

## Some notes on the Academics & Sports Tracker

This spreadsheet is for use by den leaders using the 2009 or later Academics & Sports Guide

**STOP!! Do you have the latest version? This is version v4r1?. Please check the following website to make sure you have the most recent version of the file before beginning! [www.madsenco.com/scouting.shtml](http://www.madsenco.com/scouting.shtml)**

This spreadsheet will track the progress of up to 16 scouts in your den and can move from year to year as the scouts progress.

The spreadsheet contains an individual worksheet for each scout in your den (Scout 1 through Scout 16) and a summary sheet where all the scouts can be viewed.

### To ADD NAMES FOR Scouts -

**Double click on the worksheet name 'tab'** such as "Scout 1" at the bottom of the sheet and type in the scout's name. His name will then appear on the top of the sheet and on the summary sheet.

If you are not familiar with tabs, the worksheet tab for this sheet is 'Notes'.

By double clicking the worksheet name, Excel will allow you to rename the worksheet.

The Scout worksheets are where you enter all the activity for each scout.

The Summary sheet allows you to enter "Awarded" dates for each activity.

For each **Activity** completed, enter the letter **A** (for achieved) on the appropriate Scout worksheet

Input is not case sensitive.

If you work as a group on a requirement and want to add the requirement for multiple scouts, hold down the control key and then select all the scouts in the meeting. That will highlight the tabs for those scouts. On one scout, enter in the items earned and it will be entered for all scouts' whose tabs are highlighted. When you are finished, make sure to click on any other tab other than the highlighted tabs and the tabs will no longer be highlighted and you can enter things done for a single scout again.

The spreadsheet will calculate the rest! A "**C**" indicates that an activity is complete. A "**P**" indicates that the activity is partially complete.

The summary sheet has columns for tracking the date of actual awarding of pins, etc.

All cells with a shaded background are calculated cells - don't type anything in these cells or the formulas will be lost!

Sheet protection has been turned on to prevent the accidental typing in calculated fields. If you want to turn protection off, the password is 'sports' without the quotes.

This file has only very summarized descriptions of the various requirements for Academic and Sport Belt Loops (and Pins) and is only meant to help in tracking completion rather than determining completion. For the actual complete requirements see the "Cub Scout Academics and Sports Program Guide", available at the scout store.

If you have any questions, contact me at [Roxanne@madsenco.com](mailto:Roxanne@madsenco.com)

YIS  
Roxanna Prahser  
Former Den and Webelos Leader  
Pack 215, Walnut Creek Ca  
Former Scoutmaster  
Troop 277, Pleasant Hill CA  
used to be a Bear . . . (WEM 23-98-25)

### Revision History:

#### Version4r1 - Released Mar 2010

Added Disability Awareness, Family Travel, Good Manners, Nutrition, Pet Care, Photography, Reading and Writing, Video Games, Hiking, Hockey, Horseback Riding, Kickball, and Skateboarding

#### Version3r1 - Released Feb 2005

Completely redesigned file to follow formatting of webelos template so that information can be transferred easily once scouts become webelos









# Scout 1

<b>Academics Belt Loops</b>	<b>0</b>
Art	
Astronomy	
Chess	
Citizenship	
Collecting	
Communicating	
Computers	
Disability Awareness	
Family Travel	
Geography	
Geology	
Good Manners	
Heritages	
Language and Culture	
Maps and Compass	
Mathematics	
Music	
Nutrition	
Pet Care	
Photography	
Reading and Writing	
Science	
Video Games	
Weather	
Wildlife Conservation	

<b>Sports Belt Loops (Total)</b>	<b>0</b>
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<b>Individual Sports</b>	<b>0</b>
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Badminton	
Bicycling	
Bowling	
Fishing	
Golf	
Gymnastics	
Hiking	
Horseback Riding	
Ice Skating	
Marbles	
Physical Fitness	
Roller Skating	
Skate Boarding	
Snow Sports	
Swimming	
Table Tennis	
Tennis	

<b>Team Sports</b>	<b>0</b>
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Baseball	
Basketball	
Flag Football	
Hockey	
Kickball	
Soccer	
Softball	
Ultimate	
Volleyball	

<b>Shooting Sports</b>	<b>0</b>
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Archery	
BB Gun	

