

# Highland Games 101

Presented  
by



Welcome! We are excited that you want to try this throwing thing! The Sisterhood of Highland Throwers is a community of highland throwers who seek to increase participation of women in the highland games. We seek to encourage and support other women in our sport. Our goal for this guide is to provide some simple information to help guide you in becoming a Highland Athlete! We always want to be a resource. If you have any questions, please reach out to us and we will do our best to help!

## **How To Start Throwing in Highland Games in 5 Easy Steps**

- 1. Pick a Highland Game**
- 2. Show Up**
- 3. Throw**
- 4. Have Fun Meeting Awesome People**
- 5. Repeat**

Section **1. Pick a Highland Game** will address how you locate games locally and across the US and how to register for games.

Section **2. Show Up** will address best practices for travel, what you need to bring (do you have a kilt yet?), and what to expect when you get to your first game.

Section **3. Throw** will address what can you do before you show up at your first game to prepare, what will you be throwing, throwing etiquette and what can you do after a game to get your hands on implements!

Section **4. Have Fun Meeting Awesome People** will address how to use your new resources you see at games and how to network and connect with other throwers.

Section **5. Repeat** will address how you grow and progress as a thrower, how you can look at scores from past games, and how to prepare for your next games!