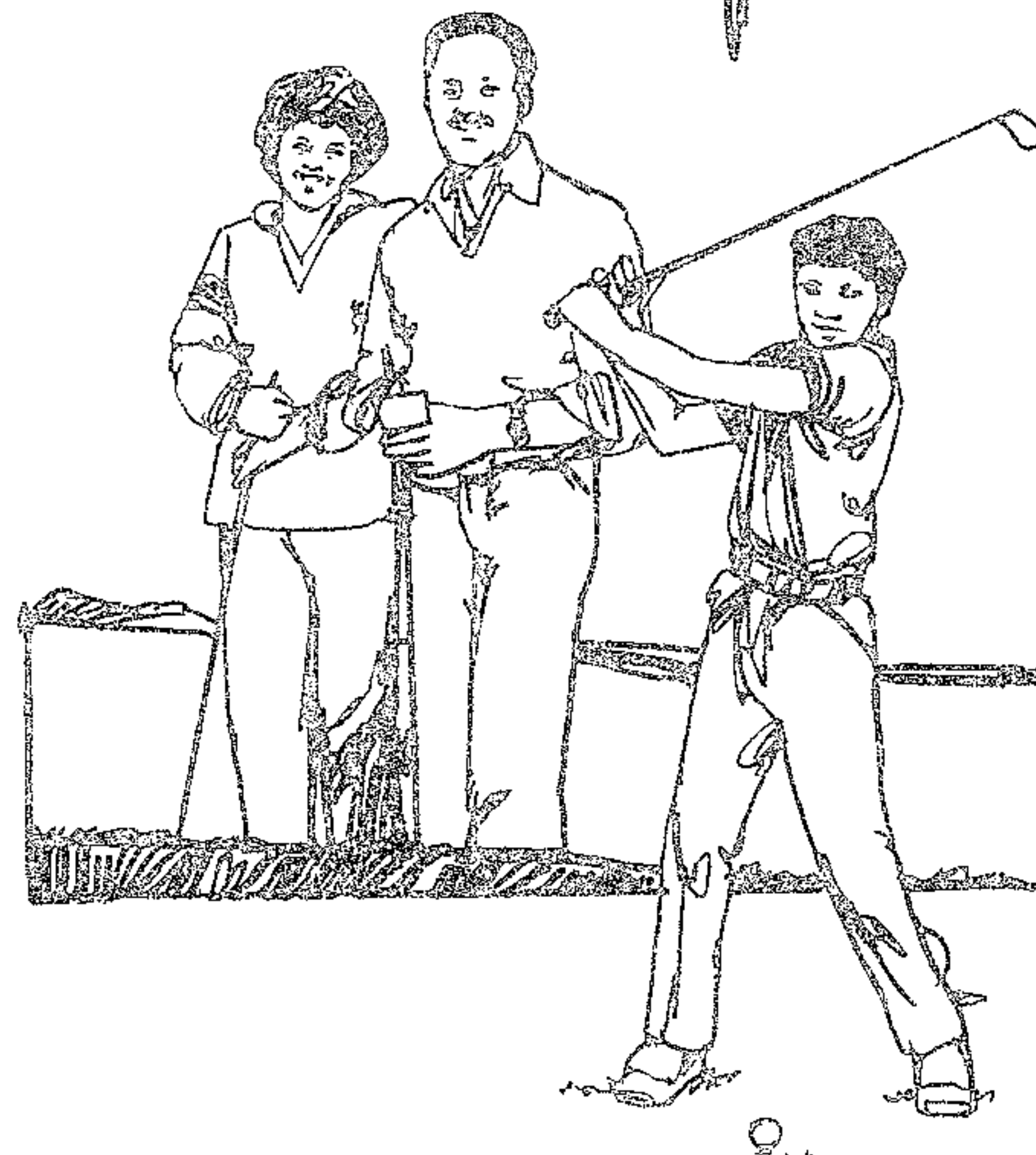
