

BYLAWS OF MULETOWN DISC GOLF

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Mission Statement

Muletown Disc Golf is dedicated to the promotion and sustainable growth of disc golf in Maury County and the surrounding area.

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Article I. Name

Section 1.01 The Muletown Disc Golf, herein and elsewhere to be referred to as the “MDG”, “Muletown Disc Golf”, and the “Club”.

Article II. Purpose

Section 2.01 The purpose of the Club is to promote the sport of disc golf in Maury County, TN and the surrounding areas as a means of healthful recreation and physical fitness, and to encourage more players to get involved by:

(a) Holding free clinics so that we may educate others about disc golf and the many health benefits of playing and active outdoor sport.

(b) Development and installation of new courses that are appropriate to players of all skill levels, while continuing to maintain and improve existing courses.

- (c) To develop disc golf activities for our membership which will be competitive, fair, and fun; including providing education and training clinics when requested.
- (d) To make the local communities and all associated governments aware of the benefits of disc golf as an outdoor activity and sport, with the Club supporting the disc golf community.
- (e) Establishing positive relationships with non-players and the community by encouraging high standards of course etiquette, safety, and good sportsmanship.
- (f) To assist in the promotion and running of Tennessee disc golf events
- (g) To conduct fundraising for the purpose of assisting charities, course design/installation and course maintenance/improvement by holding events.
- (h) To ensure the property and income of the Club shall be applied solely towards the promotion of the state objectives and purposes of the Club and no part of that property or income may be paid or otherwise distributed, directly or indirectly, to members of the Club, except in good faith in the promotion of the objectives stated herein.

Article III. Bylaws

Section 3.01 These bylaws shall govern the organization and operation of the Club and shall become effective upon approval by a majority vote of the entire general membership.

Article IV. Membership

Section 4.01 General Membership shall be open to all individuals who pay the membership fees and/or annual dues as required by the Club and agree to act in accordance with these bylaws.

Section 4.02 Membership in the Club has certain rights, responsibilities, and entitlements. Active membership is attained and maintained by paying annual dues, and those who confer this payment shall be referred to herein as "members".

Section 4.03 Membership dues are to be established by the Club through the referendum process.

Section 4.04 The Treasurer will, on behalf of the Club, keep and maintain the register of members and that registry shall be kept and maintained at the Committee member's place of residence. The Committee member shall delete the name of any person who ceases to be a member of the Club from the register of active members.

Section 4.05 Membership fees will be \$20 with an annual renewal of \$20. Additional "Premium" Membership and renewal fees may also be designated with added benefits in order to help raise additional funds for the Club.

Section 4.06 The responsibilities of active membership shall include the following:

- (a) Supporting the Club and its members.
- (b) Participating in a competitive, fair, fun, and responsible manner at any event.
- (c) Attending Club meetings and events.
- (d) Supporting, promoting, and being an ambassador of the sport of Disc Golf.
- (e) Giving assistance to new or potential players.
- (f) Providing assistance on Club projects.
- (g) Serving as a resource for course maintenance when needed.
- (h) Maintaining active membership status.

Section 4.07 The privileges of active membership shall be available only to Club members and shall include the following:

- (a) Membership and all rights of participation in the Club, including all tournaments and other events conducted or sanctioned by the Club, shall be open to everyone without regard to race, age, creed, sexual orientation, color, national origin, or gender. Nonetheless, participation in divisions of tournaments or other events may be restricted on the basis of gender, age, or ability.
- (b) Periodic Club communications to membership.
- (c) Each active member 18 years of age or older has the right to become a member of a committee or hold office in the Club.
- (d) Entitled to vote any motion, and for the MDG Board of Directors and Officers for the current year, if applicable, and each member will be entitled to one vote, given in person or by absentee ballot as stated in Section 10.01 (D).
- (e) Entitled to vote for approval of amendments to these bylaws, and each member will be entitled to one vote, given in person or by absentee ballot as stated in Section 10.01 (D).

(f) Any member may at a reasonable time inspect, without charge, the books, documents, records, and securities of the Club.

