



## TIPS ON RUNNING A CLINIC OR LADIES LEAGUE

### Preparation and Planning

1. Keep it focused on fun and camaraderie. Use this message in your advertising and keep it in mind while you're designing your event... from format to prizes. The more fun the participants have, the more likely they'll return to play another day.
2. Advertise! Post flyers everywhere - courses, colleges, coffee shops, women's gyms and yoga studios. Use word of mouth and talk to people. Get them excited enough to bring a friend.
3. Get an email/phone list together and don't be afraid to send out reminders repeatedly. Encourage other volunteers to make calls and send emails.
4. If you don't have a lot of experience with running an event, find a mentor that can help you run through everything you'll need to do. From planning the format, to running down score cards, to figuring out how to do your payouts, pretty soon you'll be a pro at it, but the first time it's nice to have some guidance. The PDGA has a pretty good document on how to run an event. While you may not be running a B-Tier PDGA event, the same basics go into most events.
  - a. [http://www.pdga.com/how\\_to\\_run\\_event\\_part1.php](http://www.pdga.com/how_to_run_event_part1.php)
5. Know the course and officials and what you need to do in terms of fees, access, moving placements, etc...
6. Check with local disc golf clubs. See if they're willing to donate and/or do anything in conjunction with your endeavor. Get your event posted on their website.
7. Be creative with prizes. Head to the dollar store. Make ribbons for the women, not just 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place, but Best Attitude, Most Significantly Improved, Most OB Awards, etc... Include a little something extra in the player's package. This year, we went to the dollar store, got water bottles, laminated Women's Open 2003 labels, and adhered them to the bottles as part of the player's package. Have fun and be creative.
8. Get sponsorship. Contact local, regional or even national vendors and explain what you are doing, see if they are willing to contribute. Many businesses and individuals see the value of getting behind events to promote women in athletics. Because it's centered on women, sponsorship can be in the form of fun items to use as prizes (that wouldn't necessarily be as good for mix gender or mainly male events). Find a sponsor that will partially pay for any women's fees incurred (tournament costs, food donation, etc...)
9. Check out women's leagues in other areas for good ideas. One women's league is featured on the Sassy Pants website at [www.sassypantsgear.com](http://www.sassypantsgear.com). The host gives a disc out weekly to one lady who shows the most spirit.
10. Visit Juliana's and other women friendly websites for further tips
  - a. <http://www.julianakorver.com/Women/>

### During the Event

1. Divide groups often. Put at least one experienced woman with 2 or 3 new women.
2. Signal out all the women you know that can throw different shots with some skill – sidearm, UD, lefties, forearm. Have breakout sessions to give pointers in those areas.
3. Provide a half-hour lesson beforehand with a different focus each week. Give tips on driving, putting and approaching.
4. Do your homework. Explain the shots in technical terms and have a model demonstrate as the explanation is given. Have experienced throwers critique as women practice new techniques.
5. Keep it to a smaller course at first. This allows more opportunity for advancement in all skill levels.
6. Poll the women for what they'd like to learn.
7. Once you've had a few events, consider introducing rules of tournament play to the women so they'd feel more comfortable branching out and attending area tournaments.
8. Some fun ideas we've seen used with good success:
  - a. Have a CTP contest from a reachable distance for all women involved.
  - b. Have a bag of tricks on each hole. Before the women throw each hole, have one of them reach into the bag placed at each hole and pull out a silly thing for the entire group to do. This loosens them up and keeps them smiling. Ex. Stand on the teepad and sing your favorite '80's song, or, put your bra on backwards, or everyone has to do a cartwheel. Keep it light.
  - c. If 18 holes are too much at first, conduct a round of 9. Record group scores. The second round can be individual scores. We like the format of 9 holes, lunch with two half-hour clinics – one for putting, one for driving- and then another round of 9 or 18. For longer events, find a vendor to bring out lunch items so you can run a clinic or games during lunch.

### Other Factors to Consider

1. Invite the boys – some women just may not feel comfortable without their significant others. Don't exclude anyone. Once they get out there and meet other women and start playing, they'll be more inclined to come out on their own next time.
2. Find an older sibling or other volunteer who would be willing to babysit for younger kids. Women may not be able to get out of the house because they need to be at home with the kids. A free babysitter for a two-hour round may be just what they need. Oftentimes, there's a playground nearby.