Academic Belt Loops Record		
<b>Art</b>	1	List art composition materials
	2	6 elements of design
	3	Primary and secondary colors
<b>Astronomy</b>	1	Focus telescope or binoculars
	2	Diagram solar system
	3	Explain astronomy terms
<b>Chess</b>	1	Identify pieces and set-up board
	2	Demonstrate moves
	3	Play a game
<b>Citizenship</b>	1	List your home jobs, chart 1 week progress
	2	Good citizen poster
	3	Service project
<b>Collecting</b>	1	Collect and label 10 items
	2	Display collection
	3	Visit a show or museum with a collection
<b>Communicating</b>	1	Tell a story or incident
	2	Write a letter
	3	Make and explain a poster
<b>Computers</b>	1	Explain parts of a PC
	2	Startup, shutdown a PC
	3	Prepare and print a document on a PC
<b>Disability Awareness</b>	1	Visit with Special needs
	2	Attend special needs event
	3	Special needs display
<b>Family Travel</b>	1	Pack for a trip
	2	Cost and distance to a destination
	3	Research 5 places to visit
<b>Geography</b>	1	Draw a neighborhood map
	2	Local physical geography
	3	Locate continents, oceans, etc.
<b>Geology</b>	1	Define geography
	2	Collect samples
	3	Explain difference between rock and mineral
<b>Good Manners</b>	1	Good manners poster
	2	Introduce two people
	3	Write a thank you note
<b>Heritages</b>	1	Family heritage
	2	Poster of family origins
	3	Family tree
<b>Language and Culture</b>	1	Talk to someone from a different country
	2	Learn 10 foreign words
	3	Play 2 foreign games
<b>Maps and Compass</b>	1	Orient a map, find 3 landmarks
	2	Explain how a compass works
	3	Draw a neighborhood map
<b>Mathematics</b>	1	Do five math activities
	2	Track money earned and spent for 3 weeks
	3	Measure 5 items in metric and non-metric
<b>Music</b>	1	Explain cultural music importance
	2	From memory sing a song with 2 verses
	3	Listen to 4 different types of music
<b>Nutrition</b>	1	Health food poster
	2	Difference fruit/vegetable
	3	Prepare and eat a healthy meal
<b>Pet Care</b>	1	Care for your pet
	2	Research your pet
	3	Poster of your pet
<b>Photography</b>	1	Point out camera parts
	2	Benefits to modern life
	3	take 10 pictures
<b>Reading and Writing</b>	1	Visit a library
	2	Write a letter or story
	3	Keep a diary
<b>Science</b>	1	Explain scientific method
	2	Use scientific method
	3	Visit museum, lab, etc. Talk to scientist.
<b>Video Game</b>	1	Explain importance of rating system
	2	Create a game and chore schedual
	3	Learn a new video game
<b>Weather</b>	1	Make water cycle poster
	2	Simple weather station, observe 1 week
	3	Watch weather forecast
<b>Wildlife Conservation</b>	1	Explain natural resources
	2	Food chain poster
	3	Endangered species den report

Individual Sport Belt Loops Record		
<b>Badminton</b>	1	Explain rules
	2	Practice 30 minutes
	3	Play complete game
<b>Bicycling</b>	1	Explain safety rules
	2	Demonstrate safety equipment
	3	Ride safely, 30 minutes
<b>Bowling</b>	1	Explain courtesy rules
	2	Pick ball with proper weight and finger holes
	3	Play complete game
<b>Fishing</b>	1	Review fishing regulations
	2	Bait hook
	3	Try to catch a fish
<b>Golf</b>	1	Explain rules
	2	Practice 30 minutes
	3	Play at least 9 holes
<b>Gymnastics</b>	1	Explain 6 men's events
	2	Participate in 3 events
	3	Explain safety rules
<b>Hiking</b>	1	Explain Hiking Safety rules and practice on hike
	2	Demonstrate proper hiking attire and equipment
	3	Hike 30 minutes
<b>Horseback Riding</b>	1	Explain safety precautions
	2	Demonstrate how to ride a horse
	3	Ride a horse for 20 minutes
<b>Ice Skating</b>	1	Explain safety and equipment
	2	Practice 30 minutes
	3	Go ice skating
<b>Marbles</b>	1	Explain rules
	2	Practice 30 minutes
	3	Play a game
<b>Physical Fitness</b>	1	Short drug & alcohol dangers report
	2	Take you pulse and determine target heart rate
	3	Practice 5 skills for 1 month, show improvement
<b>Roller Skating</b>	1	Explain safety and equipment
	2	Practice 30 minutes
	3	Go skating
<b>Skate Boarding</b>	1	Demonstrate safety rules
	2	Demonstrate how to fall
	3	Practice for 30 minutes
<b>Snow Ski &amp; Board Sports</b>	1	Explain conditioning, clothing, etc.
	2	Explain "Responsibility Code", safety, etc
	3	Go skiing or snow boarding
<b>Swimming</b>	1	Explain "Safe Swim Defense" & buddy system
	2	Play water game
	3	Kick board 25 feet
<b>Table Tennis</b>	1	Explain rules
	2	Practice 30 minutes
	3	Play game
<b>Tennis</b>	1	Explain rules
	2	Practice 30 minutes
	3	Play game

