



CUB SCOUT ACADEMICS AND SPORTS PROGRAM



Sports Bowling

Belt Loop

Complete these three requirements:

- ____ 1. Explain to your leader or adult partner the rules of courtesy and safety for bowling.
- ____ 2. Show how to pick out a ball of proper weight and with finger holes that fit your hand.
- ____ 3. Play a complete game with your family or den.

Sports Pin

Earn the Bowling belt loop, and complete five of the following requirements:

- ____ 1. Give a brief history of the sport of bowling.
- ____ 2. Define the following terms: strike, spare, split, miss, and foul. Show their symbols for scoring.
- ____ 3. Demonstrate proper stance, delivery, balance, and follow-through to your leader or adult partner.
- ____ 4. Try different types of delivery and hand positions and see which work best for you.
- ____ 5. Score a complete game using a score sheet and the proper symbols.
- ____ 6. Play at least four games and chart your progress. Figure out your average score.
- ____ 7. Compete in a Scout, family, school, or community bowling tournament.
- ____ 8. Take bowling lessons.
- ____ 9. Attend a parent, high school, college, or professional bowling competition.
- ____ 10. Visit a bowling alley and learn about the care and maintenance of the bowling lanes, pins, and racks.

Cub's Name: _____ Parent's Signature: _____

Initial each item completed, sign the form, and turn in to your son's Den Leader.