

Uplay™

IMPACT REPORT

AFRICA

UGANDA :: KENYA :: ZIMBABWE

OCT
2023

CONTENT

1. **The Uplay Team & Country Contacts**
2. **Project Overview**
3. **Sponsors**
4. **Planning, Costs & Contributions**
5. **Our arrival**
6. **Uganda Report**
7. **Kenya Report**
8. **Zimbabwe Report**
9. **Conclusion and Reflections**
10. **Team Member Quotes**

* All Blue text provides a link to either more information, videos, TV clips or photos



1. The Uplay Team & Country Contacts

Uplay:

Zoe AnDyke - Uplay Founder/Executive Director and Trip Leader

Dustin Keegan - Uplay Operations Manager

Sarah Henderson - Uplay Board member, and Trip Support

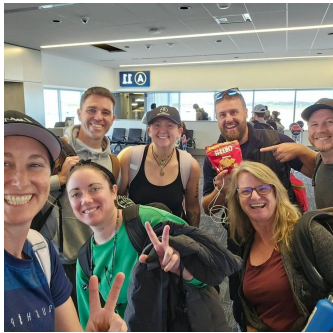
Kim Johnson - Uplay Board member, and Trip Support

Raven Klein - Uplay Ambassador & Professional Disc Golfer

Alex Mier - Uplay Ambassador & Media Coordinator

Chandler Fry - Uplay Ambassador, Professional Disc Golfer, and experienced Paul
McBeth Foundation (PMF) build member in Uganda;

James Koizumi - Uplay Ambassador and PMF Volunteer.



Country Contacts:

Israel Muwanguzi - Ndejje University/Kampala, Uganda

Sammy Kakooza - Katosi, Uganda

Kevin Becker - Rimpa Estates, Kenya

2. Project Overview

The UPlay team traveled to Uganda and Kenya to build on the work that the Paul McBeth Foundation (PMF) did in 2022, installing the first disc golf courses in each country. The primary objectives of the Uplay team was to focus on teaching disc golf to the local communities, establish disc golf coaches, and foster enthusiasm for the sport. In addition, they would host a PDGA sanctioned tournament in both Uganda & Kenya.

Additionally, Uplay team member James Koizumi would depart from the team midway through the scheduled period and travel to Zimbabwe. There, he would bring the Uplay Disc Golf Basics Book, a basket, 120 discs, Trash Panda discs/minis, and PMF minis to

facilitate a few days devoted to introducing and teaching prospective community builders and leaders of disc golf in the country.

Project Dates Oct.17th - Nov. 5th:

October 17th - Departed from the US

October 18th - Arrived Entebbe, Uganda

October 19th - 23rd - Teaching & PDGA event at Ndejje University

October 25th - 28th - Teaching in Katosi, Uganda and surrounding communities

October 30th - Nov 2nd - Teaching in Nairobi and surrounding communities

November 3rd - Youth clinics & disc golf introduction at Rimpa Wildlife Estates

November 4th - PDGA event at Rimpa Wildlife Estates

November 5th - Depart Nairobi, Kenya

3. Sponsors

Professional Disc Golf Association

Infinite Discs

Trash Panda Disc Golf

Paul McBeth Foundation

Calgary Disc Golf Club

UDisc

Upper Park Disc Golf

Grip Equipment

4. Planning, Costs & Contribution

Planning

Several video meetings, emails, and phone calls made up the planning of this disc golf education trip over several months, utilizing the experience and contacts gained from PMF and PDGA International. Visa applications for all team members proved to be a challenging process with so many different questions to answer regarding the reasons for the trip. The team strategically allocated the weight allowance among its members for transporting discs, minis, disc golf bags, and Uplay Books. This not only achieved the goal of reducing shipping costs but also ensured that the items reached their intended destination.

Costs & Contributions

The total cost of the trip amounted to \$14,516, covering expenses such as flights, lodging, visas, transportation, equipment luggage bags, shipping costs, and unforeseen expenditures. PDGA International made a significant contribution of \$7,500 along with 20 free one year PDGA membership codes. All other funds were sourced from Uplay's general fundraising, our Disc Golf Strokes fundraiser, and donations from our supporters.