Team Sport Belt Loops Record		
<b>Baseball</b>	1	Explain rules
	2	Practice 30 minutes
	3	Play game
<b>Basketball</b>	1	Explain rules
	2	Practice 30 minutes
	3	Play game
<b>Flag Football</b>	1	Explain rules
	2	Practice 30 minutes
	3	Play game
<b>Hockey</b>	1	Explain safety equipment
	2	Practice 30 minutes
	3	Play a Hockey game
<b>Kickball</b>	1	Explain rules
	2	Practice 30 minutes
	3	Play a Kickball game
<b>Soccer</b>	1	Explain rules
	2	Practice 30 minutes
	3	Play game
<b>Softball</b>	1	Explain rules
	2	Practice 30 minutes
	3	Play game
<b>Ultimate</b>	1	Explain rules
	2	Practice 30 minutes
	3	Play game
<b>Volleyball</b>	1	Explain rules
	2	Practice 30 minutes
	3	Play game

Shooting Sport Belt Loops Record		
<b>Archery</b>	1	Requirement 1
	2	Requirement 2
	3	Requirement 3
<b>BB Gun Shooting</b>	1	Requirement 1
	2	Requirement 2
	3	Requirement 3

(Can only be earned at BSA council-sponsored camps.)

Scout 1	
Academics Pins	0
Art	
Astronomy	
Chess	
Citizenship	
Collecting	
Communicating	
Computers	
Disability Awareness	
Family Travel	
Geography	
Geology	
Good Manners	
Heritages	
Language and Culture	
Maps and Compass	
Mathematics	
Music	
Nutrition	
Pet Care	
Photography	
Reading and Writing	
Science	
Video Games	
Weather	
Wildlife Conservation	

Academics Pins		
Record		
<b>Art</b>		Earn beltloop
<b>do 6</b>	1	Visit museum, gallery or exhibit
	2	Self portraits
	3	Make paper
	4	Make silkscreen or stencil
	5	Sculpture or mobile
	6	Clay object
	7	Photograph four subjects
	8	Make a collage
	9	Create stamp, book or cd cover
	10	Use illustration or painting program
	11	Display artwork
<b>Astronomy</b>		Earn beltloop
<b>do 5</b>	1	Draw diagram of telescope
	2	Identify 5 constellations
	3	Identify a planet
	4	Find North Star
	5	Interview astronomer
	6	Visit observatory or planetarium
	7	Poster of different kinds of stars
	8	Learn of early space missions
	9	Tell about recent space happening
	10	Chart phases of moon
	11	Report on 2 astronomers
	12	Locate 3 observatories
<b>Chess</b>		Earn beltloop
<b>do 5</b>	1	Demo opening principles
	2	Visit tournament and tell about
	3	Participate in tournament
	4	Solve a chess problem
	5	Play 5 games
	6	Play 10 games via computer
	7	Read about famous player
	8	Describe ratings for players
	9	Write in chess notation
	10	Report on history of chess
<b>Citizenship</b>		Earn beltloop
<b>do 5</b>	1	Interview naturalized citizen
	2	Write letter to newspaper
	3	Create a collage
	4	Home safety or energy audit and inspect
	5	Visit local government
	6	Visit court room & talk with someone
	7	Go to polls when parents vote
	8	Be in a parade
	9	Ways to recycle and protect environment
	10	Attend event or visit landmark
<b>Collecting</b>		Earn beltloop
<b>do 5</b>	1	Give a talk about collection
	2	Show how to preserve & display
	3	Read a book
	4	Start new collection at least 20 items
	5	Define numismatics and philately
	6	Join a club
	7	Find out about careers
	8	List of countries and issues
	9	Visit online auction
	10	Use a computer
	11	Help a friend get started
<b>Communicating</b>		Earn beltloop
<b>do 5</b>	1	Write a poem or story
	2	Keep a journal for 7 days
	3	Discuss a news story on tv or radio
	4	Find a library book and check it out
	5	Read a book
	6	Develop and perform a skit
	7	Learn 10 words in sign lang
	8	Search internet on topic of interest
	9	Discuss 3 tv commercials
	10	Explain and play a new game
	11	Learn about how blind read
	12	List signs, animals, licenses on a trip
<b>Computers</b>		Earn beltloop
<b>do 5</b>	1	Use computer to prepare report
	2	List of 20 devices with computer chips
	3	Track earnings for 4 weeks
	4	Organize info on spreadsheet
	5	Use illust, draw or paint program
	6	Write thank you letter
	7	Visit BSA homepage
	8	Discuss internet safety
	9	Improve over 2 weeks on computer game
	10	Correspond using email with friend
	11	Visit location of large mainframe