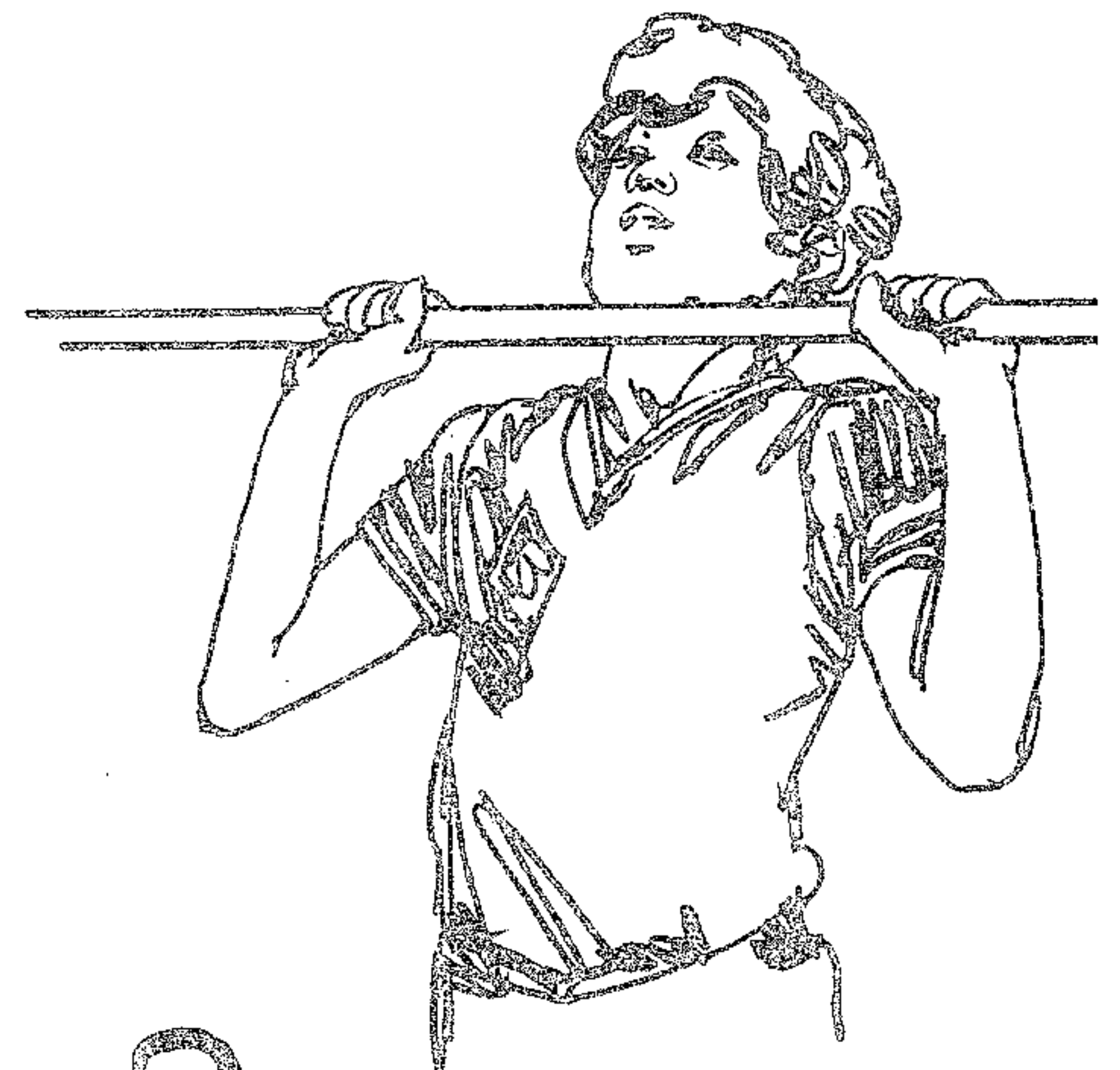


