



# CUB SCOUT ACADEMICS AND SPORTS PROGRAM



## Sports Roller Skating

### Belt Loop

Complete these three requirements:

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

### Sports Pin

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

- \_\_\_\_ 1. Participate in a pack or community skating event.
- \_\_\_\_ 2. Demonstrate how to disassemble and reassemble skates.
- \_\_\_\_ 3. Explain the proper clothing for roller or inline skating.
- \_\_\_\_ 4. On two occasions, spend at least 30 minutes practicing warm-up exercises before skating.
- \_\_\_\_ 5. Play a game of roller hockey.
- \_\_\_\_ 6. Learn two new roller skating skills: Forward Scissors, Forward Stroking, Crossover, or Squat Skate.
- \_\_\_\_ 7. Participate in a roller or inline skating skills development clinic.
- \_\_\_\_ 8. Demonstrate how to stop quickly and safely.
- \_\_\_\_ 9. Demonstrate how to skate backwards. Skate backwards for 5 feet.
- \_\_\_\_ 10. Play a game on roller skates, roller blades, or inline skates.

Cub's Name: \_\_\_\_\_ Parent's Signature: \_\_\_\_\_

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