Equipment donation contributors included: Infinite Discs 300 discs, Trash Panda Disc Golf 100 discs and 100 minis, Calgary Disc Golf Club 120 discs, PMF 72 tournament player pack discs + 100 minis + 8 Team dry fit shirts. Uplay brought 20 Uplay Disc Golf Basics Books, 200 stickers, 20 Cascadian DG towels, 100 discs including donations from Chandler, Raven, James, Alex, Sarah, Dustin, Zoe, and Udisc, 15 Upper Park Bags, and 2 re-grip bags from GripEQ. Chandler also brought a GripEQ bag donated by 2022 build team member/Uplay ambassador Missy Gannon. The PDGA sent 250 stickers with a QR code that would take users to the digital rulebook, website, and Uplay's website as well.

5. Our Arrival

The passion for Disc Golf in Africa is something truly special. Every individual welcomed us warmly and wholeheartedly, and we eagerly anticipate witnessing the growth of this sport in a continent brimming with naturally talented disc golfers. We felt incredibly honored to be in this position, and we extend our heartfelt gratitude to all our partners, donors, and supporters who played a crucial role in getting us here.

6. Uganda Report

The first two days of our stay in Uganda were filled with continuous excitement and enjoyment! Our fantastic team of eight worked long and packed days to passionately introduce this beautiful sport, which we love so much, to a total of 1,083 students and 46 teachers.

Thursday, October 19th - 395 Students + 32 Teachers

Teaching Day 1:

After a late arrival and limited sleep, the Uplay team traveled 30 minutes to Ndejje University to teach 170 students from around Ndejje Hill. There were 10 teachers and 12 coaches from other Universities taught during this 3 hour session. The schools that sent their students and teachers to the clinics included the following:

1. Ndejje Junior School
2. Ndejje High School
3. Nalinya Lwantale Girls Primary School
4. Nalinya Lwantale Girls Secondary School
5. Ndejje Day Vocational Secondary School

For the afternoon clinic, our team traveled north to a school called St. Johns SSS Nandere, Nandere Hill, which hosted six more neighborhood schools to participate, reaching out to 225 children and 10 teachers. This made a total of 235 people. The schools and institutions that sent teachers and children to the clinic included the following:

1. Bethany Land Institute
2. Nandere Minor Seminary
3. St. Johns SS, Nandere
4. Nandere Boys Primary School
5. Nandere Girls Primary School

The total number of schools impacted on the first field day was 10 and 427 people were trained.



Friday, October 20th - 688 Students + 14 Teachers

Teaching day 2:

On our 2nd day in Uganda, the Uplay team was still recovering from the jet lag of travel, the long hours of teaching on day 1, and the cultural excitement of being in Africa.

We taught at 5 more schools that were located along the Kampala – Gulu highway between Bombo and Katikamu. The total number of people impacted was 688 of whom 14 were teachers and the rest, students. The schools/ institutions involved were the following:

1. Janan High School- 110 students + 4 teachers
2. Ssaku High School- 90 students + 4 teachers
3. Mulusa Academy- 106 students (HS age) + 1 teacher
4. Katikamu SDA- 350 students (All at once!!!!!!) + 3 teachers
5. Bukalasa Agricultural University- 18 students + 2 teachers

Following the teaching sessions, the weekend was split into Saturday Doubles and the first PDGA Tournament - the Crested Crane Classic



Saturday, October 21st - A walkthrough of the disc golf course and the Doubles competition:

The UPlay team had a walk through of the disc golf course together with local organizing coaches and staff including Israel, at Ndejje University to update the distances and pin positions of the course. In the afternoon, the doubles competition was played by 40 participants. Competition results were:

1. Dustin Keegan and Elijah Mugalula (Winners with -10)
2. Chandler Fry and Ethan Mpuuga (2nd place with -9)
3. Owen Agaba and Ishaq Alinda (3rd place with -6)

More than 40 people were at the course playing, and they were all new players on the day.

Sunday, Oct 22nd - 96 Players

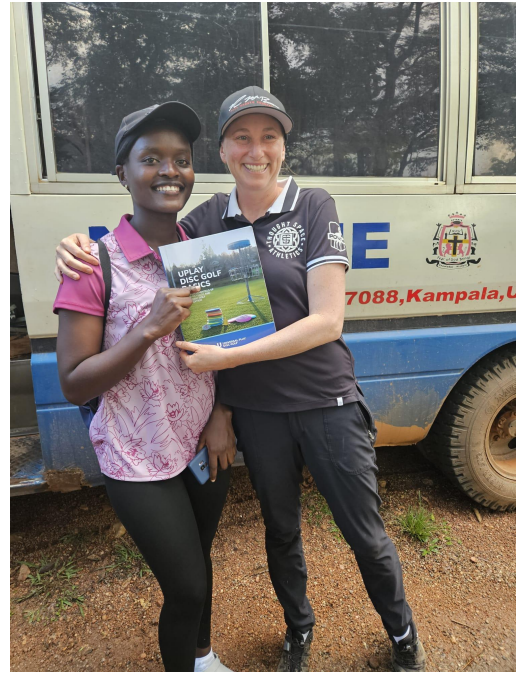
PDGA tournament - Crested Crane Classic:

History was made in Kampala, Uganda on this day with the inaugural Crested Crane Classic – the first [@pdga](#) sanctioned event in Ugandan history. The event, hosted by Uplay's team, was a resounding success, attracting a remarkable 96 passionate players. Zoe delivered a brief lecture during the players' meeting, educating everyone on the format, and basic rules, and encouraging the promotion of the spirit of the game. Each Uplay Team Member had the role of a tournament marshal during play, splitting up amongst the cards to ensure safety, etiquette, and rules being adhered to. The event marked the beginning of many players' journeys in disc golf tournaments, and their joy was evident and humbling.

The energy on the course was electric, solidifying disc golf's place in Uganda and signaling the potential for the sport's growth throughout the nation. The entire community and university have embraced disc golf wholeheartedly, proudly considering themselves pioneers for the sport in all of Africa, not just Uganda.

Here's a unique twist: Players from Ndejje University who medaled (top 3) at the weekend's events received tuition discounts as a reward for their skill and dedication. A 5% discount for 3rd place, 10% for 2nd, and an impressive 15% off for the 1st place winners.

A massive shout out and heartfelt thanks to Israel Muwanguzi and his team of coaches, as well as PMF and PDGA International for their unwavering support in making this experience unforgettable. The presence of [Ugandan TV](#) and newspapers, capturing the action and excitement all day long, added to the historic feel of the day, with even the BBC picking up the story!



Wednesday, October 25th - 23 Coaches + 150 Local Residents

Day 1 teaching in Katosi.

The first day in Katosi commenced after a 2-day break with our host, enjoying a lifetime experience on a safari and hike in Murchison Falls National Park.

We toured the Winners School campus and then conducted a highly specialized "train the coaches" clinic spanning 5.5 hours at the Katosi Disc Golf course working with all of Sammy's coaches on the basics of how we teach and train. There were 23 coaches in attendance, learning the most detailed version of how to teach the basics to new people and highlighting how to use our book and train with it. After the educational session, we all split into groups, with 1 Uplay coach per 4-5 Ugandan coaches, to play the course. The Ugandan coaches witnessed us throwing and putting, which sped up their understanding of what is possible with a disc and helped motivate them to practice and improve upon their skills. During the playing session over 150 local residents of Katosi flocked to the disc golf course to witness all the energy and happiness coming from our group. Disc golf was endorsed by the entire community that day and Sammy's coaches became empowered to teach all the interested residents!

It was fascinating to see how quickly all of these newer players caught on to techniques. They're all committed to being responsible for continuing to train as many of their peers and other students as possible in the future, to sustain the growth and future of Disc

Golf. Most newly trained coaches went on to join Team Uplay's school clinics gaining crucial hours of educational experience.

Sammy takes his specific team over to Ndejje University at least once a month to have practice competitions with the Ndejje University coaches/players. Now, with such intense training under their belts, they will also share more with Ndejje University players.



Thursday, October 26th - 472 Students + 1 Teacher

Day 2 teaching in Katosi:

This marked the first day of teaching in schools with our Katosi coaches. We returned to Winners School, located next to the Disc Golf course. Our team hosted 3 sessions. The first and second sessions were for high school aged students and there were 26 students and 36 students respectively. The 3rd session was the first of our massive groups, totaling 160 students, ranging from elementary to high school. All of the Katosi coaches did a great job assisting the Uplay coaches. There were 222 students from the Winners School who learned and enjoyed the sport of Disc Golf for the first time.

After lunch, all the coaches boarded the bus and we traveled 40 minutes to Our Lady of Africa School where we all taught 250 students. The sports coach for Our Lady of Africa was a participant in the tournament the prior weekend, and we gifted him 5 starter sets and a Uplay Disc Golf Basics Book at the end of the session to continue with his school's and personal disc golf development. A total of 472 students were taught that day!