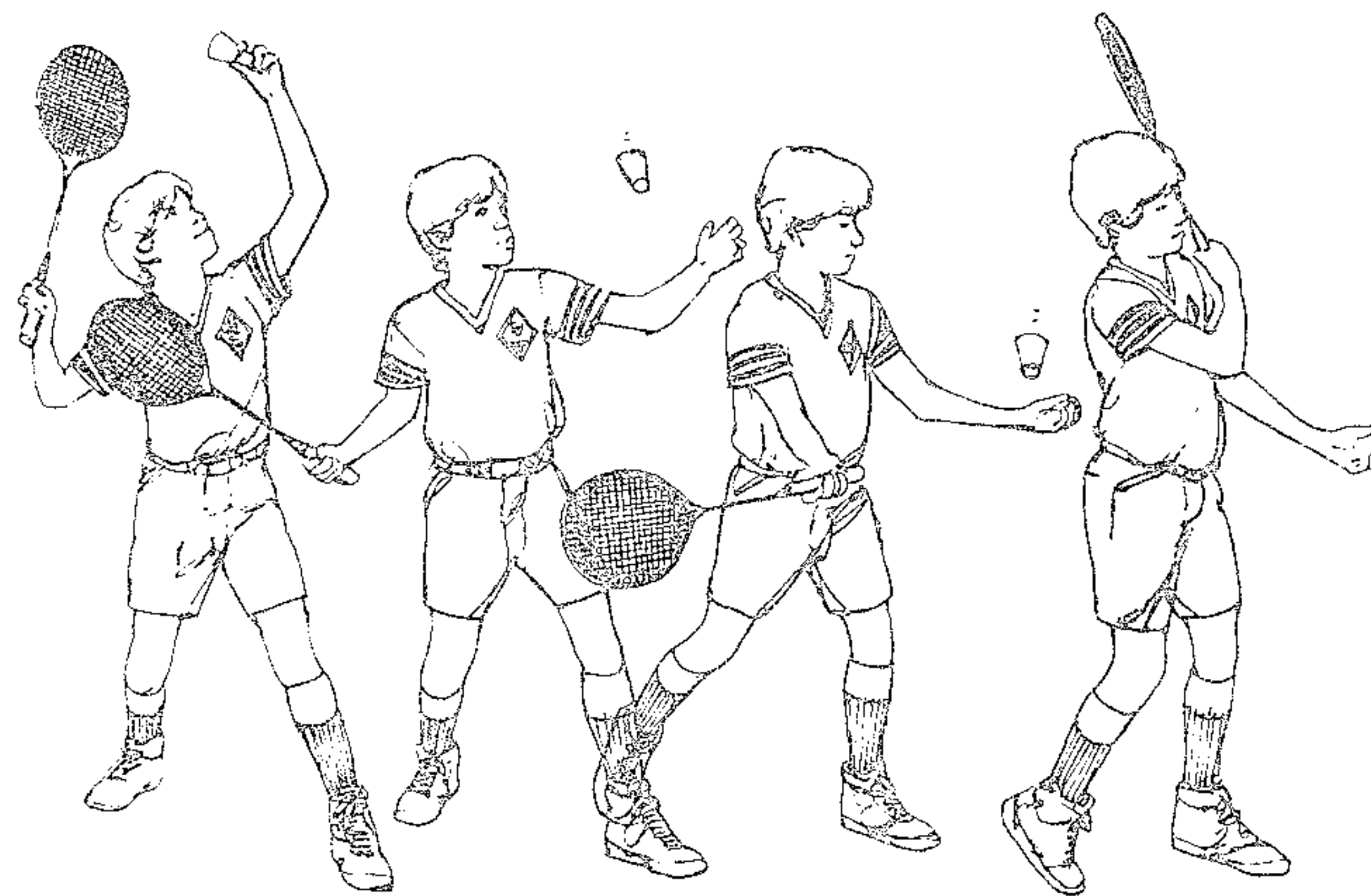
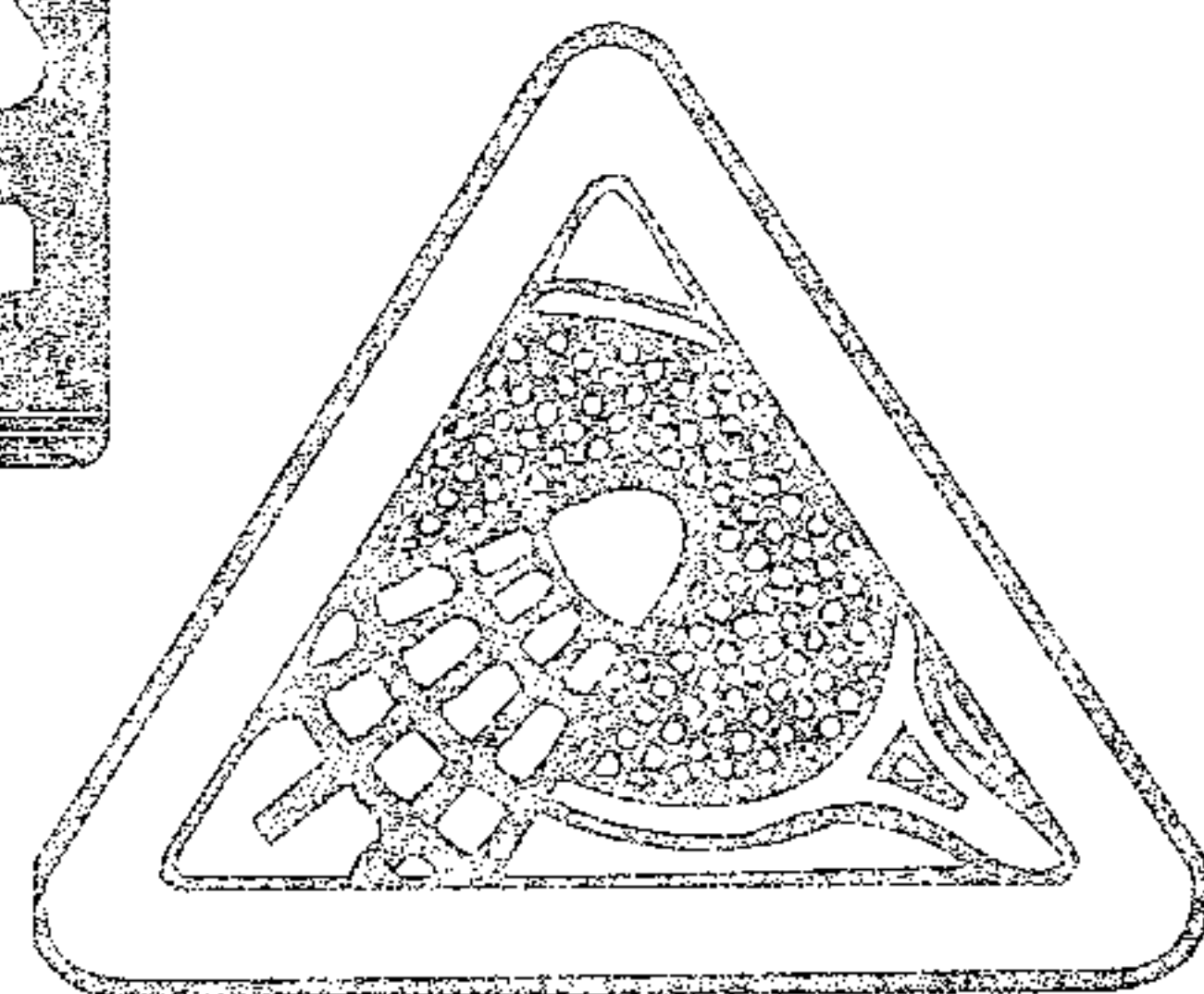