Academics Pins		
Record		
<b>Disability Awareness</b>		Earn beltloop
<b>do 5</b>	1	Compare three different wheel chairs
	2	Use sign language
	3	Read a book about someone with a disability
	4	Explain how your school helps disabled students
	5	Describe a therapy and visit with a therapist
	6	Read about a famous disabled person
	7	Practices an impairment for 2-one hour periods
	8	Identify 3 items that help a disabled person
	9	Help a disabled person
	10	Visit a nursing home
	11	Talk with someone who works with disabled people
<b>Family Travel</b>		Earn beltloop
<b>do 5</b>	1	Go on a family trip that includes one overnight stay
	2	Play a travel game while traveling
	3	List of safety rules
	4	Look up airfare
	5	Visit a travel agent
	6	Explain how travel has changed last 300 years
	7	Visit with an adult who has driven in another country
	8	List of traveling occupations
	9	Learn how to apply for a passport
	10	Change \$1000
<b>Geography</b>		Earn beltloop
<b>do 5</b>	1	3-dim model of imaginary place
	2	Time in 10 cities around the world
	3	Locate company location off 10 wrappers
	4	Trace routes of famous explorers
	5	Locate birth places on map
	6	Track sports team for 1 month
	7	Read book concerning geography
	8	Participate in bee or fair
	9	Make a travel poster
	10	Play geography game
<b>Geology</b>		Earn beltloop
<b>do 5</b>	1	Plaster cast of fossil
	2	Collection illustrating rock/min hardness
	3	Exp of sedimentary, igneous, metamorphic
	4	Compare physical properties of rocks
	5	Effects of wind, water, ice on landscape
	6	Make "pet rocks"
	7	Diagram diff types of volcanoes
	8	Make crystal garden
	9	5 diff fossils
	10	10 everyday products using rocks/minerals
	11	Visit mine, oil/gas field, quarry etc
	12	Visit with geologist
	13	Draw inside of cave
<b>Good Manners</b>		Earn beltloop
<b>do 5</b>	1	Introduce yourself to someone
	2	Talk about polite language
	3	Wexplain how good manners help you
	4	Table manners
	5	Proper finger foods
	6	Practice good phone manners
	7	Show respect for other peoples things
	8	Good manners playing games
	9	5 respectful rules in public
	10	Wear proper clothes
<b>Heritages</b>		
<b>do 5</b>	1	Heritage celebration
	2	Family reunion
	3	Correspond with pen pal
	4	20 words in another language
	5	Interview family elder about growing up
	6	Organize family photos
	7	Visit genealogy library
	8	Make clothing, toy or tool of ancestors
	9	Prepare traditional food dishes
	10	Learn origin of your names
<b>Language and Culture</b>		Earn beltloop
<b>do 7</b>	1	Earn BSA interpreter strip
	2	Write 1-10 in non Arabic system
	3	Visit an embassy, consulate
	4	Display foreign stamps or postcards
	5	Learn 30 words in another language
	6	Learn song in another language
	7	Say 5 words in sign language
	8	Visit restaurant with foreign recipes
	9	Watch tv show in another language
	10	Interview an interpreter
	11	List 30 things made in another country
	12	Read book about an immigrant to US