Friday, October 27th - 330 Students + 11 Teachers

Day 3 teaching in Katosi:

On our last day of teaching in Katosi, Israel Muwanguzi traveled from Ndejje University to join the final day of teaching in Uganda. All of the Uplay coaches plus the Ugandan coaches loaded back onto the bus and we traveled 30 minutes to Nyenjeru Parents Senior Secondary School where we taught putting, and demonstrated driving to 205 students. The school field was too small to have the students throw, so we spent most of the time getting them repetitions from short and long range putts. We then used the small area to demonstrate what it looks like to throw a backhand and a sidearm drive. The excitement was through the roof and all the students really enjoyed it. On the way back to Katosi, we stopped at one of the Katosi coach's schools, called Kojja Secondary School, where we taught 125 of his classmates and got to showcase him as someone to look up to and continue helping them all become better at disc golf. We totaled 330 students which brought our count up to 802 students taught by our professional and local coaches together in two days!

Rounding out the day we got on a fishing boat on Lake Victoria and traveled to an island named locally as Dyabalume that no one on the boat had visited before. Team Uplay was made aware that nobody would understand English but after a quick discussion with the village leader, we were all invited to proceed to their soccer field to teach and demonstrate a new game called Disc Golf. What was incredibly special about this experience was that Sammy, Israel, and the Katosi coaches had to do the teaching in the native Swahili tongue. "It was THE most incredible teaching experience of my life, to watch our newly trained coaches teach the Uplay methods so effectively" quoted Zoe AnDyke. The Uplay Team watched and observed incredible moments in history successfully unfold as the 85 Dyabalume islanders thoroughly enjoyed putting and

driving in the field. We left 20 discs on the island and the locals were invited by Sammy to come and play the course at Katosi anytime they wanted.

The entire total over 3 days of teaching students, coaches, and new communities was 922 people.

After we finished the teaching day, the whole Team returned to Katosi and served hundreds of children dinner at Winners School! What a special memory that will impact many lives, and change Team Uplay forever!



Saturday, October 28th: Team Uplay travels to Kenya

Although it was difficult to say goodbye to all of the Katosi coaches and new friends who came to see Team Uplay off, it was a very special morning. Team Uplay decided that the experience of having a few Ugandan players travel to Kenya for the Ostrich Open would be an invaluable experience. Board members Kim Johnson and Sarah Henderson helped Zoe determine that this was a cost that should be afforded and with absolute joy Team Uplay delivered the news to Sammy and Israel. It would be up to these two lead coaches of Uganda to choose the members that would be best suited to come on the trip.

7. Kenya Report

Monday, October 30th - Norwegian Community School - 40 students + 6 teachers

Day 1 Teaching in Kenya:

Team Uplay taught 2 sessions at the Norwegian Community School, which covered the entire school student body, totaling 40 students. They were left with 5 starter sets and a Uplay Disc Golf Basics book. Something very exciting was that the school has 9 homemade baskets on their campus, and now that they are excited to play more disc

golf regularly, incorporate it into PE sessions, and are motivated to redesign the course at the school. The entire school was invited to come out to Rimpa Estates disc golf course to play and enjoy lunch the following Friday.

The second clinic of that day brought us to AlJamea University where we taught 100 students and 1 teacher. This was an all Muslim school, and only boys ages 14-18 were able to participate that day.

Team Uplay set up the baskets, putting, and driving stations in a field located centrally inside the campus. This created more visibility for all students to see the action, creating more excitement and curiosity to give disc golf a try. It was exam timing for all students, making it difficult to get very many students out for the session, but it was well received by 100 new players. Uplay donated 5 starter sets and the Uplay Disc Golf Basics book and invited them to enjoy the PDGA sanctioned tournament as well.



Tuesday, October 31st - Malaika Center - 46 students + 1 teacher

This school is very remote and located a few miles from the Rimpa Estate's disc golf course. The school term ended before we arrived, and the council held the school open for 2 extra days to experience our teaching event. The students were elementary ages 1st - 6th grade. They all represented the school by wearing their football jerseys for the event. This school was particularly memorable due to their enhanced athletic abilities, which reflected how quickly they all became good at each skill. Uplay donated 5 starter packs and the Uplay Disc Golf Basics book, and Kevin Becker is committed to welding the school a practice basket.



