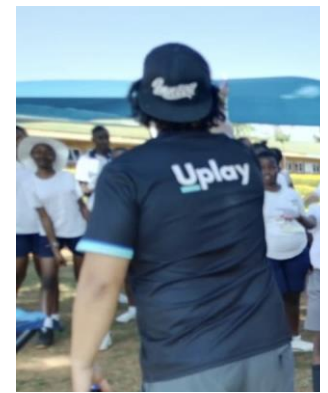


# Disc Golf - Playing Smart....

*Fighting injustice and Mental Health Issues!*



**We Hope, We Dream, We inspire**

**SPORTING IS WHAT WE KNOW BEST...**

## **STORIES IN THE NEWSLETTER**

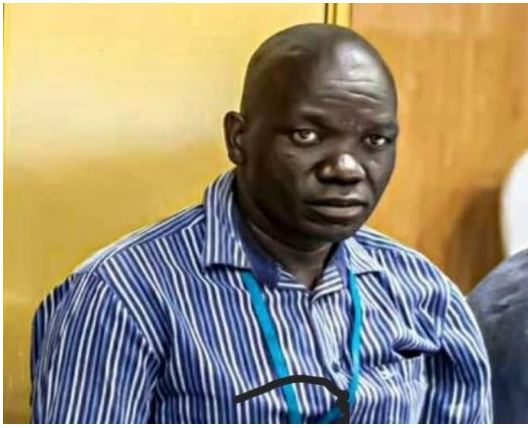
**- NEW SPORT 'DISC GOLF LAUNCH IN ZIMBABWE GAINS MOMENTUM'**

**- JAMES VISIT TO ZIMBABWE MEMORABLE**



**'DISC GOLF TURNING YOUR WALK INTO A WORKOUT'**

# ICIS -Country Coordinator's Corner



Alex Dewa (Country Coordinator)

“We are grateful to have James in Zimbabwe; as we are looking forward history by successfully launching Disc Golf in Zimbabwe. We were able to have sensitisation programs through sport. The interaction with him was delightful and promising. We cannot wait to impact the nation at large. I am grateful for all the partners from Canada and around the world. We are ready to move to the next stage and our people; trainers, young adults, children and the whole nation awaits. Forever grateful,  
*Blessings to you all!!!”*

## NEW SPORT 'DISC GOLF LAUNCH IN ZIMBABWE GAINS MOMENTUM'

### *DISC GOLF FILLS THE TENDER AGE WITH GOOZEBUMS*



I care so I share conducted a social engagement with the communities and students towards mental education bringing forward a much safer and secure future for students and community members. The engagement was undertaken through sport. One of the goals was to raise awareness against societal illnesses cabing the children of Zimbabwe; negatively affecting them mentally, socially , emotionally and spiritually. We have been experiencing detrimental issues such as drug abuse, early child marriages, mental health issues, teenage preganancies due to poverty and lack of sensitization programs. We are delighted that we managed to impact different ages during this time.



# Learning Theory & Practicals of Disc Golf

## What is Disc Golf?

Disc golf is a similar game to "regular" golf except that it's played with a Frisbee disc. Players throw the disc as close as possible to a specially designed target called a basket, then throw again from where the discs landed, trying to get into the basket in the lowest number of throws.

## What do you do in disc golf?

Disc Golf is played like traditional golf, but with disc golf discs instead of balls and clubs. One throw (stroke) is counted each time the disc is thrown and when a penalty is incurred. The goal is to play each hole in the fewest strokes possible. The player with the lowest total strokes for the



**MAKING A DIFFERENCE THROUGH SPORT**



# JAMES IMPACT IN ZIMBABWE



## YOUNGSTERS LEARNING ABOUT DISC GOLF



The object of the game is to complete each hole in the fewest number of throws, starting from a tee area and finishing with the disc coming to rest in the basket. Generally, a course is made up of 9 or 18 holes. Players start at hole one and complete the course in order, playing through to the last hole. The player with the lowest total cumulative throws wins. Disc golf differs from traditional golf in important ways. Disc golf courses can use a wide variety of terrain. Often times, land not suitable for other park activities or development is the perfect terrain for a disc golf course. Disc golf is one of the best lifetime fitness sports. It is easy to learn, a healthy activity, and accessible to people of all ages and fitness levels.







**Disc golf is a fascinating game that allows I CARE SO I SHARE to impact the lives of people. As a new sport we anticipate more involvement of schools, colleges, universities and various organisations.**





MAKING A DIFFERENCE...



# DISC GOLF ZIMBABWE

*Engage, Connect, Grow....*



***LETTING IT FLY PURPOSEFULLY....***



**I care so I share International continue impacting people through viable partneships. We focus on Relief and Aid, Education and Skills Development, Health and Holistic Education.**