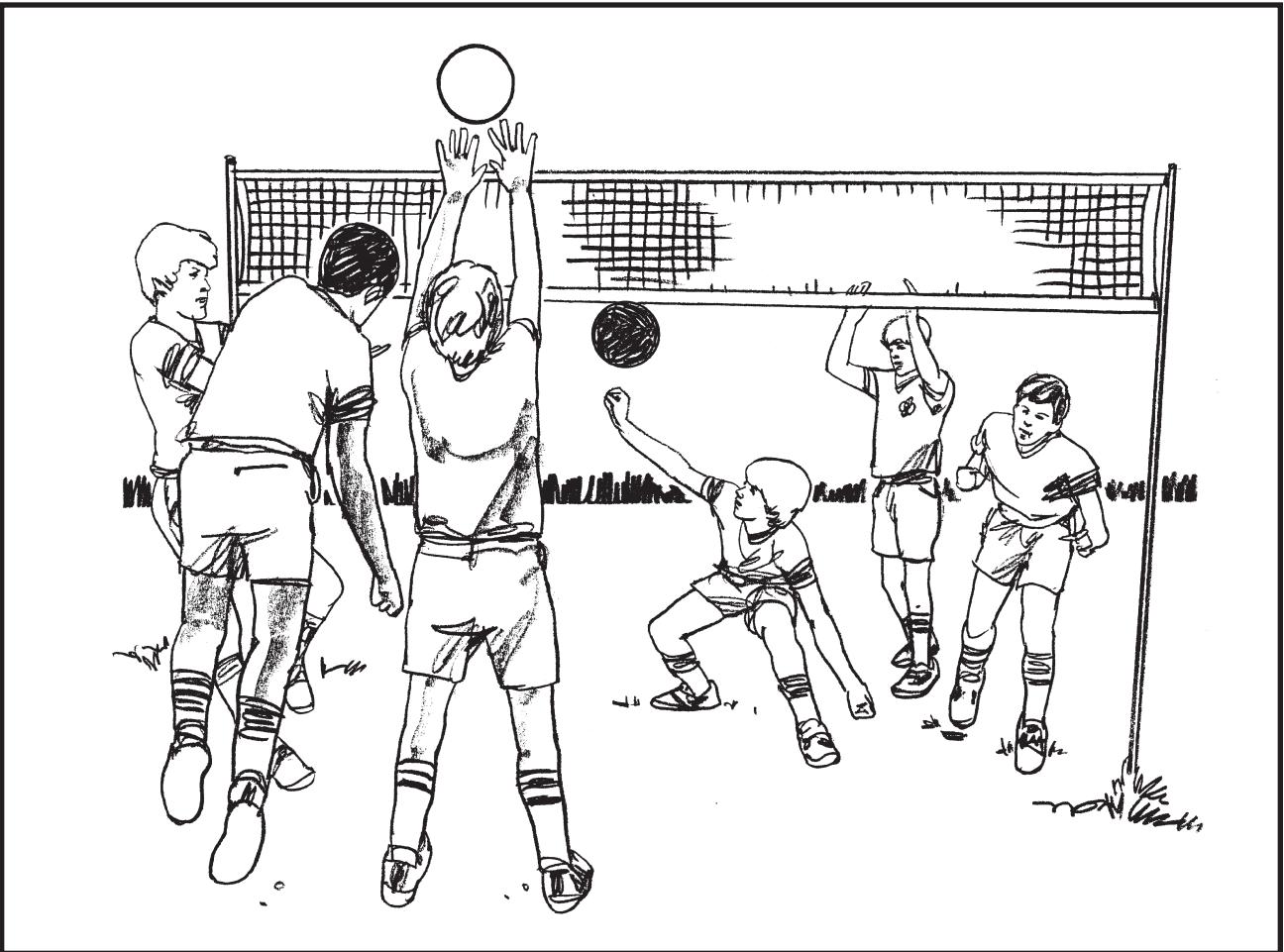


ATHLETICS



Physical fitness has always been one of the aims of the Boy Scouts of America, so this program feature is right on target. Our objective in athletics is not to produce super athletes but to promote fitness; to encourage Scouts to make steady improvement in strength, coordination, and agility; and, of course, to have fun.