Section 4.08 Memberships in the club are individual and non-transferable. All monies collected shall accrue to the benefit of the membership.

Section 4.09 Membership confers no voice in the operation of any courses, clubhouses, or any facilities of the courses.

Section 4.10 Memberships in the club are for one (1) calendar year, with all memberships beginning on January 1st and expiring on December 31st. Memberships paid after November 1st will be extended to include all of the following year. Memberships not renewed as of December 31st will become "inactive", and will lose the privileges of membership until the renewal fees are paid.

Section 4.11 The Board of Directors may confer honorary memberships upon those whom they feel have contributed to the advancement of disc golf in the local area. The unanimous affirmative vote of the Board shall be required to approve such action.

Section 4.12 In the event that any member of the club shall commit any act which reflects discredit or disrepute thereon or shall refuse or neglect to comply with the rules and regulations adopted by the board of directors, such members shall be subject to suspension or expulsion after ten days written notice and the right to be heard, by a vote of two-thirds of the Board of Directors at any regular meeting or special meeting called for such purpose.

Section 4.13 All membership fees and dues shall be established by the Board of Directors from time to time in such amounts as they deem to be adequate to operate and maintain the Club

Article V. Board of Directors

Section 5.01 A Board of Directors, herein to be referred to as the "Board", whose titles and responsibilities are described in these bylaws shall exercise all powers and management of the Club as well as conduct any business of the Club.

Section 5.02 The Board shall consist of members in good standing of the Club, and shall be nominated and elected by active members in accordance with these bylaws.

Section 5.03 The Board shall be elected annually by the general membership and their terms of service shall be from January 1st until December 31st of that year.

Section 5.04 The Board shall meet at such times and places as they may select and a simple majority of the Board shall constitute a quorum at any meeting. All Board members must be

notified of board meetings at least one week prior to any meeting. Board meetings shall be open to all members of the Club.

Section 5.05 Decisions made by the Board shall be considered binding on all members of the Club.

Section 5.06 Board decisions may be made by open ballot, voice vote, or by roll call. The action must be received by a majority vote by attending officers for approval. If a tie in voting on an issue occurs when a simple majority of the Board is present, then the issue shall be held over until a meeting of the full Board can be held.

Section 5.07 The Board shall approve the budget.

Section 5.08 Failure to perform the duties of office or continued behavior that reflects negatively on the Club may cause a Board of Directors member to be dismissed from office by a two-thirds vote of the Board of Directors excluding the member in question.

Section 5.09 Individuals may not hold more than one Board position; however, when a vacancy exists, one or more of the existing Board members may fulfill the responsibilities, but not the voting rights of the vacant position as an acting member until the position is filled.

Section 5.10 Board members shall serve the Club on a strictly volunteer basis with no monetary or material compensation beyond that of the general membership. This does not include reimbursement of expenses incurred on behalf of the Club.

Section 5.12 In the case of any vacancy through death, resignation, disqualification or other cause, the remaining officers, even though less than a quorum, may elect a successor by majority vote to hold office for the unexpired term of the officer whose place shall be vacant, and until the election of his or her successor. If the position of Executive Officer becomes vacant, the Operations Officer shall fill the position of Executive Officer and the Board shall fill the position of Operations Officer.

Article VI. Meetings

Section 6.01 Meeting of the Board shall be held at least quarterly. Additional meetings may be held as needed, at the call of the Executive Officer or his/her designee. All Board Meetings are open to any active member. Notice of the meeting must be posted a month in advance, unless it has been specially called by the Executive Officer, at which time the meeting must be immediately posted.

Section 6.02 Meetings of all Club Members shall be held at least quarterly. Additional meetings may be held as needed, at the call of the Executive Officer or his/her designee, at the request of the Board, or at the request of 10% of all active Club members. Notice of the meeting

must be posted a month in advance, unless it has been specially called by the Executive Officer, at which time the meeting must be immediately posted.

Section 6.03 Meetings shall be conducted in an orderly manner with each board member and committee chairperson providing a report on their respective areas of responsibility.

