

Sports Belt Loops



Archery

This belt loop must be earned at council-sponsored camps and may not be earned at the pack or den level.

To earn the belt loop:

_____ 1. List the equipment necessary for the sport.

_____ 2. Know the rules for safe archery.

_____ 3. Demonstrate how to shoot.

__stance __nock__extend

__draw __anchor__tighten/hold

__aim __tighten/release __follow through

_____ 4. Under the supervision of an adult on a safe shooting range practice shooting several arrows.

_____ 5. Demonstrate good sportsmanship while participating in this sport.

I certify that _____ has completed the minimum requirements to receive the belt loop.

Adult Teammate Signature



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

- ___ 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*). 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.

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Adult Teammate Signature



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

- ___ 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:

- ___ 1. Participate in a pack or community baseball tournament.
- ___ 2. Demonstrate skill in two of the following throwing techniques: overhand, sidearm, underhand, and the relay throw.
- ___ 3. Demonstrate skill in two of the following catching techniques: fielding a ground ball, fielding a pop-up, catching a line drive.
- ___ 4. Demonstrate correct pitching techniques.
- ___ 5. Demonstrate correct hitting techniques.
- ___ 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.

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Adult Teammate Signature



Basketball

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

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

Sports Pin

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

- ___ 1. Compete in a pack or community basketball tournament.
- ___ 2. Demonstrate effective passing using the chest pass, bounce pass, over-the-head pass, and baseball pass.
- ___ 3. Successfully demonstrate the set shot and jump shot shooting styles.
- ___ 4. Demonstrate skill in the following dribbling techniques: high dribble, low dribble, turnable dribble, change-of-pace dribble, and combination dribble.
- ___ 5. Spend at least 30 minutes on three different occasions developing individual defensive skills.
- ___ 6. Explain and demonstrate 10 official basketball signals.
- ___ 7. Play three shot-improvement games with a member of your den or team.
- ___ 8. Play five games of basketball.
- ___ 9. Participate in a basketball clinic.
- ___ 10. Attend a high school, college or professional basketball game.

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Adult Teammate Signature



BB-Gun

This belt loop must be earned at council-sponsored camps and may not be earned at the pack or den level.

Complete camp basic BB-gun marksmanship safety course.

Complete the following shooting requirements:

- Fire five groups of shots (three shots per group) that can be covered by a quarter, and then adjust the BB gun sight.
- Fire a pro-marksman score of five bull's-eyes-TQ-40-in five shots each, achieving a minimum score of eight per shot.
- The BB shooting-sports pin is earned by participating in the camp BB-gun safety program and qualifying in all of the firing activities listed here with parent or adult partner.

Credits for sport pin

Safety Instruction (with parent approval) 15

Pro Marksman (bench rest) 5

Marksman I (standing position) 10

Marksman II (prone position) 10

Marksman III (kneeling position) 10

Marksman IV (sitting position) 10



Bicycling

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

- ___ 1. Explain the rules of safe bicycling to your den dealer or adult partner.
- ___ 2. Demonstrate the correct fit of a bicycle helmet.
- ___ 3. Show how to ride a bike safely, using all hand signals and following all safety and traffic rules. Ride for at least half an hour with an adult partner, your family, or your den.

Sports Pin

Earn the Bicycling belt loop, and complete requirement 1 below, and do four additional requirements:

- ___ 1. Record on a chart at least 25 hours of bicycling. **(Required)**
- ___ 2. Participate in a pack, den, or community bike rodeo.
- ___ 3. Demonstrate how to repair a flat tire on a bicycle.
- ___ 4. Make a poster illustrating different types of early bikes and show it to your den.
- ___ 5. Demonstrate to your den or pack the use of proper bicycling safety equipment.
- ___ 6. With the help of a parent or adult partner, register or reregister your bicycle.
- ___ 7. Go on a "bicycle hike" with your family or den. Obey traffic rules related to bicycling.
- ___ 8. Repair or restore a nonfunctioning bicycle to a safe condition. Include the installation of all proper safety devices.
- ___ 9. Visit a bicycle race or exhibition.
- ___ 10. Help set up a bike rodeo or bike competition for your pack.