Troop meetings will include plenty of physical activity, as well as some instruction on the importance of good nutrition and abstinence from smoking, alcohol, and other drugs.

The big event will be a field day with various types of athletic competition. The patrol leaders' council may want to arrange for an intertroop competition by inviting other troops. The objective should be physical fitness and fun, not just winning. The field day can be a one-day event or the highlight of a weekend campout; ideas for both are included on these pages.

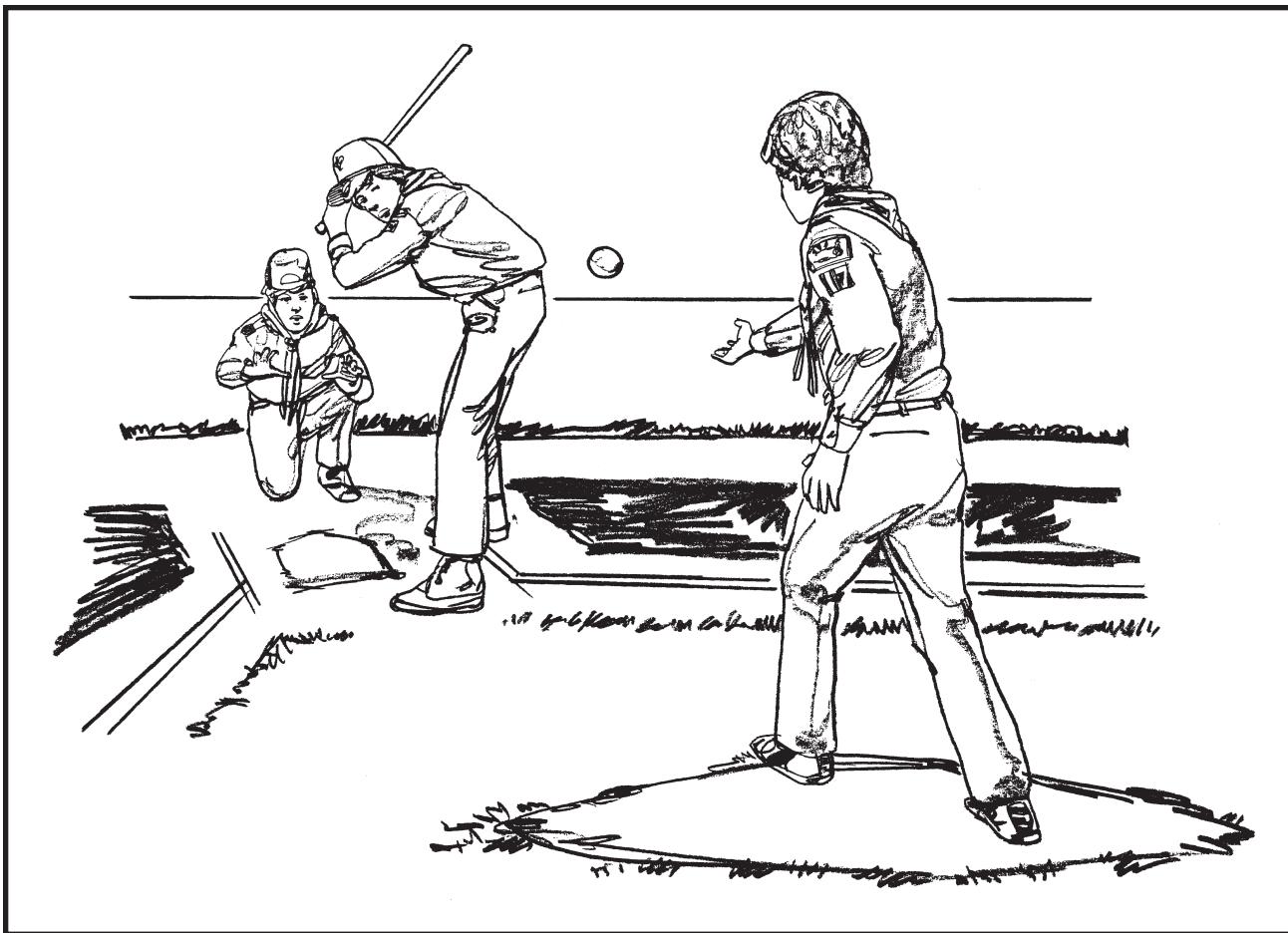
SCOUTING OUTCOMES

This month's patrol and troop activities should give your Scouts

- A greater understanding that physical fitness is essential for a fulfilling life
- An awareness that they can improve their fitness with regular exercise, adequate diet and rest, and abstinence from smoking, drugs, and alcohol
- Enhanced self-confidence as a result of improved physical fitness
- Practice in teamwork and decision-making
- An appreciation for the concentration that top athletes require