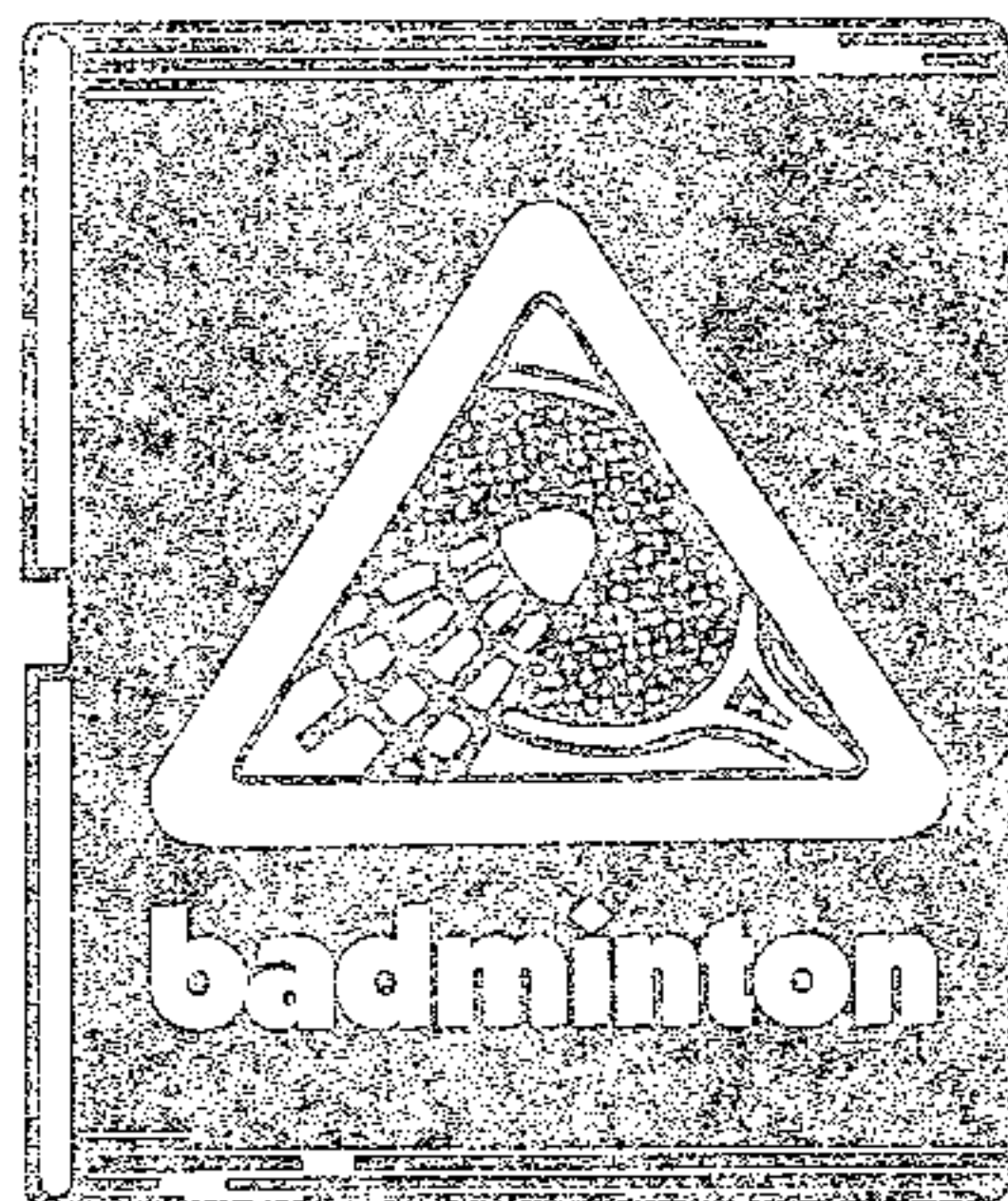
Following are the requirements for earning the Sports belts loops and pins.