Section 6.04 Meetings shall provide a forum for the general membership to make decisions that address specific issues and proposals.

Section 6.05 Minutes shall be taken to record the discussions and decisions made at the meetings and made available on the Club's website.

Article VII. Decisions Procedures

Section 7.01 In general, the authority to make decisions on behalf of the Club shall be that of its Board of Directors. The decision-making process shall follow the guidelines outlined below:

- (a) Decisions by the Board shall be by majority vote of the entire Board, except where explicitly stated otherwise in these bylaws. Such decision include, but are not limited to
 - a. Any decision that has significant impact on the general membership, sponsors, or public presence of the Club including the filling of vacant Board positions.
 - b. Starting new projects and activities.
 - c. Any expenditure of \$100.00 or more.

- (b) Decisions allowed by individual members of the Board of Directors
 - a. General decisions in support of the executions of approved projects and activities.
 - b. Expenditures of less than \$100.00 for pre-approved projects and activities. Funding for such expenditures shall be obtained from, or reimbursed by, the Treasurer. The intent of these guidelines is for the Board to approve all new Club projects and activities then delegate decision-making authority as described above. All association expenditures shall be approved Club projects and activities.

Article VIII. Officers and Course Captains

Section 8.01 The Officers shall consist of Executive Officer, Operations Officer, Treasurer, Information Officer, and Events Manager. Their duties shall be such as their titles would indicate or as such as may be assigned to them respectively from time to time.

Section 8.02 The Roles and Responsibilities of the Board shall be as follows:

- (a) Executive Officer
 - a. The Executive Officer shall be Chairman of the Board and responsible for the operation of the Club.

- b. Shall preside at all general membership and special meetings and ensure that they are conducted in an orderly and business like manner.
- c. Shall be responsible for administering the affairs of the Club according to the policies and procedures described in these bylaws.
- d. Shall appoint heads of committees as they are formed and replace them if needed after approval by the Board.
- e. Shall have access to the Club funds and have the authority to sign checks with a co-signature from the Treasurer.
- f. Shall sign all contracts and legal documents after approval by the Board.
- g. Shall assist in creating and maintaining the Club's balance sheet.
- h. Shall assist in the coordination of any methods used for the Club's communications, such as newsletters, emails, websites, etc.
- i. Shall perform all duties incident to the Executive Officer and such other duties as from time to time may be assigned to him or her by the Board.

(b) Operations Officer

- a. The Operations Officer shall perform the duties of the Executive Officer whenever the Executive Officer is unable to do so for any reason.
- b. Shall assist in helping fulfill the goals of any Board member or committee project(s).
- c. Shall plan, organize, and oversee the execution of all Club general membership elections.
- d. Shall participate in the creation of the Club's annual operation budget.
- e. Shall have access to the Club funds and have the authority to sign checks with a co-signature from the Treasurer.
- f. Shall assist in the coordination of any methods used for Club communications, such as newsletters, emails, websites, etc.
- g. Shall perform all duties incident to the Operations Officer and such other duties as from time to time may be assigned to him or her by the Executive Officer or by the Board.

(c) Treasurer

- a. The Treasurer shall create and maintain a financial accounting system adequate to the needs of the Club.
- b. Shall create and maintain all Club bank accounts including records of all deposits and withdrawals.
- c. Shall, with participation of the entire Board, maintain a balance sheet containing income and expenditures on an ongoing basis.
- d. Report financial status and performance against the budget at board meetings as needed.
- e. Shall open and maintain the Club checking account and have authority to sign checks and disburse funds for approved projects and activities in accordance with these bylaws with a co-signature of the Executive Officer or Operations Officer (should the Executive Officer be unable to sign).
- f. Shall assist in the coordination of any methods used for Club communications, such as newsletters, emails, websites, etc.

- g. The Treasurer is responsible for overseeing all aspects of membership including but not limited to the membership drives, the Club database, correspondence with new or renewing members, and for providing an active membership list on a monthly basis to the officers.
- h. Provisions are to be made for a club email, phone, and address book for the general membership, and for supporting the other officers as needed regarding the Club database.
- i. Shall act as the liaison between club members and the Board.
- j. Shall perform all duties incident to the Treasurer and such other duties as from time to time may be assigned to him or her by the Executive Officer or by the Board.

