



# Definitive Guide to Disc Golf

*By Justin Menickelli, Ryan Pickens*

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For people just starting to play, disc golf can become an exciting and addictive sport to play for a lifetime. Avid disc golfers often find playing a challenging test of both physical skill and mental determination. Disc golf is a "greener" sport than most, and has fewer barriers to entry than traditional golf and other recreational sports. It is also one of the fastest growing sports in the United States. The Definitive Guide to Disc Golf provides readers all the essential information they need to get started playing disc golf, but it is much more than just a basic "how to" manual – it is a thoughtful, fascinating, and thoroughly enjoyable exploration into the history, nature, science, and skills of disc golf. Featuring more than 80 instructional photos, this is a comprehensive book about disc golf that would be enjoyed by all players, from beginners to aspiring professionals.

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## **Definitive Guide to Disc Golf** By Justin Menickelli, Ryan Pickens Bibliography

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## **Editorial Review**

### About the Author

**Justin Menickelli** is an Associate Professor at Western Carolina University where he teaches courses in motor behavior, sport psychology, research methods and beginning disc golf. He earned a Ph.D. in Kinesiology from Louisiana State University, a MA.Ed. in Education from Western Carolina University, and a B.S. in Exercise Science from S.U.N.Y. Cortland. He has published numerous articles about disc golf, received several grants to fund disc golf workshops, and designed courses for college campuses and K-12 schools. He has a wife, Kristin, two sons, Aidan and Noah, and a daughter Addison. **Ryan Pickens** earned an M.A. in Organizational Development and Transformation from the California Institute of Integral Studies and a B.S. in Human and Organizational Development from Vanderbilt University. In 2012, he was one of the top-25 master's disc golfers in the world. Ryan has taught a disc golf course for academic credit at Mars Hill University for over a decade. He has published several articles about disc golf, created the Western North Carolina Intercollegiate Disc Golf League, and designed two permanent courses in Western North Carolina. Ryan lives in Asheville, North Carolina with his wife, Kelly, and daughter, Ellora Don.

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