Remember:

- Belt loops and pins are earned only by Tiger Cubs, Cub Scouts, and Webelos Scouts (not adults).
- Working on belt loops or pins in Archery and BB gun shooting is restricted to day camps, Cub Scout/Webelos Scout resident camps, council-managed family camping programs, or to council activities where there are properly trained supervisors and all standards for BSA shooting sports are enforced. Archery and BB gun shooting are not to be done at the pack level.
- Some practice times for the various sports do not have to be completed at one practice period. Times are cumulative and can be completed over several different practice sessions.
- Requirements may be adjusted to accommodate the special needs of Tiger Cubs, Cub Scouts, and Webelos Scouts with disabilities.
- Webelos Scouts may earn a belt loop or pin a second time to qualify for Webelos activity badges.
- Boys may earn belt loops more than once; however, leaders should encourage boys to try different requirements and earn the pin. Packs should have a clear policy in place about whether the pack or the boy's family is responsible for the cost of awards earned more than once.



Cub Scout Sports: Badminton



Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements 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.

Belt Loop

Complete these three requirements:

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

Sports Pin

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

- _____ 1. Compete in a pack or community badminton tournament.
- _____ 2. Demonstrate your knowledge of the use and care of the equipment needed to play badminton: shuttlecock (shuttle or bird), racket, court, net, and comfortable clothes and shoes.
- _____ 3. Demonstrate skill in the following grip techniques: forehand and backhand.
- _____ 4. Spend at least 60 minutes practicing to develop skills for shots and strokes (*clear, drive, drop, and smash*). This may be over several different practice periods. Keep track of your time on a chart.
- _____ 5. Demonstrate skill in the following: hit the shuttle using forehand or backhand; hit the shuttle, alternating forehand and backhand; hit the shuttle against the wall with a forehand or backhand; hit the shuttle against the wall, alternating forehand and backhand.
- _____ 6. Accurately lay out a badminton court, including net and lines.
- _____ 7. Play five games of badminton.
- _____ 8. Participate in a badminton skills development clinic.
- _____ 9. Play at least three games during which you make your own foul calls effectively to your leader's satisfaction.

Resources

Information on local badminton resources can often be obtained from your local parks and recreation department, community library, or university or college athletic department.

USA Badminton

One Olympic Plaza

Colorado Springs, CO 80909

Phone: 719-866-4808; Fax: 719-866-4507

Web site: <http://www.usabadminton.org>

USA Badminton is the national governing body for the Olympic sport of badminton in the United States. Their Web site provides information about the game

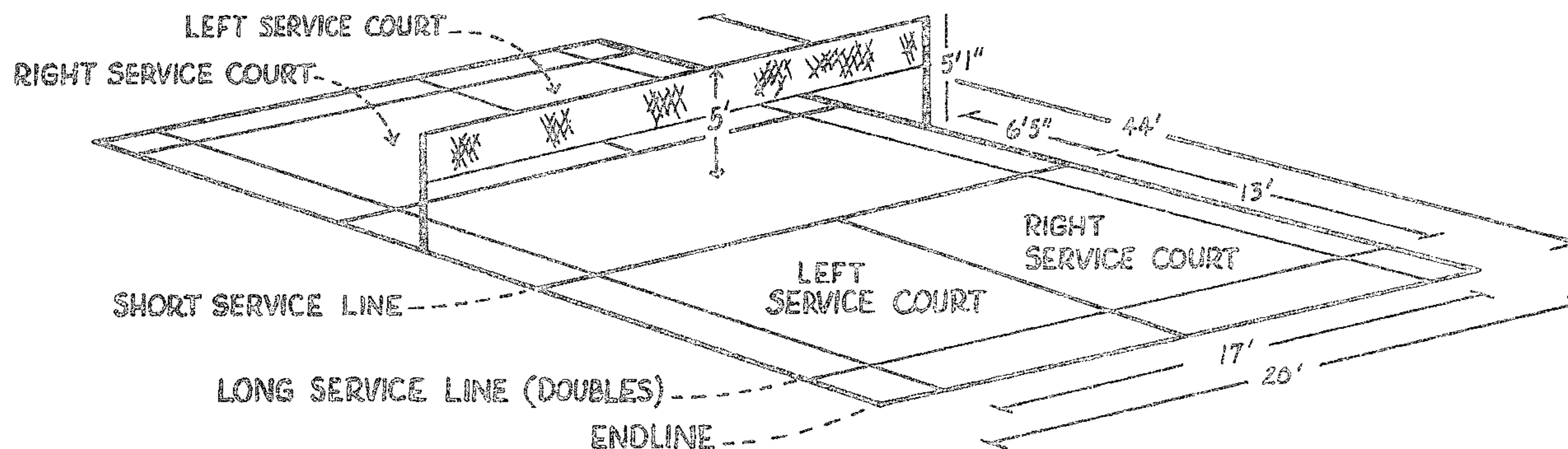
and tournaments, as well as links to other badminton-related sites.

Books:

- *Badminton: Steps to Success*, Tony and William A. Grice (Human Kinetics, 1996)
- *Badminton*, Steve Boga (Stackpole Books, 1996)
- *A Basic Guide to Badminton*, Jeff Klemsak, ed. (Official US Olympic Sports Series) (Griffin Bay Book Store, 1997)
- *Badminton for Beginners*, Ballou (Morton Publishing Co., 1998)

Badminton Rules

THE COURT



USA Badminton adopts the International Badminton Federation's Laws of Badminton, which you can find on the Web at <http://www.intbadfed.org/rules.html>. These simplified rules cover the toss to begin the game, the basic aim of the rally, serving, and scoring. A link is provided for a more complete listing of laws.

Shots and Strokes

Clear—Hit high and deep so that the shuttle lands near the end line.