(d) Information Officer

- a. The Information Officer shall record the proceedings of all general membership and special meetings, and make such records available to the general membership by posting them on the Club website.
- b. Shall provide activity reports of Club actions and events on a monthly and annual basis.
- c. Shall participate in the creation of the Club's annual operating budget.
- d. Shall assist in the coordination of any methods used for Club communications, such as newsletters, emails, websites, etc.
- e. Shall perform all duties incident to the Information Officer and such other duties as from time to time may be assigned to him or her by the Executive Officer or by the Board.

(e) Events Manager

- a. The Events Manager shall coordinate and assist with a variety of events to include, but not limited to, charity, educational (clinics), league, and PDGA Sanctioned events for the benefit of all Club members and to attract new players to the sport of Disc Golf.
- b. Ensure all games and competitions are run fairly for all levels of players and in an atmosphere that promotes positive competition and sportsmanship.
- c. Appoint event coordinators to plan and lead each club event.
- d. Shall assist in the coordination of any methods used for Club communications, such as newsletters, emails, websites, etc.
- e. The Events Manager shall promote the Club and the sport of Disc Golf whenever and however possible.
- f. Assist the Board with publicizing the Club, tournaments, and the sport of Disc Golf using various mediums to include but not limited to newspapers, magazines, websites, radio, or television.
- g. Shall assist with coordinating and heading up fundraising efforts to assist with promoting the Club and Club events, including PDGA Sanctioned events.
- h. Shall work with various Parks and Recreation Departments to promote Disc Golf as a sport.
- i. Shall perform all duties incident to the Events Manager and such other duties as from time to time may be assigned to him or her by the Executive Officer or by the Board.

Section 8.03 Course Captains are non-elected positions by the Club, and are designated by the governing bodies that currently maintain the courses within the Maury County area. The duties of the Course Captain are to relay any requests from the Board, the Course Committee,

the Events Manager, or Special Events Committee to the members of the work party, and vice versa.

Section 8.04 Any drastic changes to a course, including but not limited to a course expansion, redesign, or significant improvements that changes the currently known layout of play must be approved by the Course Captain's work party. Once approved, the proposed changes will be submitted to the Course Committee and evaluated for approval. Once approved, the Course Committee will make a presentation with the Pros and Cons of the proposed changes to the Board for final approval. This is to ensure that no one individual or group can make changes to any existing course without the governing body of that course being aware and awarding approval.

Article IX. Committees

Section 9.01 As Club projects and activities are approved, committees may be formed to coordinate their efforts.

Section 9.02 The Board shall authorize and define the power and duties of all committees.

Section 9.03 Not all projects require a committee, but when a committee is formed a chairperson shall be appointed by the Executive Officer to oversee the effort and provide reports at meetings.

Section 9.04 Committee chairpersons and members need not be on the Board, but shall be part of the active Club general membership.

Section 9.05 If a committee chairperson is not on the Board, a Board member shall be assigned to communicate with the committee.

Section 9.06 Committee chairpersons may seek committee members; however the chairperson is ultimately responsible for the actions and inactions of the committee.

Section 9.07 Committee chairpersons shall not enter any contracts or assume any debts without authorization by the Board. Committees shall develop budgets for each activity/function and submit to the Board for approval.

Section 9.08 All Committee meetings shall be open to all members.

