, they won't be able to throw.

Proper Equipment

1. For ultimate, you will want a 175g Discraft Ultrastar (available through SportFactor or Skyline although SportFactor is a few dollars cheaper).
2. For disc golf, you can use ultimate discs or you can buy golf discs (available through SportFactor – they are Innova golf discs which are the most popular brand of golf discs). You can also get a disc golf basket (Innova DiscCatcher) through SportFactor (roughly \$190 + shipping).
3. For throwing, catching and other frisbee games you will want Frisbee Fastbacks. Right now they're only available through me (but hopefully will be carried by SportFactor and SkyLine this year). There are 15 colour options and they are \$5/each. If you order 100 or more, you can have your school's logo custom stamped on the disc.
4. For general run – SpinJammer. I would recommend buying this from Amazon or anywhere else that you can find it online. I'm trying to figure out a way to import them to Canada to get a better price and also make it easier for purchase but for now, you shouldn't be spending more than \$15 per SpinJammer (<http://www.gophersport.com/sports/disc-golf/spin-jammer>, <https://www.palossports.com/store/proddetail.cfm/ItemID/2534/CategoryID/32/SubCatID/657/file.htm>).

Quantity suggestions

1. **Ultimate:** I would recommend buying just a handful since you only need one for an ultimate game for a few more for playing catch it always good (although see #3)
2. **Disc Golf:** I would recommend buying a class set of putters and then ½ of mids and drivers (ie 20 putters, 10 mids, 10 drivers). If that's too many, err on the side of buying putters.
3. **Throwing, Catching & frisbee games:** I would recommend enough so that you have 1 for every two kids in your class. These frisbees are great for kids of all ages, from PreK to Grade 12.

Learning to Throw

There are many teaching videos available online but there are only a handful of simple to understand, correct videos. I'm working on filming a whole new set of videos which I'll be posting on my Youtube channel this summer but in the meantime, I've created this playlist which has a few videos that you can refer to: <https://www.youtube.com/playlist?list=PLezzWvSJAwbPyML3A21uVSN9bfNLNfg->.

Opportunities for Students

One of the wonderful things about frisbee is that there are world records in the various disciplines with age based categories as well. If you are working with your students on goal setting, this is a perfect opportunity to work this in by having them see how close to their respective age group record they are on their longest throw: <http://wfdf.org/history-stats/world-records>. If you have any students who are interested in attempting a world record, please contact me and I can help you coordinate and have the proper documents in order to make the record official.

Additional resources

You can find out more about all things frisbee including history, instructional videos and videos of my world records on my Youtube channel at <http://www.youtube.com/rjmcleod04>.

You can find out more about frisbee in general including all about the disc sports and frisbee games at Ageless Game online at <http://www.agelessgame.com>.

You can find out more about me including how to contact me at <http://www.frisbeerob.com>. Or you can email me at rjmcleod@gmail.com.