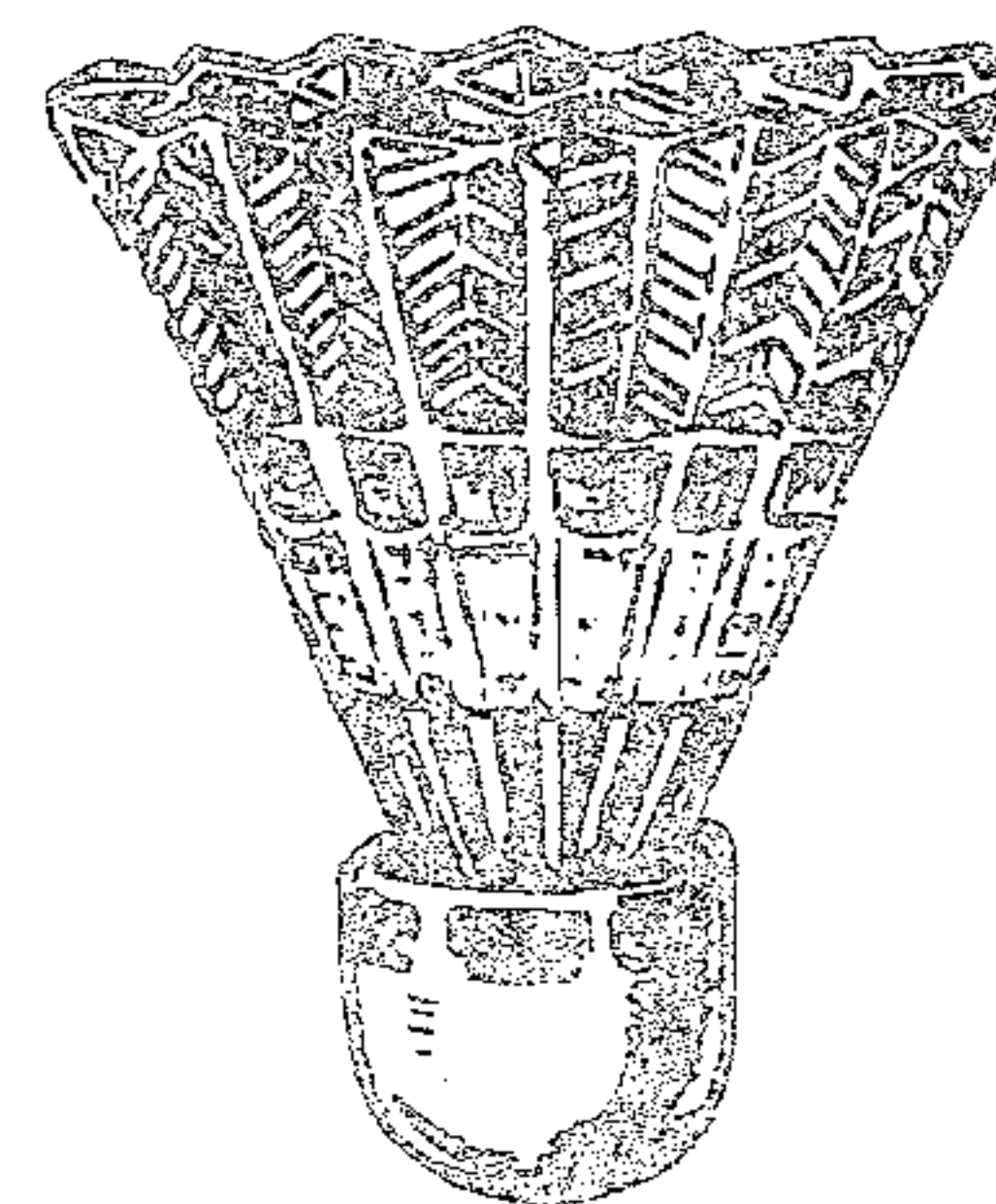
Drive—Hit flat and hard at about net level.

Drop—Hit soft and down so the shuttle lands near the net.

Smash—Hit hard and down to put the shuttle away.