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Adult Teammate Signature



Bowling

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Belt Loop

- ___ 1. Explain to your leader or adult partner the rules of courtesy and safety for bowling.
- ___ 2. Show how to pick out a ball for 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. Complete 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.

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Adult Teammate Signature



Fishing

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

- ___ 1. Review your local fishing regulations with your leader or adult partner. Explain why they are important, and commit to following them.
- ___ 2. Demonstrate how to properly bait a hook.
- ___ 3. Try to catch a fish.

Sports Pin

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

- ___ 1. Compete in a pack or community fishing tournament.
- ___ 2. Demonstrate how to clean a fish.
- ___ 3. Prepare a report on three different kinds of fish. Include information on preferred habitats, feeding habits, and recommended fishing techniques, baits, and equipment needed to catch it.
- ___ 4. Draw a picture of three different types of fishing reels. Explain how each works.
- ___ 5. Tie three fishing flies. Use at least one to fish.
- ___ 6. Demonstrate proficiency in casting at a target 30 feet away.
- ___ 7. Select a species of fish and draw a picture of it, correctly labeling each part and its function.
- ___ 8. Replace the line in a fishing reel.
- ___ 9. Make a simple pole and line fishing rig. Use it to catch a fish.
- ___ 10. Catch a fish using artificial bait or lures.
- ___ 11. Practice fishing on five occasions, complying with local fishing regulations and the Outdoor Code.

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Adult Teammate Signature



Golf

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

- ___ 1. Explain the rules of golf to your leader or adult partner. Explain the need for caution concerning golf clubs and golf balls.
- ___ 2. Spend at least 30 minutes practicing golfing skills.
- ___ 3. Participate in a round of golf (nine holes).

Sports Pin

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

- ___ 1. Explain the use of woods and irons. Explain their differences.
- ___ 2. Explain how par is determined for a hole.
- ___ 3. Demonstrate the proper grip of the club to your leaders, adult partner, or instructor.
- ___ 4. Spend 30 minutes practicing the swing styles: full swing, approach swing, and putting swing.
- ___ 5. Spend 30 minutes practicing aim, stance, and the address position.
- ___ 6. Draw a diagram of a typical golf hole, from tee to green.
- ___ 7. Demonstrate your knowledge of the use and care of golf equipment: clubs, ball, tee, bag, shoes, and gloves.
- ___ 8. Describe the composition of a regulation golf ball.
- ___ 9. Take golf lessons.
- ___ 10. Spend 30 minutes hitting balls on a driving range.
- ___ 11. Play miniature golf.

I certify that _____ has completed the minimum requirements to receive the belt loop.

Adult Teammate Signature



Gymnastics

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

- ___ 1. Explain the six events of men's gymnastics: floor exercise, pommel horse, still rings, vaulting/side horse, parallel bars, and horizontal bar.
- ___ 2. Participate in three of the six events using the proper equipment.
- ___ 3. Explain the safety rules you should follow to learn gymnastics.

Sports Pin

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

- ___ 1. Write a report on the history of gymnastics.
- ___ 2. Take gymnastic lessons.
- ___ 3. Attend a gymnastics meet.
- ___ 4. Practice and demonstrate five floor exercise skills.
- ___ 5. Practice and demonstrate two skills used on the pommel horse.
- ___ 6. Demonstrate two skills of the still rings.
- ___ 7. Demonstrate two skills using parallel bars.
- ___ 8. Demonstrate two skills using the horizontal bar.
- ___ 9. Demonstrate a vault using the side horse.
- ___ 10. Develop a regular routine of physical and mental conditioning.
- ___ 11. Learn about three U.S. gymnasts who have won medals in the Olympics.

I certify that _____ has completed the minimum requirements to receive the belt loop.