Thursday, November 2nd - 9 Coaches

Coaches training at Rimpa Estates

Although the school scheduled to learn about disc golf on this day was unable to make it out to the Rimpa Estates course, our team was still able to deliver a coaching session for teachers and local coaches from the surrounding communities. We taught the basics of Putting and Driving and expanded the putting range to outside of 10 meters. We even taught the difference between upshots and drives. Uplay coaches were able to teach a detailed explanation of backhand and sidearm driving. The coaches were very attentive and asked questions during training. These coaches were local Kenyans and will be able to help Kevin expand his reach to more local schools and players. Three of the coaches played in the tournament on Saturday.



Friday, November 3rd - 55 students + 2 teachers

At today's teaching event, we had Fairview Children's Center school come out to Rimpa Estates DG course.

Team Uplay taught 55 children ranging from 10-18 years of age.

The rain came on strong that day, and team Uplay had to adjust, and taught the entire session under the shelter building creating a tight fit. Coach Chandler and Raven sacrificed getting drenched and extremely muddy to retrieve all thrown discs for the children, creating a much more enjoyable experience for the children who loved it, while making big improvements throughout the session.

10 students from AlJamea University came out as well as a group of 20 students from the Norwegian school that we had taught earlier in the week. A few more local children also came to check out the kid's disc golf round.

The Junior Tournament did not take place as a normal PDGA event, but instead Team Uplay, plus the Team of 6 Ugandan trained coaches that had arrived joined in and split up, taking a group of 10-20 kids per hole and proceeded to teach them about all the throws, rules, strategy, and as much about DG course etiquette as possible. It was a day that many Kenyan children will joyfully remember, and another fantastic learning experience for all coaches to have.

Saturday, November 4th - 34 Players

[PDGA C-Tier The Ostrich Open](#)

Team Uplay hosted 34 Players, with 6 Divisions - MPO, FPO, MA1, FA2, MA4, & FA4 at the Ostrich Open. There were 8 women and 26 men. Due to the rainy weather and course conditions, only one round was played. A couple of highlights from the tournament: Team Uplay awarded 12 PDGA memberships to participants and local Ugandans. Team member Chandler Fry won MPO with a -19 round, Zoe won with a -10 round, James Koizumi won with a -9 round and Kim Johnson played her first ever scored round and PDGA tournament, and won the FA4 division with a +28 round. Everyone had a great time with some unique trophies awarded to those division winners thanks to Kevin Becker's creativity and efforts.

It was incredible that four of the Team Uplay members paid for the transportation and lodging to bring the 6 Uplay-trained Ugandan coaches all the way to Kenya. This was a 12-hour bus journey for the team, and for 4 of the 6 members, it was their first trip outside of Uganda and it was only their second ever tournament! Godfrey Tuhaise and Umar Kalepi tied for 2nd place in the MA1 division, Sammy Kakooza placed 5th, Israel Muwanguzi tied for 6th, and Bella Emmanuel tied for 8th place. Diana Nyanzi, from Ndejje University, placed 2nd to local Kenyan and only female PDGA member, Prudence Njiru. The two thoroughly enjoyed competing against one another, while playing on the same card with coach Raven Klien and Zoe.

The final highlight, the tournament, and Uplay made [Kenyan TV](#) and shared with the news reporters all about the teaching sessions that had taken place during the week, as well as the importance of disc golf development in Kenya- and of course discussed the PDGA event.



8. Zimbabwe Report

In the early stages of planning, Uplay's planned trip was to visit locations in Uganda and Kenya, but the highly motivated and incredible spirit of Team member James Koizumi was empowered to bring the joy of disc golf to Zimbabwe as well. On his plane ride to Harare, Zimbabwe, James met an important man named Chris Chinyati, Ph.D. Law, who is the African Director at [Athletes in Action](#), who continued to be involved with the events that would unfold. This was an important step to engage Chris and his organization in disc golf, as it is now a sport that they are interested in bringing to Athletes in Action.

James left the Team in Katosi, and during his 4.5 days visiting Zimbabwe, he introduced and taught Uplay methods to many overjoyed recipients. Alex Dewa and Edmond Jongwe began communicating with James leading up to the trip, for the purposes of organizing community leaders that would help make the most of James's time there. There are now 20 disc golf coaches who are actively teaching the sport of disc golf in Zimbabwe. Among them, a highly influential professional in the education department named Vanessa Liwonde, who was key in helping James teach disc golf to approximately 500 students, staff, administrators, and children of the community at:

Pinewood School, Wise Bird Junior School, Dzivarasekwa Stadium, and Mount Pleasant Community Center.