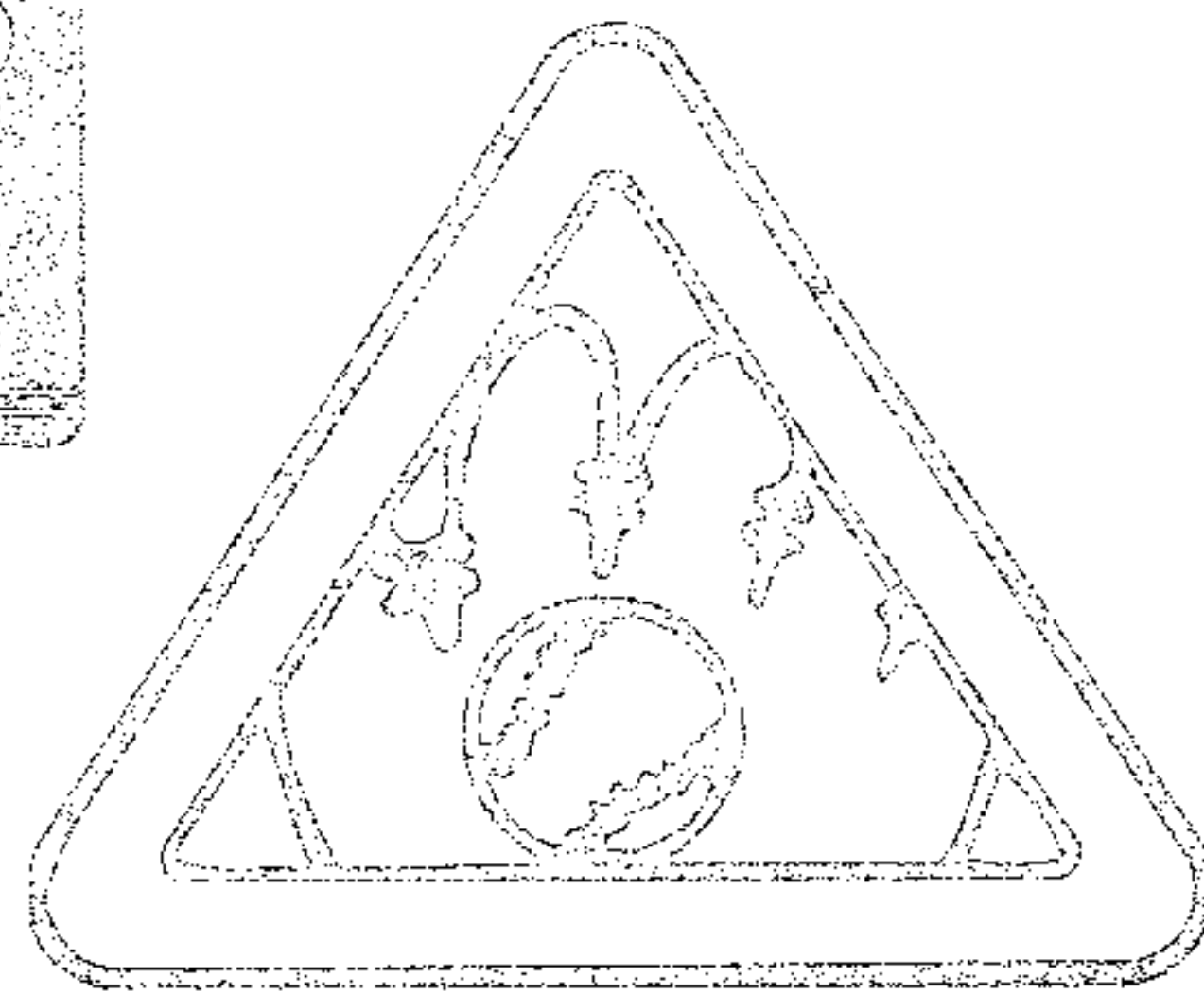
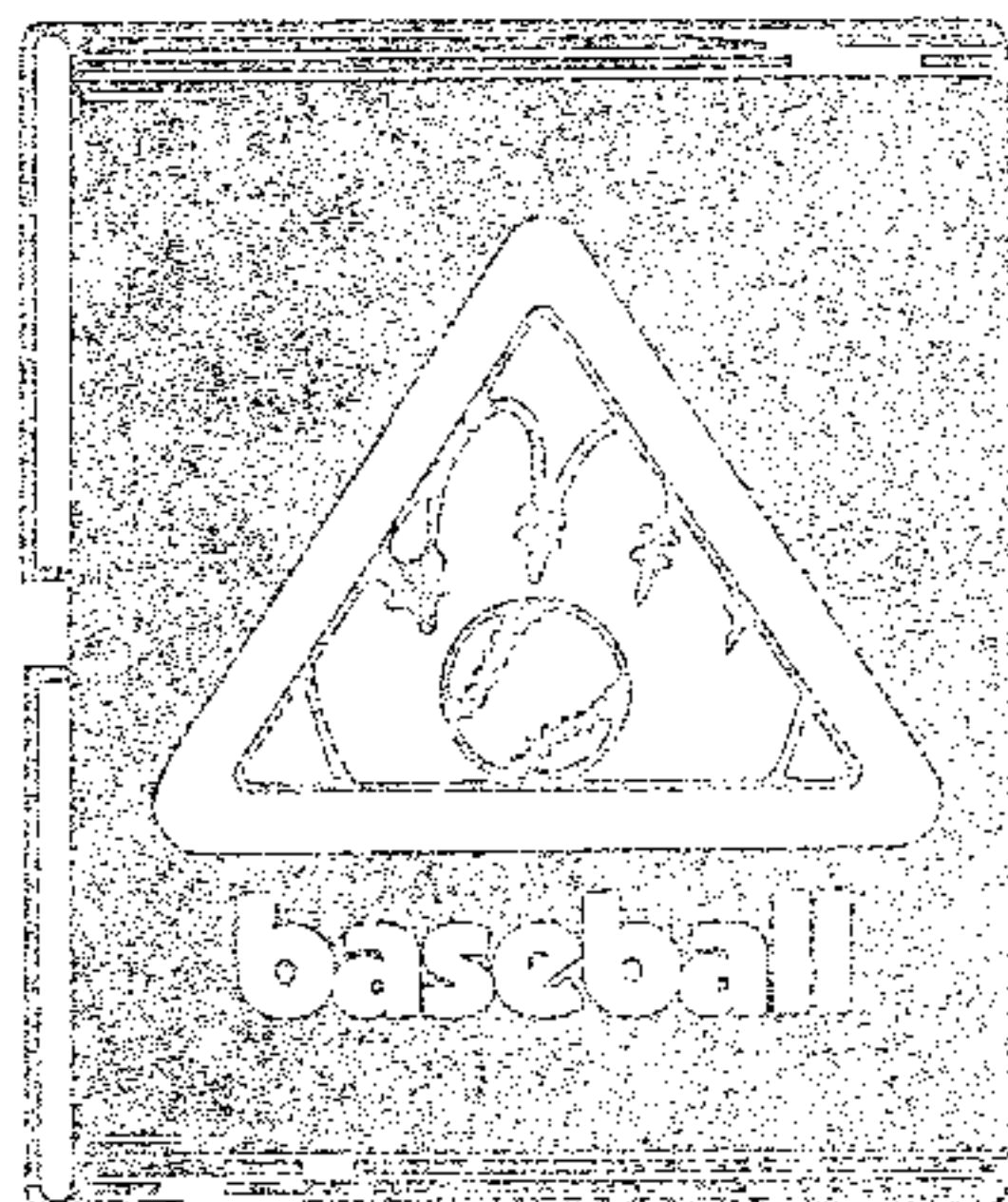