ADVANCEMENT OPPORTUNITIES

By month's end, all Scouts should have completed most of the basic camping and cooking requirements through



First Class rank. Depending on the campout activities, they may also complete all or part of the following rank requirements:

Tenderfoot

- Outdoor—hiking, camping
- Citizenship—flag ceremonies
- Patrol/troop participation—patrol identification
- Personal development—Scout Oath and Law
- Physical fitness—health, conditioning

Second Class

- Outdoor—camping, hiking
- Citizenship—flag ceremonies
- Patrol/troop participation—patrol identification
- Personal development—Scout Oath and Law
- Physical fitness—health, conditioning, drug awareness

First Class

- Outdoor—cooking, camping, nature, hiking
- Citizenship—flag ceremonies

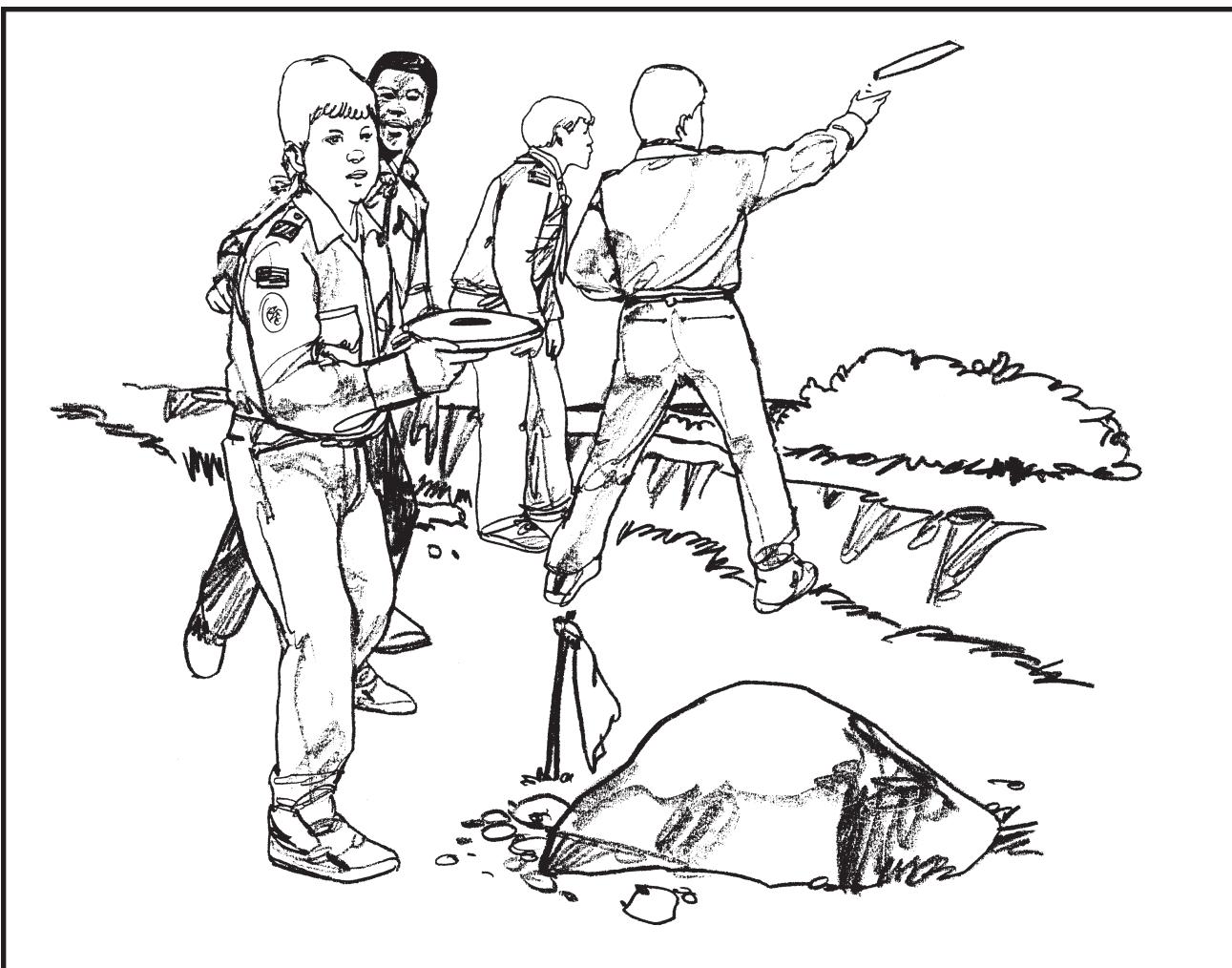
- Patrol/troop participation—patrol identification
- Personal development—Scout Oath and Law
- Physical fitness—health, conditioning, drug awareness