Adult Teammate or Instructor Signature



Marbles

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

- ___ 1. Explain the rules of Ringer or another marble game to your leader or adult partner.
- ___ 2. Spend at least 30 minutes practicing skills to play the game of Ringer or another marble game.
- ___ 3. Participate in a game of marbles.

Sports Pin

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

- ___ 1. Compete in a den, pack, or community marbles tournament.
- ___ 2. Explain to an adult what lagging is. Demonstrate how to do it.
- ___ 3. Demonstrate the following shooting techniques: knuckle down, bowling, and lofting (also called plunking).
- ___ 4. Explain the correct way of scoring for a game of marbles.
- ___ 5. Play five complete matches using standard rules.
- ___ 6. Start a collection of marbles and show it at a den or pack meeting.
- ___ 7. Write a short report on the history of marbles and share it with your den or family.
- ___ 8. Explain the rules about shooters.

I certify that _____ has completed the minimum requirements to receive the belt loop.

Adult Teammate Signature



Physical Fitness

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

- ___ 1. Give a short report to your den or family on the dangers of drugs and alcohol.
- ___ 2. Practice finding your pulse and counting your heartbeats per minute. Determine your target heart rate.
- ___ 3. Practice five physical fitness skills regularly. Improve performance in each skill over a month. Skills could include pull-ups, curl-ups, the standing long jump, the 50-yard dash, and the softball throw.

Sports Pin

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

- ___ 1. Make a diagram of the Food Pyramid. List foods you ate in a week and show where they fit in the pyramid.
- ___ 2. Choose a form of exercise, bring your heart rate up to target, and keep it there for 15 minutes. Don't forget to warm up and cool down.
- ___ 3. Set up a four-step exercise program. Chart your progress for five days a week for two weeks.
- ___ 4. Explain the reason for warming up and cooling down before and after each exercise session.
- ___ 5. Visit a local gym and talk to a trainer about exercises and programs for young people.
- ___ 6. Participate in some aerobic exercises at least three times a week for four weeks.
- ___ 7. Build an obstacle course that could include some exercises with jumping, crawling, and hurdles. Time yourself three times to see whether you can improve your time.
- ___ 8. Swim for a total of an hour, charting your time as you go.
- ___ 9. Participate for at least three months in an organized team sport or organized athletic activity.

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Adult Teammate Signature



Skating (Roller and/or Ice)

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

- ___ 1. Explain ways to protect yourself while skating, and the need for proper safety equipment.
- ___ 2. Spend at least 30 minutes practicing skating skills.
- ___ 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 Skating belt loop, and complete five of the following requirements:

- ___ 1. Participate in a pack or community skating event.
- ___ 2. Demonstrate how to care for your skates.
- ___ 3. Explain the proper clothing (including any safety equipment) needed for skating.
- ___ 4. Find out about some stretching exercises to do as a skating warm-up, and spend at least 10 minutes, on two occasions, practicing them.
- ___ 5. Play a game of ice or roller hockey.
- ___ 6. Learn how to do two new skating skills in the area of skating you have chosen (traditional or in-line roller skating, or ice skating) (e.g., for roller skating, forward scissors and crossover; for ice skating, forward and backward swizzles and glides).
- ___ 7. Participate in a skating skills development clinic.
- ___ 8. Draw a layout for an ice hockey arena.
- ___ 9. Explain skating safety/courtesy rules to your adult partner and *always practice them!*

I certify that _____ has completed the minimum requirements to receive the belt loop.

Adult Teammate Signature



Skiing (Snow)

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.

This belt loop is for snow skiing. Water skiing is not a sanctioned BSA sport.

Belt Loop

- ___ 1. Explain the conditioning, clothing, equipment, and planning needed for a ski activity.
- ___ 2. Be able to explain safety and courtesy codes for a downhill or cross-country ski trip.
- ___ 3. Go skiing. Demonstrate how to stop and turn.