Section 9.09 There are hereby established the following permanent committees, with such other committees being created as the Board may deem necessary or advisable:

(a) The Course Committee

- a. The Chair of the Course Committee is the Events Manager, unless the Events Manager has elected someone to chair the committee.
- b. The Course Committee is created to chair all Course Captains and any course designers to assist with the direction and implementation of any and all preservation, maintenance, alterations, or creation of courses.
- c. The Course Committee shall be responsible for making sure that all courses to be used are in a state that best represents the Club, the Maury County area, and the State of Tennessee.
- d. Coordinates with the Events Manager to contact to the parks department (or other entities) on all issues that arise.
- e. Functions as liaison with the Events Manager between the club, park staff, and the local course community to create and maintain 1-year, 5-year, and 10-year course development plans for all Maury County area Disc Golf courses.
- f. Repairs or replaces any broken or vandalized course equipment as soon as it is practical.
- g. Coordinates ALL course design changes through the Board for approval prior to initiating any work. Develops a budget in accordance with these bylaws.
- h. Responsibilities of the Course Committee include, but are not limited to:
 - i. Coordinating with the Course Captain and his work crews to prepare the courses or premises in advance of an event.
 - ii. Work with the Events Manager to create any sub-committees needed for additional tournament or event course preparations or tasks.
 - iii. Seek support assistance from Members and elsewhere.
 - iv. Works to maintain the safety, beauty, and playability of all of the club courses.

(b) The Public Relations Committee

- a. Promotes the club, the courses, club members, and the sport of Disc Golf to the world in a consistent and positive manner.
- b. Shall assist with coordinating and heading up fundraising efforts to assist with promoting the Club and Club events, including PDGA Sanctioned events.
- c. Coordinate with Event Committees and create sub-committees responsible for the various elements of event operations pertaining to public relations (fundraising, advertising, sponsor recognition, prize & trophy procurement, player communications, out of town accommodations (i.e. tournament host hotel, etc.), promotion of event, etc...
- d. Distributes information to the Club by posting information on the Club website, emailing Club members, and posting flyers at all Maury County area courses in a timely and appropriate manner.
- e. Coordinates ALL promotional material through the Board for approval prior to initiating any work. Develops a budget in accordance with these bylaws.
- f. The Chair of the Public Relations Committee is the Events Manager.

(c) The Finance Committee

- a. Tracks payment of membership dues, bank accounts, and club finances.

- b. Organizes membership benefits and is responsible for maintaining the Club merchandise inventory and sales. This includes fundraising discs, shirts, etc., requested by the Public Relations Committee.
- c. Coordinates ALL merchandising through the Board for approval prior to initiating any work. Develops a budget in accordance with these bylaws.
- d. The Chair of the Finance Committee is the Treasurer.

(d) The Event Committees

- a. Event Committees are created by the Events Manager as needed for each specific event or tournament
- b. An event committee shall be responsible for running an event or tournament and shall be disbanded when the post-event reporting responsibilities have been completed.
- c. The Chair of each event committee is the Events Manager, unless the Events Manager has elected someone to chair the committee.
- d. Responsibilities of the Event Committee Chairs include, but are not limited to:
 - i. Coordinating with the Events Manager to obtain any permissions needed for the event/tournament to be held lawfully and professionally.
 - ii. Coordinating with the Events Manager to get permission to use the courses or premises in advance of an event, as needed.
 - iii. Coordinating with the Course Committee and Course Captain(s) of the specific courses to be used to prepare the courses or premises in advance of an event.
 - iv. Work with the Events Manager to create any sub-committees needed for additional tournament or event preparation.
 - v. Coordinate revenue collection and debt payment in advance through the Board.
 - vi. Seek support assistance through Members and elsewhere.
 - vii. Report tournament results to the Information Officer, Events Manager, and any outside sanctioning bodies (Southern Nationals, Professional Disc Golf Association, etc.)
 - viii. Prepare financial statement for submission to the Treasurer and the Board.

(e) The Club Affiliation Committee

- a. The Club Affiliation Committee will consist of elected individuals of affiliate clubs located in the area, as well as appointed members of the Club.
- b. The Club Affiliation Committee shall be responsible for creating an atmosphere conducive to working cooperatively with each other to act and function as one cohesive entity in order to better run events and tournaments on both a local, state, regional, and national level.
- c. The Club Affiliation Committee shall make sure to offer any assistance to other clubs in help with their events and tournaments as a sign of good-will and brotherhood.
- d. The Club Affiliation Committee shall offer assistance to any Events Committee that requests it, whether they are a part of the Club, or one of the affiliate clubs.