Merit Badges. Older Scouts can concentrate on the Athletics merit badge this month and should be able to complete many of the requirements. Depending on activities during the month, they may also cover requirements in Camping, Cooking, Cycling, Hiking, Skating, Skiing, Sports, Swimming, and other outdoor-related merit badges.

PARENT/GUARDIAN PARTICIPATION

The patrol leaders' council can involve parents in the program feature this month by

- Asking qualified parents to serve as judges, scorers, timekeepers, etc.
- Inviting families to the outing
- Asking parents to provide transportation to the outing site
- Recruiting parents to coach specific sports



PATROL LEADERS' COUNCIL

The patrol leaders' council should meet during the early part of the previous month to plan troop activities for this program feature. If you don't complete all items on the following agenda, continue your planning at patrol leaders' council meetings after each troop meeting.

- Decide whether to make the field day a one-day event or the highlight of a weekend campout. Choose a site for the field day and secure permissions if needed.
- Plan the events for the field day. See the ideas on the following pages.
- Secure the necessary equipment; ask the troop committee for help, if necessary.
- Determine if you want to hold the outing in conjunction with other troops; if so, invite them.
- Plan the details of troop meetings for the month. Consider inviting counselors for the Personal Fitness or Athletics merit badge to help with instruction.

- Make a list of possible patrol Good Turns to perform for the community.
- Coordinate any intertroop competitions.

FEATURE EVENT

Athletics Field Day

Here are some possible events for your field day.

FRISBEE GOLF. Lay out a 9- or 18-hole course. The "holes" are trees, small buildings, large rocks, patrol flags, etc. Mark each one with a colored cloth. Make the course challenging by using such "hazards" as ravines, streams, and slopes. Players count their strokes from "tee" to "hole" as in real golf.

Divide Scouts into foursomes or twosomes. The team with the lowest score gets 100 points for its total team score, or set some other value.

Variation: Make it a speed contest. The winning team is the one that finishes with the fastest time, regardless of the number of strokes.

OBSTACLE COURSE. Use both serious and fun obstacles. Time each runner. Set point values for first, second, and third place, etc.

DOUBLE ACTION VOLLEYBALL. Have two balls in play simultaneously. (If possible, have different colored balls.) A point is not awarded until both balls are dead. Play 5- or 10-point games for faster action.

FIVE-MAN SLOW PITCH SOFTBALL. The pitcher is on the same team as the batter. The other players in the field may take any position they like. Play 2-out innings and 5-inning games.

10-K BICYCLE RACE. Lay out a course about 10 kilometers long. Have races for various classes-size of bikes, height and weight of Scouts competing.

Variation: Make it a bicycle orienteering course.

2-K ORIENTEERING RACE. Lay out an orienteering course about 2 kilometers long. The course could be run by individual Scouts or two-man teams.

ACTION ARCHERY DUATHLON. Set up an action archery course, with a running course between archery sites. Make sure that all safety rules are observed at archery sites. Scoring may include both the number of hits at archery sites and the time taken to complete the course.

Extreme Games

Extreme games can be extremely physically challenging events that require months of training or they can be competitive patrol events that can be done during a troop activity. Boys will respond to the challenge of extreme games, and they can be easily planned and laid out without a lot of work. The event should involve the entire patrol, and should be divided into at least three events. The patrol with the total best time would be the winner.