To round out this incredible visit, James helped Alex and Edmond host the first-ever Zimbabwe Disc Golf Association meeting #1, which consisted of 17 community leaders and coaches in attendance! Uplay was able to share 8 PDGA memberships that are being distributed to the appropriate members, 4 of whom have already signed up.

This was a historical visit to the country of Zimbabwe, igniting the sport there for the first time in the country's history. Approximately 125 discs from community members and friends in Calgary, Canada, along with the Uplay Disc Golf Basics book, rangefinder, startup capital, and a portable basket were donated to the newly formed Zimbabwe Disc Golf Association. In addition to the efforts specifically in Zimbabwe, James connected and helped create the first African Disc Golf Federation composed of community leaders from Uganda, Kenya, Zambia, South Africa, Ethiopia, and Zimbabwe!



9. Conclusion and Reflections

There are so many moments captured in photos and video that it would be impossible to include them all in this report. However, we have included this [link](#) for you to take a look at our whole mission and immerse yourself in the pure joy we all experienced.

Uplay Disc Golf is incredibly proud of the hard work accomplished during our time in Uganda, Zimbabwe, and Kenya. All of our planned initiatives were extremely well executed, and the total impact in each country was more than anyone could have dreamt would occur. There are many coaches teaching safe and effective disc golf basics and advanced techniques in 3 countries. Each coach is very proud to continue introducing and teaching disc golf to schools and local community members. Our Team leaders in Uganda, Israel, and Sammy, have already begun the planning for The 2024 East African disc golf tour, which will consist of tournaments in Uganda and Kenya

multiple times throughout the year. Kevin Becker has already sanctioned the 2024 Kenya Open and is happy to be included as part of this Tour.

The East African University games have officially deemed Disc Golf as its newest sports initiative, and more universities across the continent that participate are already eager to build courses and develop their own teams to participate. Schools in Uganda that were taught during this trip are already implementing disc golf into their scheduled physical education. Coaches in all three countries have successfully continued teaching disc golf to their own schools and communities since we left, and many coaches in Katosi and at Ndejje University have sent their Udisc practice scorecards to Zoe and the Team, as they are very proud of their hard work to improve.

The Zimbabwe Disc Golf Association has already met with local decision makers about multiple properties that will work to install the country's first disc golf courses. They have continued to teach in local schools and in public parks, gaining even stronger momentum to grow the sport.

The newly formed African Disc Golf Federation is currently meeting and communicating about the potential of the African Disc Golf Tour and the development of future disc golf properties.

This trip also brought new relationships with other outstanding organizations that are excited to add and develop disc golf within their reach. Among them are [Athletes in Action](#), a global community to help you grow as an athlete - physically, mentally, and spiritually, dedicated to helping people take steps to reach their full potential, and [Generation Next](#), a nonprofit focused on helping and developing the betterment of African girls by giving free education and supplying materials for healthier lifestyles. Uplay donated 5 starter packs and our Uplay Disc Golf Basics book to Generation Next at the Ostrich Open, which has started teaching disc golf to the children they work with. In our communication with their Director, Riley Banks, we now have a reliable source/contact that can help with equipment deliveries to the Port of Mombasa.

Disc Golf in Africa is now well established and growing rapidly. The strength of the country associations coupled with the overseeing continental Federation is the reflection of hard working motivated people, that wanted to give something special to African culture. It is a beautiful blessing that brings about a global connection, creating happier and healthier people!

After returning home to the USA, Uplay Disc Golf now understands that our nonprofit has been chosen to be the leader in the development of disc golf education around the world.

10. Team Member Reflections:

Quote from Kim Johnson: “The teaching trip to Africa was absolutely amazing - I am still "unpacking" so many of the memories and takeaways. From the cultural differences in communication styles and relevance of time to the infrastructure differences in roads, and accommodations, to the food, etc. - there was so much to learn. The one thing that was constant was the joy of teaching disc golf and watching the children and adults alike soak it up.

Zoe's ability to teach large groups - 150+ students - and keep everyone engaged and organized is remarkable. And the overall teaching style of positive reinforcement and joy can be seen in all of the pictures and student's faces. There are no "bad shots" in disc golf, and everyone was made to feel proud and accomplished.

