Cub Scout Skateboarding

Sports Workbook

The work space provided for each requirement should be used by the Cub Scout to make notes for discussing the item with Akela, not for providing the full and complete answers.   Each Cub Scout must do each requirement.

No one may add or subtract from the official requirements found in the *__Cub Scout Academics and Sports Program Guide__* (Pub. 34299)

This workbook was updated in June, 2013.

Cub Scout's Name: _____   Pack No. : _____

Cub Scout Skateboarding Belt Loop *(See the Pin Requirements below.)*

Complete these three requirements:

☐ 1. Demonstrate to an adult the general rules for safe skateboarding by showing that you know how to wear the proper safety gear.

☐ 2. Carefully demonstrate how to fall to help minimize injuries.

☐ 3. Practice skateboarding for 30 minutes. This practice may be done in several periods.

Date	Start	End	Duration

Cub Scout Skateboarding Pin

Earn the Cub Scout Skateboarding belt loop, and complete five of the following requirements:

☐ 1. Figure out your skateboard stance—whether you are regular or goofy footed.

☐ 2. Demonstrate proper stance, feet positions, knee bending, pushing off, turning, and stopping on flat ground.

    ☐ Proper Stance

    ☐ Feet Positions

    ☐ Knee Bending

    ☐ Pushing Off

    ☐ Turning

    ☐ Stopping On Flat Ground

☐ 3. Using pictures, explain to your den or family the difference between street, skate park, and vertical skateboarding.

☐ 4. List five ways skateboarders should be considerate and respectful of other people and their property when they are skateboarding.

1.	
2.	
3.	
4.	
5.	

☐ 5. View a skateboarding video.

☐ 6. Attend a pro skateboarder demonstration.

☐ 7. Show that you know how to lubricate the bearings and keep your skateboard clean.

☐ 8   Apply grip tape to your skateboard.

☐ 9. Demonstrate three of the following maneuvers: ollie, nollie, frontside, grab, kickturn, carving.

    ☐ Ollie

    ☐ Nollie

    ☐ Frontside

    ☐ Grab

    ☐ Kickturn

    ☐ Carving

☐ 10 Describe how to determine a safe area to skateboard.

Requirement resources can be found here:
http://www.meritbadge.org/wiki/index.php/Cub_Scout_Skateboarding#Requirement resources

Important excerpts from the *'Guide To Advancement'*, No. 33088:

Effective January 1, 2012, the *'Guide to Advancement'* (which replaced the publication *'Advancement Committee Policies and Procedures'*) is now the *official* Boy Scouts of America source on advancement policies and procedures.

- **[Inside front cover, and 5.0.1.4] — Unauthorized Changes to Advancement Program**
  No council, committee, district, unit, or individual has the authority to add to, or subtract from, advancement requirements. (There are limited exceptions relating only to youth members with disabilities. For details see section 10, "Advancement for Members With Special Needs".)

- **[Inside front cover, and 7.0.1.1] — The *'Guide to Safe Scouting'* Applies**
  Policies and procedures outlined in the *'Guide to Safe Scouting',* No. 34416, apply to all BSA activities, including those related to advancement and Eagle Scout service projects. [Note: Always reference the online version, which is updated quarterly.]

- **[4.1.0.3]] — Who Approves Cub Scout Advancement?**
  A key responsibility for den leaders is to implement the core den meeting plans as outlined in the Den & Pack Meeting Resource Guide, No. 34409. For Wolf, Bear, and Webelos advancement, den leaders take the lead in approving requirements, though their assistants, and also parents who help at meetings, may be asked to play the role of "Akela" and assist. Parents sign for requirements that, according to meeting   plans and instructions in the handbooks, take place at home. For the Bobcat trail and Tiger Cub achievements, parents (or adult partners) should sign in the boy's handbook; the den leader then approves as progress is recorded in the den's advancement record.

- **[4.1.0.4] — "Do Your Best"**
  Advancement performance in Cub Scouting is centered on its motto: "Do Your Best." When a boy has done this—his very best—then regardless of the requirements for any rank or award, it is enough; accomplishment is noted. This is why den leaders, assistants, and parents or guardians are involved in approvals. Generally they know if effort put forth is really the Cub Scout's best.

- **[4.1.2.2] — Cub Scout Academics and Sports Program**
  More than just a recognition opportunity, this program develops new skills, improves those existing, and otherwise enriches Cub Scouting. Details can be found in the Cub Scout Academics and Sports Program Guide, No. 34299. Activities include subjects like science, video games, collecting, and chess; and sports such as baseball, skateboarding, and table tennis. Each has two levels—a belt loop and a pin. Belt loops, which can be earned more than once, are awarded when each of three requirements is met. Cub Scouts may then continue with additional requirements and earn the pin. Archery and BB gun shooting are included, but can only be conducted at a council presented activity with certified supervisors.

Additional notes of interest:

- Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements for all Academics and Sports Belt Loops and Pins **(except shooting sports**) in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

- **"Akela"** (Pronounced *"Ah-KAY-la"*) **—** Title of respect used in Cub Scouting—any good leader is *Akela*. *Akela* is also the leader and guide for Cub Scouts on the advancement trail. The name comes from Rudyard Kipling's Jungle Book. (See "Law of the Pack.")

- **"Law of the Pack" —**   *The Cub Scout follows Akela.*
               The Cub Scout helps the pack go.
               The pack helps the Cub Scout grow.
               The Cub Scout gives goodwill.