Each event needs not be physically challenging. Some of the events should require reasoning and problem solving. Thus, every member of the patrol should be able to contribute to the achievement of the goal. Here are a few examples:

A. Move an object, such as a sandbag or a bale of hay over a course with barriers, such as a hill or wall.

The course need not be more than 100 yards long.

B. Patrol Dash.

Have them run a prescribed course depending on conditioning and terrain. It could be a trail run or a circular run.

C. Canoe or kayak course.

Select the best patrol members to represent the patrol in this event, which should be across a lake, or a pool.

D. Bike relay.

Select a course that some or all the patrol members would have to complete.

E. Erect a tent.

If you want to add some elements of difficulty, provide blindfolds, or do not allow anyone to talk.

F. Kim's Game.

Tape seven objects to a piece of cardboard. Allow each patrol to look at the objects for five seconds, then name all seven objects. Failure to name all the objects would mean to wait a full minute before the patrol could view the objects again.

G. Other events could be created depending on the terrain and resources available.

ATHLETICS

TROOP MEETING PLAN

Date _____ Week 1

ACTIVITY	DESCRIPTION	RUN BY	TIME
Preopening _____ minutes	Set up a 3-hole Frisbee golf course for Scouts. Also have a fitness chart to test each Scout on basic fitness skills; check for improvement during this month.		
Opening Ceremony _____ minutes	<ul style="list-style-type: none"> • Form the troop into a semicircle. • Repeat the Scout Oath. • Present colors. • Repeat the Pledge of Allegiance. 		
Skills Instruction _____ minutes	<ul style="list-style-type: none"> • New Scouts work on fitness skills. Record the best number of push-ups, pull-ups, standing long jump, and 500-yard run/walk (<i>Boy Scout Handbook</i>). • Experienced Scouts review a map of the area for the outing and plan the action archery duathlon and Frisbee golf course. • Older Scouts work on the Venture program or begin planning several intertroop games for field day. 		
Patrol Meetings _____ minutes	Discuss plans for the outing this month and make sure everyone knows what his assignments are and what to bring. Any Scouts who have not been camping yet will need extra help. All other patrols plan activities to work on advancement. Plan any meals that will be needed for the outing. If it will be an overnighter, plan now for equipment distribution and tent requirements.		
Interpatrol Activity _____ minutes	Play Everybody Up. (See the Games section of the <i>Troop Program Resources</i> .*)		
Closing _____ minutes	<ul style="list-style-type: none"> • Have a Scout explain what sportsmanship means. • Scoutmaster's Minute. • Retire colors. 	SM	
Total 90 minutes of meeting			
After the Meeting	Patrol leaders' council reviews the next meeting and plans for the outing. Begin work on next month's program feature.		

**Troop Program Resources for Scout Troops and Varsity Teams*, Supply No. 33588

ATHLETICS

TROOP MEETING PLAN

Date _____ Week 2

ACTIVITY	DESCRIPTION	RUN BY	TIME
Preopening _____ minutes			
Opening Ceremony _____ minutes			
Skills Instruction _____ minutes	<ul style="list-style-type: none"> For the new Scouts, have a local college athlete or health club instructor demonstrate exercises and talk about a healthy diet and exercise plan. Also discuss the dangers of drug and alcohol abuse. Experienced Scouts can plan a 20-K bike hike that includes some sort of Scouting skill at several stops. Older Scouts can work on the Venture program. 		
Patrol Meetings _____ minutes	Review assignments for the outing. First-time campers continue to work on hiking and camping techniques. All other patrols continue to work on activities needed for advancement while on the outing. Practice interpatrol activities.		
Interpatrol Activity _____ minutes	Do Izzy-Dizzy Relay. (See the Games section of the <i>Troop Program Resources</i> . *)		
Closing _____ minutes	<ul style="list-style-type: none"> Scoutmaster's Minute. Retire colors. 	SM	
Total 90 minutes of meeting			
After the Meeting	Patrol leaders' council reviews the next meeting and plans for the troop outing. Continue work on next month's program feature.		