Sports Pin

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

- ___ 1. Explain the different kinds of ski lifts and how they work. Use one.
- ___ 2. Describe the four universal symbols used to indicate ski trail difficulty.
- ___ 3. Demonstrate how to snowplow (wedge position), hold your position, and get up from a fall.
- ___ 4. Demonstrate how to do a basic christie.
- ___ 5. Demonstrate five cross-country skills, such as a kick turn, the diagonal stride, double poling, sidestepping, the step turn, the herringbone, straight downhill running, the snowplow, sideslipping, dragging the pole, the diagonal stride uphill, and a traverse.
- ___ 6. Participate in at least three games using skis, such as relays, races, treasure hunts, and skiing around poles or flags.
- ___ 7. Explain what to do if you see a skiing accident.
- ___ 8. Take skiing lessons.
- ___ 9. Watch a film on skiing.
- ___ 10. Talk with a member of a ski patrol and learn about the job he or she does at the ski slope.

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Adult Teammate Signature



Soccer

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

- ___ 1. Explain the rules of soccer to your leader or adult partner.
- ___ 2. Spend at least 30 minutes practicing soccer skills.
- ___ 3. Play a game of soccer.

Sports Pin

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

- ___ 1. Participate in a pack, school, or community soccer tournament.
- ___ 2. Demonstrate the skills of passing, collecting, shooting, heading, dribbling, and tackling.
- ___ 3. Demonstrate skill in goal keeping.
- ___ 4. Accurately lay out a soccer field for a game.
- ___ 5. Demonstrate five types of fouls and explain why players should avoid them.
- ___ 6. Demonstrate how to juggle the soccer ball and keep it from touching the ground for 30 seconds.
- ___ 7. Play at least two games of Soccer Tennis.
- ___ 8. Spend at least a total of six hours playing soccer. Keep track of your time on a chart.
- ___ 9. Join a soccer team in your community or school.
- ___ 10. Attend a high school, college, or professional soccer game.
- ___ 11. Learn about a U.S. Olympic soccer team and report your information to your den.
- ___ 12. Explain the history of soccer.

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Adult Teammate Signature



Softball

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

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

Sports Pin

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

- ___ 1. Compete in a pack or community softball tournament.
- ___ 2. Demonstrate skill in the following throwing techniques: overhand, sidearm, underhand, and the relay throw.
- ___ 3. Demonstrate skill in the following catching techniques: fielding a ground ball, fielding a pop-up, catching a line drive.
- ___ 4. Demonstrate correct pitching techniques and practice for three half-hour sessions.
- ___ 5. Demonstrate correct hitting techniques, including bunting. Practice for three half-hour sessions.
- ___ 6. Explain the rules of base running and demonstrate skill in the following sliding techniques: the straight-in slide, the hook slide, and the headfirst slide.
- ___ 7. Learn and demonstrate base coaching signals.
- ___ 8. Learn about one defensive position (shortstop, catcher, etc.) and practice at that position for three half-hour sessions.
- ___ 9. Attend a high school, college, or community softball game.

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Adult Teammate Signature



Swimming

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.

Always follow the Rules for Safe Swimming!

Belt Loop

- ___ 1. Explain basic rules of safety for swimming. Emphasize the buddy system.
- ___ 2. Pass the "beginner" swim level test.
- ___ 3. Demonstrate the ability to float on your back.

Sports Pin

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

- ___ 1. Learn two of the following strokes: crawl, backstroke, elementary backstroke, sidestroke, or breaststroke.
- ___ 2. Learn two of the following floating skills: jellyfish float, turtle float, canoe (prone) float.
- ___ 3. Using a kickboard, demonstrate three kinds of kicks.
- ___ 4. Play a water game with your den or family.
- ___ 5. Visit with a lifeguard and talk about swimming safety in various situations (pool, lake, river, ocean).

Learn about the training a lifeguard needs for his or her job.

- ___ 6. Explain the three rescue techniques of reach, Throw, and Go.
- ___ 7. Take swimming lessons.
- ___ 8. Attend a swim meet at a school or community pool.
- ___ 9. Tread water for 30 seconds.
- ___ 10. Learn about a U.S. swimmer who has earned a medal in the Olympics.

