

# Beyond the Flight

Communication from the UK Women's Disc Golf Association

Issue 19 - May 2023

## IN THIS EDITION

- How many Members!!
- Mental side of disc golf with Zoe Andyke
- Nearly time for the 2023 Summer Soirée
- Members Monthly Draw
- More volunteer work in the UK
- Sox, Discs and Bag Tags

### How many Members!!



Yes, so far this year we have 78 members, which has surpassed last year's total. As more women discover disc golf we continue to grow our membership and with the help from our Supporters ([MVPdiscsports](#)) we are able



to get them underway with lightweight discs that are perfect, as well as a free Pro Subscription on the Udisc App courtesy of another Supporter, [Udisc](#), so that Members can record their rounds and see how they are improving against the courses they play. If you know someone who wants the support of our growing community, please point them to the [UKWDGA](#) and we will help them grow too.

### Mental side of disc golf with Zoe Andyke



This month we hosted a session with our Patroness, [Zoë Andyke](#), a world renowned teacher of disc golf and 2018 FPO World Putting Champion. Zoë gave us an amazing and thought provoking insight to the mental processes from Tee to Basket to apply to your game, whether it's recreational or competitive. It



was a great place to start on a series of meet ups, as Zoë provides members with some help to inspire a better game. We had some really positive feedback and we are planning another session with Zoë for next month where she will be taking us through the next stage.

### Nearly time for the 2023 Summer Soiree

Registration time is coming to a close



(3rd June) so come and join us at Manchester, Longford Park. Click this link as [REGISTRATION](#)

IS FREE FOR UKWDGA MEMBERS and all Divisions are open for anyone to come and play this one day event on 10th June 2023. We have prizes for each Division and a Closest To the Pin (CPT) prize for Mixed and Female divisions.

## Members Monthly Draw



For our free Members May Disc draw we had this wonderfully stamped Discraft Heat, provided by our Supporter [London Disc Golf Community](#). Congratulations goes to our lucky member, **Jody Boocock-Martin**. Hope you like throwing this Jody.

## More Volunteer work in the UK



[Jo Kenyon](#), who is a founder member of the Liverpool Disc Golf Club (LDGC), presently a club without a course, is continuing to do amazing work in the Liverpool area to try and convince local landowners that disc golf is needed to encourage more activity and help with mental health for every age group. Every week Jo and the LDGC



crew go out, set up a course and encourage participation. [Carole Findlay](#) has purchased and donated discs to help with this tireless work, which is attracting more people, and we even have new UKWDGA members as a result. Jo hasn't been playing for long herself but she is a huge inspiration and we look forward to hearing if all this work pays off further and the LDGC crew are rewarded with a more permanent course.

Our UKWDGA Chair, [Zoë Woodward](#) has also been really busy this month at [King George V NG18 Park](#), Mansfield, where she introduced 170 young people to disc golf for the first time. With 4



classes over the day with the local primary school, Zoë had a tiring but rewarding day and said that the young people were a credit to their school. Incredible work and thank you for giving your time, Zoë.

Sorry if we've missed anything you've been doing. Let us know if you're volunteering and helping with the future of disc golf in the UK. We'd love to hear your story and share with our members and the wider community.

## Sox, Discs and Bag Tags

We are loving the photos being shared now the weather is trying to improve



Don't forget that all members taking part in the season's Bag Tag League, if you submit a Bag Tag photo to our private group, you'll be entered into a mystery draw later in the year.