Academics Pins		
Record		
<b>Maps and Compass</b>		Earn beltloop
<b>do 5</b>	1	Define cartography
	2	10 map symbols and meanings
	3	Read book about explorer/navigator
	4	Make a simple compass
	5	Explain latitude and longitude
	6	Draw a compass rose for a map
	7	Label your state & border states on map
	8	Take a compass bearing and follow it
	9	Measure distances using map scale
	10	Measure your pace and layout course
	11	Find # of miles between 2 cities on map
	12	Explain different map colors and meanings
<b>Mathematics</b>		Earn beltloop
<b>do 1 of each group</b>	1.1	Collect 12 items with distinct geom shapes
	1.2	Observe items with common geom shape
	1.3	Study geometry in architecture
	2.1	Learn about abacus or slide rule
	2.2	Use calculator to track costs shopping
	2.3	Visit bank and learn about interest
	3.1	Explain statistical words/tools
	3.2	Conduct opinion survey
	3.3	Find examples of statistical information
	3.4	Use computer spreadsheet
	4.1	Explain use of probability to predict future
	4.2	Conduct coin toss probability experiment
	4.3	Sneaker toss probability experiment
	5.1	Interview 4 adults about measurement in job
	5.2	Measure height
	5.2	Measure use of time over a week, display
	5.4	Cook using at least 2 recipes, share
<b>Music</b>		Earn beltloop
<b>do 5</b>	1	Make & play musical instrument
	2	Teach a song
	3	Play a song
	4	Create an original melody or words for song
	5	Capture and use natural sounds
	6	Attend live musical or concert
	7	Demo conducting patterns
	8	Take voice, dance or instrument lessons
	9	Create movements to music
	10	Learn about a composer
<b>Nutrition</b>		Earn beltloop
<b>do 5</b>	1	Make a poster showing foods and vitamins
	2	Read nutrition label
	3	List of diseases
	4	Talk with School cafeteria manager
	5	Plan balanced menu for one week
	6	List of healthy snack foods
	7	Go grocery shopping
	8	Demonstrate safe food preparation
	9	Demonstrate how to store leftovers
	10	Help with a garden
	11	Visit a farm or a ranch
	12	Explain how exercise and nutrition are important
<b>Pet Care</b>		Earn beltloop
<b>do 5</b>	1	Develop a pet care plan
	2	Train your pet a trick or simple command
	3	Describe how your pet communicates
	4	Chart your pets mood for a week
	5	Attend a pet show
	6	Draw your pets bed and importance
	7	Visit animal shelter
	8	Visit a pet store
	9	Talk to a veterinarian
	10	Tell 3 ways animals help people
	11	Pet related service project
	12	President's pets
<b>Photography</b>		Earn beltloop
<b>do 5</b>	1	Explain photography
	2	Study a book of photos
	3	Explain "red eye"
	4	Make short video
	5	Edit photos
	6	Make creative project
	7	Take photos with different lens settings
	8	Visit photography art exhibit
	9	Demonstrate light meter
	10	Print and develop a film picture
	11	Read about a famous photographer

Academics Pins		
Record		
<b>Reading and Writing</b>		Earn beltloop
<b>do 5</b>	1	Identify parts of a book
	2	Read a book to others
	3	Participate in a reading program
	4	Explain different book types
	5	Create a bookmark or book cover
	6	Read a newspaper or magazine article
	7	Write a poem and read it to family
	8	Write a report
	9	Read jokes and riddles
	10	Write a commercial and perform it
	11	Create alphabet, writing system, or code
	12	Learn about other writing systems
<b>Science</b>		Earn beltloop
<b>do 5</b>	1	Make a simple electric motor
	2	Identify signs of erosion
	3	Plant seeds and grow a plant/flower/veg
	4	Use simple machines to accomp task
	5	Learn about solids, liquids and gases
	6	Build models of atoms/molecules
	7	Collection of igneous, meta., sedi. Rocks
	8	Learn about ocean creature
	9	Draw/diagram human skeleton
	10	Model/poster of solar system
	11	Do science experiment for an audience
	12	Read a book about science
<b>Video Games</b>		Earn beltloop
<b>do 5</b>	1	Plan to buy a video game
	2	Compare two game systems
	3	Play a video game family tournament
	4	Teach an adult how to play a video game
	5	List 5 video game tips
	6	Play a video game with a friend for 1 hour
	7	Play an educational video game
	8	Shop for a video game
	9	Install a gaming system
<b>Weather</b>		Earn beltloop
<b>do 5</b>	1	Describe weather terms
	2	Explain kinds of clouds and how made
	3	Compare climate of your state to others
	4	Describe dangerous weather and safety
	5	Explain acid rain and greenhouse effect
	6	Talk to a meteorologist
	7	Make a weather map of state or country
	8	Explain diff between tornadoes/hurricanes
	9	Make simple weather vane
	10	Explain weather's effect on agriculture
	11	Report on book about weather
	12	Explain how rainbows formed and draw
<b>Wildlife Conservation</b>		Earn beltloop
<b>do 5</b>	1	Visit sanctuary, hatchery, nature center
	2	Collect and read 5 article on conservation
	3	Learn about 5 animals that use camouflage
	4	Make birdbath and record visitors
	5	Make collage of animals in same class
	6	Make plaster cast of animal track
	7	Visit person who works in conservation
	8	Visit state or national park
	9	Participate in environ. Service project