The biggest difference that I saw from our trip to Guatemala last year is the sustainability of the program and the growth of the sport in the long term. While our contact in Guatemala was amazing, the sport did not have the same commitment from local teachers & administrators as we did in Uganda and Kenya. We met with the Dean of Students at the university, and disc golf has already been added as an initiative in their university Olympics! How awesome is that! It seems that the Ugandan culture puts a lot of emphasis on sports and other extracurricular activities, and offers scholarships to athletes based on performance, so there is a strong incentive to learn and become proficient.

We also fulfilled UPlay's mission of "training the trainers" in a big way! We were able to reach the middle group of high school aged students (with the help of the local project drivers) to instill in them the Uplay teaching method, and then, of course, leaving them curriculum books so that they can continue to teach the upcoming students after Uplay is gone. That is the exact formula for sustainability!”

Quote from Chandler “Dembe” Fry: “This was my second trip to Uganda, so I entered the trip with a slightly different perspective than the rest of the team. I first went to Uganda with the Paul McBeth Foundation in December of 2022, so I was excited to see the progress that had been made since then. I was far from disappointed. Pulling into Ndejje University, I was almost giddy with excitement to see baskets on the property. We had designed and built the course last year, but an unfortunate shipping mishap had left the Chainstar baskets intended for Ndejje, stranded in Mombasa, Kenya. The baskets arrived a couple of months after the PMF team left, and we were unable to help install them. The first basket I saw was hole 14, situated on top of this small mound, surrounded by some dense shrubbery. I almost started crying. Seeing the baskets for the first time filled me with pride, for what the PMF team had accomplished, as well as pride for the students and project leaders at Ndejje for following through and carrying

the torch. The course was beautiful, just as I had imagined, with bright red baskets contrasting the dark green of the jungle.

As we stepped onto the course, I was amazed by the amount of people playing the course. Students, elementary to college age, were all over the course with discs I recognized from last year. I could tell that they had been practicing... a lot. Holes that hardly anyone was reaching last year, were being outdriven and consistently parked. I saw legitimate fundamentals of disc golf being executed by these young athletes. My pride for what we had achieved in 2022 instantly turned into excitement for what the UPlay team could accomplish in 2023.

The trip was a huge success. Led by our fearless leader, Zoe AnDyke, we were able to bring disc golf to 1000s of students at schools and community areas across Uganda and Kenya. It's special to be able to witness someone's first made putt, or their first full flight. We were able to bring those moments to so many people. We were lucky enough to witness so many moments of pure joy, that would not have been possible without disc golf. My heart is full knowing that we left Africa with discs, educational materials to continue their learnings, and capable, motivated coaches to help ensure the success of the sport in East Africa. The future of disc golf is bright, and I am proud of UPlay and the team for taking the time and putting out the effort to get this project done. Can't wait to see where African disc golf is in another year!"

Quote from Raven Klein: "The UPlay trip to Africa was a once in a lifetime opportunity to teach and share the love of disc golf. As difficult as it was at times with different forms of communication, what was always a constant was the joy for the students and teachers alike when they got to watch and participate in disc golf.

As with most big trips like this, you're going to have long days and moments that test your endurance but even on our longest days of teaching there would be a student or group of students that just shined above the rest, not necessarily in natural ability but in perseverance and readiness to learn from us that really inspired me and kept my energy up as well. How could I be having a tough time when some of these kids were having the best day ever, so their smiles and energy were contagious

Another thing that was a big takeaway for me was the chances we got to teach teachers and not just students. A single lesson might not be enough to make a big difference but to teach people who can continue to facilitate learning in disc golf once we left just felt like one of the biggest impacts we could've had. I also had several students at schools (who did not participate approach me after we taught and ask how they could get involved

PMF laid some groundwork last year but this trip was a spark and I truly think that disc golf in Africa has a real chance to explode and prosper”

Quote from Dustin Keegan: “This trip helped Uplay truly figure out what exactly our “lane” is. It’s not just teaching disc golf or teaching disc golf to kids and adults, but it’s empowering communities to find their own leaders to build leadership skills in the community, and we’re just using disc golf as that platform to do so. It’s bigger than the sport. Uplay is empowering local people to find the right people inside of their own communities who have the skills and strengths to continue developing disc golf.”

Quote from Zoë AnDyke: “My life has changed in the greatest way from this trip. I am proud and satisfied. I have a new kind of strength, and I am honored to continue on with the very important work of Uplay! Africa changed all of us, and it is a change that is a true gift that will keep on giving.”