



CUB SCOUT ACADEMICS AND SPORTS PROGRAM



Sports Ice Skating

Belt Loop

Complete these three requirements:

- ____ 1. Explain ways to protect yourself while ice skating, and the need for proper safety equipment.
- ____ 2. Spend at least 30 minutes practicing the skills of skating.
- ____ 3. Go ice skating with a family member or your den for a total of at least three hours. Chart your time.

Sports Pin

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

- ____ 1. Participate in a pack or community ice skating event.
- ____ 2. Demonstrate how to sharpen your skates correctly.
- ____ 3. Explain how to lace, assemble, and disassemble your skates correctly.
- ____ 4. On two occasions, spend at least 30 minutes practicing warm-up exercises before skating.
- ____ 5. Play a skating game on the ice.
- ____ 6. Learn two new figure-skating skills: Forward Swizzles, Glides, Backward Swizzles and Backward Wiggle.
- ____ 7. Demonstrate how to “start” in a speed skating race.
- ____ 8. Explain the difference between long-track and short-track speed skating.
- ____ 9. Participate in a skating skill development clinic.
- ____ 10. Tell about an Olympian athlete in figure skating or speed skating. What were some of his or her best traits?

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

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