Scout 1	
Sports Pins	0
Individual Sports	0
Badminton	
Bicycling	
Bowling	
Fishing	
Golf	
Gymnastics	
Hiking	
Horseback Riding	
Ice Skating	
Marbles	
Physical Fitness	
Roller Skating	
Skate Boarding	
Snow Sports	
Swimming	
Table Tennis	
Tennis	
Team Sports	0
Baseball	
Basketball	
Flag Football	
Hockey	
Kickball	
Soccer	
Softball	
Ultimate	
Volleyball	
Shooting Sports	0
Archery	
BB Gun	

Sports Pins	
Record	
<b>Badminton</b>	Earn beltloop
<b>do 5</b>	1. Compete in tournament
	2. Demo use and care of equipment
	3. Demo skill
	4. Spend 60 minutes practicing
	5. Demo skills
	6. Accurately lay out court
	7. Play five games
	8. Participate in clinic
	9. Play 3 games with effective calls
<b>Bicycling</b>	Earn beltloop
<b>do #1</b>	1. Record at least 10 hours of bicycling
<b>plus 4 more</b>	2. Participate in bike rodeo
	3. Demo repairing flat tire
	4. Poster of early bikes
	5. Demo proper use of equipment
	6. Register your bike
	7. Go on bike hike
	8. Repair/retire a bike
	9. Visit bike race or exhibition
	10. Help with bike rodeo or competition
<b>Bowling</b>	Earn beltloop
<b>do 5</b>	1. Give history of sport
	2. Define terms
	3. Demo proper technique
	4. Try different delivery and hand positions
	5. Score a game manually
	6. Play at least 4 games, average scores
	7. Compete in tournament
	8. Take lessons
	9. Attend a professional competition
	10. Learn about care/maint. of lanes/equip
<b>Fishing</b>	Earn beltloop
<b>do 5</b>	1. Compete in tournament
	2. Demo cleaning a fish
	3. Report on 3 kinds of fish
	4. Draw 3 diff types of reels
	5. Tie 3 flies and use 1 to fish
	6. Demo casting at target 30 feet away
	7. Draw picture of fish, label parts & function
	8. Replace line in reel
	9. Make simple pole and line rig, catch fish
	10. Fish using artificial bait or lures
	11. Practice fishing 5 times
<b>Golf</b>	Earn beltloop
<b>do 5</b>	1. Explain woods vs irons
	2. Explain how par determined
	3. Demo proper grip
	4. 30 min practicing swing styles
	5. 30 min practicing aim, stance, position
	6. Diagram a typical hole, tee to green
	7. Demo use and care of equipment
	8. Composition of regulation ball
	9. Take lessons
	10. 30 min hitting balls
	11. Play miniature golf
<b>Gymnastics</b>	Earn beltloop
<b>do 5</b>	1. Report on history of sport
	2. Take lessons
	3. Attend a meet
	4. Demo 5 floor exercise skills
	5. Demo 2 skills on horse
	6. Demo 2 skills on rings
	7. Demo 2 skills on parallel bars
	8. Demo 2 skills on horizontal bars
	9. Demo vault using side horse
	10. Develop conditioning routine
	11. Learn about 3 US medal winning gymnasts
<b>Hiking</b>	Earn beltloop
<b>do 6</b>	1. 5 hours of hiking
	2. Help plana hike
	3. Earn CS LNT awards
	4. Earn Cub Scout Outdoor Activity Award
	5. Learn 7 trail signs
	6. Identify 5 trees and 5 birds
	7. Identify 3 poisonous plants
	8. Take 2 different hikes
	9. Show how to use a compass on a hike
	10. Show how to use a GPS
	11. Report about one of your hikes