**Troop Program Resources for Scout Troops and Varsity Teams*, Supply No. 33588

ATHLETICS

TROOP MEETING PLAN

Date _____ Week 3

ACTIVITY	DESCRIPTION	RUN BY	TIME
Preopening _____ minutes			
Opening Ceremony _____ minutes			
Skills Instruction _____ minutes	<ul style="list-style-type: none"> New Scouts practice reading topographic maps and learn the symbols used on maps. Review the clothing and personal camping gear needed for camping (<i>Boy Scout Handbook</i>). Play Map Symbol Relay. (See the Games section of the <i>Troop Program Resources</i>. *) Experienced Scouts can test themselves against the five groups on page 1 of the <i>Athletics</i> merit badge pamphlet, No. 33324. Older Scouts work on the Venture program or work on topographic map orientation with younger Scouts. 		
Patrol Meetings _____ minutes	Discuss plans for this month's outing. Practice two of the events for the field day. All patrols plan activities to work on advancement.		
Interpatrol Activity _____ minutes	Play Dodgeball and Jump the Shot. (See the Games section of the <i>Troop Program Resources</i> . *)		
Closing _____ minutes	<ul style="list-style-type: none"> Scoutmaster's Minute. Retire colors. 	SM	
Total 90 minutes of meeting			
After the Meeting	Patrol leaders' council reviews the next meeting and plans for the outing. Continue work on next month's program feature.		

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ATHLETICS

TROOP MEETING PLAN

Date _____ Week 4

ACTIVITY	DESCRIPTION	RUN BY	TIME
Preopening _____ minutes			
Opening Ceremony _____ minutes			
Skills Instruction _____ minutes	<ul style="list-style-type: none"> New Scouts post their scores for the following activities to show improvement: push-ups, pull-ups, sit-ups, standing long jump, and 500-yard run/walk. Experienced Scouts plan a menu of high-energy foods to have during the outing. Older Scouts can work on the Venture program or help younger Scouts. 		
Patrol Meetings _____ minutes	Review all the events for the field day. If your patrol is small, one or two Scouts might have to compete twice in the same event. Practice two of the events for the outing.		
Interpatrol Activity _____ minutes	Play Crossing the Alligator Pit. (See the Games section of the <i>Troop Program Resources</i> . *)		
Closing _____ minutes	<ul style="list-style-type: none"> Scoutmaster's Minute—reflection on the experiences of the month. Retire colors. 	SM	
Total 90 minutes of meeting			
After the Meeting	Patrol leaders' council reviews the next meeting and checks last-minute details for the outing. Finalize work on next month's program feature.		

**Troop Program Resources for Scout Troops and Varsity Teams*, Supply No. 33588

ATHLETICS

TROOP OUTDOOR PROGRAM PLAN

Date _____

TIME	ACTIVITY	RUN BY
Friday evening	Load gear at meeting location, leave for campsite. Plan only a light meal en route.	SPL
	Arrive at the campsite. Off-load equipment. Set up patrol sites. Stow gear and set up camp.	PL/SPL
Saturday 6:30 A.M.	Cooks and assistants up. Prepare breakfast. (Cooks should be working on First and Second Class requirements.)	Cooks, assistants
7:00 A.M.	Everyone else up. Take care of personal hygiene, air tents, hang out sleeping bags.	
7:30 A.M.	Breakfast	
8:00 A.M.	Clean up.	Cooks
	Patrols set up the gear for morning activities, clean up patrol site.	
8:30–11:30 A.M.	Conduct athletics skill events.	SPL
11:30 A.M.	Sack lunch	
Noon	Continue events.	
4:30 P.M.	Start dinner preparation.	Cooks
5:30 P.M.	Meal	SPL
6:00 P.M.	Clean up.	Cooks
8:00 P.M.	Campfire	
9:00 P.M.	Cracker barrel	
10:00 P.M.	Lights out	
Sunday 6:30 A.M.	Cooks and assistants up. Prepare breakfast. (Cooks should be working on First and Second Class requirements.)	Cooks
7:00 A.M.	Everyone else up. Take care of personal hygiene, air tents, hang out sleeping bags.	
7:30 A.M.	Breakfast	
8:00 A.M.	Clean up.	Cooks
	Patrols set up the gear for morning activities, clean up patrol site.	
8:30 A.M.	Worship service	

TIME	ACTIVITY	RUN BY
9:00–11:00 A.M.	Hold play-off games for team events.	
11:00 A.M.	Break camp.	
Special equipment needed	Cameras, pens, troop camping equipment, athletic gear needed for events	