Article X. Elections

Section 10.01 The annual election of the Board of Directors shall be coordinated in a fair and unbiased manner where no individual running for the Board is provided an advantage or special treatment by the election process.

- (a) In order to become a candidate for the Board, the individual must be an active Club member, and have been nominated by an active member. Nominations for the following year's board shall be collected in October of each year.
 - i. The Executive Officer and Events Manager must be a current PDGA member.
- (b) Each nominee shall be provided equal opportunity to "campaign".
- (c) Elections shall be held at the November meeting to be held before the start of the next Club year in January. Each current member can vote for each Board of Directors position. Written ballots shall be used and shall have specific Board positions associated with the candidates' names, if provided.
- (d) Absentee ballots are allowed provided they are received prior to the November election meeting and careful records of who voted are kept.
- (e) In order to avoid conflicts of interest, between two and five independent and trustworthy individuals who have no direct interest in the outcome of the election, shall be appointed by the Board to count the votes. Any current member can appeal the appointment, provided the appeal is backed up with a reasonable argument. Reasonable appeals shall cause the Board to change their appointments.
- (f) The following year's Board of Directors shall consist of the candidates receiving the most votes regardless of how many voted.
- (g) Positions shall be assigned in the following order: Executive Officer, Operations Officer, Treasurer, Information Officer, and Events Manager. The newly elected officers will assume their roles at the start of the next club year in January.
- (h) The newly elected officers will sit in on the December Board meeting in order to silently observe how business is conducted.
- (i) No member may hold more than one Board position. There is no limit to the number of committee positions or committee chairs that a Board member may hold.
- (j) There shall be no limit to the number of terms that an officer may hold his or her office.

Section 10.02 Initial approval of any amendments to these bylaws shall be voted on by the general membership

- (a) A draft of the bylaws shall be made available at least 15 days prior to the membership vote for its approval.
- (b) A "show of hands" style vote and written absentee voting shall be acceptable for approving bylaws.
- (c) "General Membership" is defined as those who choose to participate in the voting process, and not majority approval of votes required from the entire membership list.

Section 10.03 Under special circumstances, the board of directors may choose to hold a special election for the purposes of replacement of Board members or amendments to these bylaws.

Section 10.04 The first elected board of directors shall be nominated and elected by members of the founding membership.

(a) "Founding Membership" is defined as those who choose to participate in the voting process, and have attended two or more Maury County Disc Golf meetings.

Article XI. Financial

Section 11.01 The Fiscal Year for the Club shall begin on January 1st and terminate on December 31st.

Section 11.02 The Club shall not make a loan to any member or other person(s).

Section 11.03 The Club is a volunteer organization. No fees for services rendered may be paid unless prior approval of the Board is obtained.

Section 11.04 A checking account shall be maintained to pay all Club expenses. Any drafts on the account shall require the signature of both the Treasurer and the Executive Officer. The Operations Officer may sign if the Executive Officer is not available to sign.

Section 11.05 Any money brought in by activities run at a course will have 100% of said monies awarded and tracked for use in improvement and maintenance of that particular course, unless an agreement was reached with the governing body/Course Captain of that course. Any emergency expenditure needed at another course without the funds to cover the costs may have their course captain petition the Course Committee for assistance. This requires a yes vote from the Course Captains willing to use money from their budget to assist with the emergency expenditure.

Section 11.06 In the event that the Club is dissolved for any reason, its assets (physical and monetary) shall be dispensed as follows:

- (a) All debts and claims shall be paid from cash on hand
- (b) Assets shall be sold if cash on hand is insufficient to pay all debts. And claims.
- (c) Any remaining assets, for which there are no claims or debts, shall be given to a charitable organization of the Board's choosing.

Article XII. Amendments to Bylaws

Section 12.01 The Board shall have the power to repeal or amend any of these bylaws provided that such action shall not be effective until approved by a majority vote of the members of the Club at a meeting held in accordance with the provisions contained herein.

Section 12.02 Proposed amendments to the bylaws may be submitted, in writing, by any member.

