

| 2023-2024 Milligan Disc Golf Weekday Schedule  |       |  |  |
|--|-------|--|--|
| <b>MWF</b>   |       | <b>Supervised</b>  |  |
| 730am  | 830am | Team members will work on strength and conditioning          |  |
| Gilliam  |       |  |  |
| <b>MWF</b>   |       | <b>Supervised</b>  |  |
| 430pm  | 530pm | Team members will work on Skills (putting and approaches)    |  |
| Practice Area  |       | Each member will take turns keeping score                    |  |
|  |       | Each member will take turns returning discs                  |  |
| <b>Tu/Th</b>   |       | <b>Unsupervised</b>  |  |
| When convenient  |       | Team members will play Singles, no extra throws, keep score, |  |
| Campus 9   |       | and turn in scores to Coach Barr after round .               |  |
| Singles  |       | Each group must have 3 players minnum.                       |  |
| <p style="text-align: center;"><b>At Gilliam, please split into groups of 2 or 3, no more than that, per Gilliam rules.<br/>This rule is non-negotiable.</b></p>   |       |  |  |
| <p style="text-align: center;"><b>At the practice area, we will work on putting and approaching (critical skills)<br/>A scoring sheet will be filled out for all players.<br/>This will help Coach Barr to gauge player skill level.</b></p>   |       |  |  |
| <p style="text-align: center;"><b>For Singles, each player will keep score as if they were playing in a tournament.<br/>No extra shots. Full focus on every shot. No clowning around.<br/>Play the Campus 9 holes as originally designed. No safari layouts.<br/>This will also allow Coach to gauge player skill level.</b></p> |       |  |  |
| <p style="text-align: center;"><b>Disc Golf scholarship players are expected to attend as many practices as possible.<br/>Dual sport (walk-on) players must give their scholarship sport their full attention.<br/>Do not skip a scholarship sport practice, meeting, or game, to play Disc Golf.</b></p>                        |       |  |  |