Sports Pins	
Record	
<b>Horseback Riding</b>	Earn beltloop
<b>do 6</b>	1. Learn about 3 famous horses
	2. Explain between horse, pony, mule, donkey
	3. Explain how a horse is measured
	4. Point out the main parts of a horse
	5. Describe 3 different breeds of horses
	6. Explain 3 ways horses help us
	7. Name 5 things that are healthy for a horse to eat
	8. Why it is important to wear a helmet
	9. Take a photo or sketch the saddle you used to earn BL
	10. Visit a veterinarian who cares for horses
	11. Get to know your horse
	12. Ride horseback for 30 minutes
<b>Ice Skating</b>	Earn beltloop
<b>do 5</b>	1. Participate in event
	2. Demo sharpening skates
	3. Demo lacing skates
	4. 30 min warm up exercises at least twice
	5. Play skating game on ice
	6. Learn 2 figure skating skills
	7. Demo start in speed skating
	8. Diff in long vs short track speed skating
	9. Participate in clinic
	10. Tell about an Olympian athlete in sport
<b>Marbles</b>	Earn beltloop
<b>do 5</b>	1. Compete in tournament
	2. Explain/demo lagging
	3. Demo shooting techniques
	4. Explain way of scoring a game
	5. Play 5 complete matches
	6. Start a marble collection and show it
	7. Report on history of marbles, share it
	8. Explain rules about shooters
<b>Physical Fitness</b>	Earn beltloop
<b>do 5</b>	1. Diagram food pyramid, track foods
	2. Exercise at target heart rate 15 minutes
	3. 4-step exercise program for 2 weeks
	4. Reason for warm up and cool down
	5. Visit gym and talk to trainer
	6. Aerobic program over 4 weeks
	7. Obstacle course, 3 times to try improve
	8. Swim for an hour of total time
	9. 3 months of organized team sport/activity
<b>Roller Skating</b>	Earn beltloop
<b>do 5</b>	1. Participate in event
	2. Disassemble/reassemble skates
	3. Explain proper clothing
	4. 30 min warm up exercises at least twice
	5. Play a game of roller hockey
	6. Learn 2 new skating skills
	7. Participate in clinic
	8. Demo stopping quickly safely
	9. Demo skating backwards 5 feet
	10. Play game on skates
<b>Skate Boarding</b>	Earn beltloop
<b>do 6</b>	1. Figure out your skateboard stance
	2. Demo proper stance, etc
	3. Explain diff between different skate boarding
	4. List 5 ways to be considerate and respectful
	5. View a skateboarding video
	6. Attend pro skating demo
	7. Show how to lube and clean skateboard
	8. Apply grip tape to a skateboard
	9. Skateboard at a skate park for 30 minutes
	10. Demo 3 maneuvers
	11. Safe area to skate board
<b>Snow Sports</b>	Earn beltloop
<b>do 5</b>	1. Explain diff lifts, use one
	2. Describe 4 symbols for trail difficulty
	3. Demo hold, get up and basic turns
	4. Demo fall safely
	5. Demo 5 cross country skills
	6. Participate in game on skis/boards
	7. Explain what to do if accident/avalanche
	8. Take lessons
	9. View a film
	10. Talk with a member of a ski patrol