Section 12.03 The Board shall consider all proposals submitted to it, and inform the membership that it either:

- (a) Favors the proposal as presented.
- (b) Favors the proposal with suggested changes.
- (c) Is not in favor of the proposal (reasons for lack of favor must be explained).

Section 12.04 A proposal to amend these bylaws, approved by the Board, shall be submitted to the Operations Officer, who shall place the proposed amendment on the official ballot in February, or before if determined to be necessary by the Board. The Board shall declare adopted any proposed amendment that receives a 2/3rds vote by voting members. "Membership" is defined as those who choose to participate in the voting process, and not the majority approval of votes required from the enter membership list. Amendments to these bylaws become effective immediately upon adoption.

Article XIII. Dissolution

Section 13.01 The Club may be dissolved if a plan to dissolve the Club is approved by 75% of its active members. "Membership" is defined as those who choose to participate in the voting process, and not the majority approval of votes required from the enter membership list.

Section 13.02 A dissolution plan shall be made available at least 15 days prior to the membership vote for its approval.

Section 13.03 A "show of hands" or written absentee vote shall be acceptable for dissolution provided it is approved by at least 75% of the active membership. "Membership" is defined as those who choose to participate in the voting process, and not the majority approval of votes required from the enter membership list.

Section 13.04 Any and all remaining club funds will be donated to a charity upon approval of the dissolution plan by the club members.

Appendix A

Glossary of Terms

Referendum: These are binding changes to the Club's charter. In the case of this club, 66% of the voting quorum must agree in order to pass the proposed referendum.

Non-Referendum: These are non-binding motions and votes used to gauge support for or against a particular action. In the case of this club, non-referendum items are passed with 60% of a quorum voting for the motion.

Quorum: The number of members present at a Board of Directors meeting needed to conduct club business. In the case of this club, the number is 3.

Appendix B

Health Benefits of Disc Golf

The U.S. Department of Health and Human Services recommends the following physical activity guidelines:

- Children and Adolescents: One hour or more of moderate or vigorous aerobic physical activity a day, including vigorous intensity physical activity at least three days a week.
- Adults: Adults gain substantial health benefits from two and one half hours a week of moderate intensity aerobic physical activity, or one hour and 15 minutes of vigorous physical activity.
- Older Adults: Older adults should follow the guidelines for other adults when it is within their physical capacity.

Many other national health organizations have stated that a healthy lifestyle consists of taking 10,000 steps each day. An average round of disc golf can be played in 60 to 90 minutes and involve anywhere from 5,000 to 8,000 steps.

Playing a round of disc golf can have a person well on their way to meeting the recommended goals of a healthy lifestyle. Not to mention having a great time while you are at it.

Disc Golf, Fitness Sport of the 21st Century

The last 25 years of the 20th century saw the development of a new sport, disc golf. With the rising importance of fitness, and the realization that fitness is directly associated with health and longevity, disc golf has moved to the forefront of fitness activities. The sport has grown faster than any other sport with over 2484 new disc golf courses have been built in the U.S. from 1975 to 2009.

Why Disc Golf?

Disc golf has many advantages over other sports and fitness activities. It is a low impact sport that combines the fitness advantages of aerobic exercise, with the pleasure and excitement of

playing a fun game. In this way, exercise is disguised as "play", so that both children and adults will look forward to it every day. The complex nature of disc golf provides ever-changing challenges for adults, keeping up their interest, and it often becomes addictive (a good quality for a fitness sport).

Disc golf has many of the advantages of regular golf: fresh air, relaxing setting, mentally stimulating challenges, interaction with friends, and an addictive form of exercise. Disc golf is an "age-friendly" sport, since you can continue playing and increasing your skills well past your 60's. Two additional advantages of disc golf are:

1. It is free to play at all public parks and courses
2. It provides twice the fitness benefit of most recreational sports

Playing disc golf provides training in all five fitness categories:

- Muscle strength
- Flexibility
- Aerobic fitness (heart strength)
- Endurance
- Mental challenge (which leads to emotional relaxation and reduction of mental fatigue)