



CUB SCOUT ACADEMICS AND SPORTS PROGRAM



Sports Tennis

Belt Loop

Complete these three requirements:

- ____ 1. Explain the rules of tennis to your leader or adult partner.
- ____ 2. Spend at least 30 minutes practicing tennis skills.
- ____ 3. Participate in a tennis game.

Sports Pin

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

- ____ 1. Compete in a pack or community tennis tournament.
- ____ 2. Demonstrate your knowledge of the use and care of the equipment needed to play tennis (rackets, balls, shoes, clothing, and court).
- ____ 3. Practice for 30 minutes developing forehand techniques through forehand bumpups with a bounce, partner bump-ups with a target, forehand alley rally, forehand alley rally over a "net," drop-hit forehand bumps, drop-hit catch in pairs, and toss hit catch in pairs.
- ____ 4. Practice developing serving skills for 30 minutes.
- ____ 5. Explain to your leader or adult partner how to score in tennis.
- ____ 6. Accurately draw, label, and explain a tennis court layout.
- ____ 7. Play five games of tennis using U.S. Tennis Association rules.
- ____ 8. Participate in a tennis skills development clinic.
- ____ 9. Attend a high school, college, or professional tennis meet.
- ____ 10. Present to your den or family a report on the history of tennis.

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

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