Sports Pins	
Record	
<b>Swimming</b>	Earn beltloop
<b>do 5</b>	1. Practice breathing for crawl
	2. Learn 2 strokes
	3. Learn 2 floating skills
	4. Demo 3 kinds of kicks
	5. Pass beginner or swimmer test
	6. Visit and talk to a lifeguard
	7. Explain 4 rescue techniques
	8. Take lessons
	9. Attend a swim meet
	10. Tread water for 30 seconds
	11. Learn about a US medaled Olympian
	12. Demo use of mask/snorkel
<b>Table Tennis</b>	Earn beltloop
<b>do 5</b>	1. Compete in tournament
	2. Demo use/care of equipment
	3. 30 min developing serving skills
	4. 30 min developing fore/backhand skills
	5. Explain how spin affects bounce of ball
	6. Set up a table and net properly
	7. Play five games
	8. Participate in clinic
	9. Explain how to score a game
	10. Participate in a doubles game
<b>Tennis</b>	Earn beltloop
<b>do 5</b>	1. Compete in tournament
	2. Demo use/care of equipment
	3. 30 min developing fore/backhand etc
	4. 30 min developing serving skills
	5. Explain how to score a game
	6. Draw/label a tennis court layout
	7. Play five games
	8. Participate in clinic
	9. Attend a tennis meet
	10. Report on history of tennis
<b>Baseball</b>	Earn beltloop
<b>do 5</b>	1. Compete in tournament
	2. Demo throwing techniques
	3. Demo catching techniques
	4. Demo pitching techniques
	5. Demo hitting techniques
	6. Explain rules of base running
	7. Demo sliding techniques
	8. Play 5 games
	9. Draw a field to scale or set one up
	10. Attend a game
	11. Read a book about a player and give a report
<b>Basketball</b>	Earn beltloop
<b>do 5</b>	1. Compete in tournament
	2. Demo passing
	3. Demo setting shots and jump shots
	4. Demo dribbling techniques
	5. 30 min develop defensive skills, twice
	6. Explain/demo 10 official signals
	7. Play 3 shot improving games
	8. Play 5 games
	9. Participate in clinic
	10. Attend a game
<b>Flag Football</b>	Earn beltloop
<b>do 5</b>	1. Layout and mark field
	2. Explain defense vs offense
	3. Describe 5 positions
	4. Practice skills, 30 min, 3 times
	5. Participate in clinic
	6. List people who make it possible to play
	7. Play in 5 games without penalty
	8. Explain/demo 6 official signals
	9. Attend a game
	10. Read a book about a player and give a report
	11. Talk to a referee/official
<b>Hockey</b>	Earn beltloop
<b>do 6</b>	1. Participate in a league
	2. Participate in a clinic
	3. practice for 30 minutes
	4. Layout and mark playing surface
	5. Demonstrate foul signals
	6. Attend a hockey game
	7. Demonstrate terms
	8. Learn about US hockey team
	9. Watch an ice refinishing machine

Sports Pins	
Record	
<b>Kickball</b>	Earn beltloop
<b>do 6</b>	1. Demonstrate kickball skills
	2. Explain baserunning rules
	3. Describe defensive positions
	4. Draw a field to scale or set one up
	5. Explain similarities baseball and kickball
	6. Explain role of captain
	7. Play 5 games
	8. Setup a field
	9. Serve as a referee
	10. Participate in a tournament
<b>Soccer</b>	Earn beltloop
<b>do 5</b>	1. Participate in a tournament
	2. Demo skills
	3. Demo goal keeping
	4. Layout a field for a game
	5. Demo 5 fouls and explain why to avoid
	6. Demo juggling ball for 30 seconds
	7. Play 2 games of soccer tennis
	8. 6 hours of playing soccer
	9. Join a team
	10. Attend a game
	11. Report on a US Olympic team
	12. Explain history of sport
<b>Softball</b>	Earn beltloop
<b>do 5</b>	1. Participate in a tournament
	2. Demo throwing techniques
	3. Demo catching techniques
	4. Demo pitching techniques
	5. Demo hitting techniques
	6. Explain rules of base running
	7. Demo base coaching signals
	8. Learn about 1 defense position and practice
	9. Attend a game
<b>Ultimate</b>	Earn beltloop
<b>do 5</b>	1. Participate in a tournament
	2. Demo throwing techniques
	3. Demo catching techniques
	4. 90 min practice defensive skills
	5. Explain flight dynamics
	6. Lay out a field
	7. Play 5 games
	8. Participate in clinic
	9. Explain history of sport
<b>Volleyball</b>	Earn beltloop
<b>do 5</b>	1. Participate in a tournament
	2. Demo passing techniques
	3. Demo serving techniques
	4. 90 min practice skills
	5. Explain scoring
	6. Lay out a court
	7. Play 5 games
	8. Officiate at 3 games
	9. Attend a game
<b>Archery</b>	Earn beltloop
<b>do 5</b>	1. Parts of bow and string bow
	2. Proper use of equipment
	3. Practice 3 hours
	4. Learn correct scoring
	5. Poster of 4 whistle codes
	6. Draw range to scale
	7. Demo proficiency as set in guide
	8. Help make a target
	9. Demo putting away/storing equipment
	10. Tell 5 facts about an archer in history/lt.
<b>BB Gun</b>	Earn beltloop
<b>do 5</b>	1. Explain parts of gun/load properly
	2. Demo shooting positions
	3. Practice 3 hours
	4. Learn correct scoring
	5. Poster of range commands
	6. Draw range to scale
	7. Show improvement in ability
	8. Help make a target
	9. Demo putting away/storing equipment
	10. Explain safety mechanism
	11. Tell 5 facts about history