Traditional feather shuttle



Synthetic shuttle

Cub Scout Sports: Baseball



Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements 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.

Belt Loop

Complete these three requirements:

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

Sports Pin

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

- _____ 4. Demonstrate correct pitching techniques.
- _____ 5. Demonstrate correct hitting techniques, including bunting.
- _____ 6. Explain the rules of base running. Explain base coaching signals.
- _____ 7. Demonstrate skill in the following sliding techniques: the straight-in slide, the hook slide, and the headfirst slide.
- _____ 8. Play five games of baseball using standard baseball rules.
- _____ 9. Draw a baseball field to scale or set one up for play.
- _____ 10. Attend a high school, college, or professional baseball game.
- _____ 11. Read a book about a baseball player and give a report about him or her to your den or family.

Resources

- Library—Ask the librarian for help locating books and other resources on baseball.
- Baseball associations—Many local Little Leagues have published rules and experienced players and coaches who can help you.
- Sporting goods stores—Ask how you can contact a baseball league.
- Trophy shops—Ask whether they have any baseball league clients.

USA Baseball

Durham Bulls Athletic Park

403 Blackwell Street

Durham, NC 27701

Phone: 919-474-8721; Fax: 919-474-8822

Web site: <http://www.usabaseball.com>

PONY Baseball and Softball

1951 Pony Place

P.O. Box 225

Washington, PA 15301-0225

Phone: 724-225-1060; Fax: 724-225-9852

Web site: <http://www.pony.org>

PONY Baseball and Softball is an international youth baseball and girls softball program that offers an opportunity for local community league competition and international tournament play for youth ages 5 to 18.

Four Skills of Baseball

Baseball requires only four basic skills:

- Throwing
- Catching
- Hitting
- Running

You can read about the particulars of these skills in books about baseball and practice them for your requirements.

Training Suggestions

For baseball, it's important to be able to run fast for short distances, have strong legs for endurance, and have strong hands and arms to swing the bat. Here are some drills to improve physical fitness in these areas:

Batting Order

A team should let its best hitters and runners bat first because they will get to bat more often during a game. Here is an example of a strong batting order:

First Batter. Usually small and fast with a good eye. This is an excellent spot for a left hander.

Second Batter. A good bunter and fast runner.

Third Batter. Best hitter; he hits the ball often.

Fourth Batter. Good hitter with men on base.

Fifth Batter. Long-ball hitter, aggressive hitter.

Sixth Batter. Fairly good hitter with speed.

Seventh Batter. Fairly good hitter.

Eighth Batter. An inexperienced player with promise.

Ninth Batter. A good fielder.

Baseball helps you grow up—in both mind and body. It brings you new friends, shows you how to get along with others, and helps you live up to your Cub Scout ideals—the Cub Scout Promise and the Law of the Pack.

You may want to join a youth league or try out for your school team. You might dream about going to college on a baseball scholarship, or playing for the USA Baseball National Team at the Olympics or other international competitions, or playing professional ball someday.

But whether you play baseball just for fun or want to go for a career in the big leagues, remember that the best you can do is to *do your best*.

If you want to know more about any specific youth leagues or details about baseball itself, contact USA Baseball.

- Sprint 60 feet (repeat five times a session).
- Jump rope for endurance and agility.
- Do push-ups for arm and shoulder strength.
- Hang from a bar for a good stretch.