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Adult Teammate Signature



Table Tennis

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

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

Sports Pin

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

- ___ 1. Compete in a pack or community table tennis tournament.
- ___ 2. Demonstrate your knowledge, use, and care of the equipment needed to play table tennis (racket or paddle, table and net, ball, tennis or basketball shoes, and comfortable clothing).
- ___ 3. Practice 30 minutes developing serving skills.
- ___ 4. Practice 30 minutes developing your forehand and backhand strokes.
- ___ 5. Explain to your leader or adult partner how spin affects the bounce of the ball.
- ___ 6. Accurately set up a table tennis table and net according to USA Table Tennis rules.
- ___ 7. Play five games of table tennis.
- ___ 8. Participate in a table tennis skills development clinic.
- ___ 9. Explain to your leader or adult partner how to score a table tennis game.
- ___ 10. Participate in a game of doubles table tennis (four people playing in one game, two people per side).

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Adult Teammate Signature



Tennis

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

- ___ 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 bump-ups 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 forehand 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.

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Ultimate

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

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

Sports Pin

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

- ___ 1. Compete in a pack or community ultimate tournament.
- ___ 2. Demonstrate effective pivoting while throwing. Use the following throwing styles: backhand pass, sidearm pass, and upside-down pass.
- ___ 3. Demonstrate skill in the following catching techniques: one-handed, clapping, and sandwich.
- ___ 4. Spend a total of 90 minutes in practice developing individual defensive skills for the positions of marker and defender. Keep track of your time on a chart.
- ___ 5. Explain the flight dynamics of the ultimate disk. Draw a diagram if needed.
- ___ 6. Accurately lay out an ultimate playing field, including end zones.
- ___ 7. Play five games of ultimate.
- ___ 8. Participate in an ultimate skills development clinic.
- ___ 9. Explain the history of ultimate and how it became a sport.

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Adult Teammate Signature



Volleyball

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

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

Sports Pin

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

- ___ 1. Compete in a pack, school, or community volleyball tournament.
- ___ 2. Demonstrate skill in two volleyball passing techniques: forearm pass and overhand pass (setting).
- ___ 3. Demonstrate skill in two volleyball serving techniques: underhand and overhand.
- ___ 4. Spend at least 90 minutes in practice to develop individual skills for volleyball. Make a chart to record your practice efforts.
- ___ 5. Explain how volleyball matches are scored, including the terms side-out and rally scoring.
- ___ 6. Accurately lay out a volleyball court.
- ___ 7. Play five games of volleyball.
- ___ 8. Officiate at least three games of volleyball.
- ___ 9. Explain the importance of good sportsmanship.
- ___ 10. Attend a high school, college, or professional volleyball game.

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Adult Teammate Signature

Academic Belt Loops



Art

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

- ___ 1. Make a list of common materials used to create visual art compositions.
- ___ 2. Demonstrate how six of the following elements of design are used in drawing: lines, circles, dots, shapes, colors, patterns, textures, space, balance, or perspective.
- ___ 3. Identify the three primary colors and the three secondary colors that can be made by mixing them. Show how this is done using paints or markers. Use the primary and secondary colors to create a painting.

Academics Pin

Earn the Art belt loop, and complete six of the following requirements:

- ___ 1. Visit an art museum, gallery, or exhibit. Discuss with an adult the art you saw.
- ___ 2. Create two self-portraits using different art techniques, such as drawing, painting, print-making, sculpture, or computer illustration.
- ___ 3. Demonstrate how to make paper. Make a sample at least 4 inches by 4 inches.
- ___ 4. Make a simple silkscreen or stencil. Print a card or T-shirt.
- ___ 5. Create a freestanding sculpture or mobile using wood, metal, soap, paper-mache, or found objects.
- ___ 6. Create an object using clay that can be fired, baked in the oven, or hardened in water.
- ___ 7. Photograph four subjects in one theme, such as landscapes, people, animals, sports, or buildings.
- ___ 8. Make a collage using several different materials.
- ___ 9. Use your artistic skills to create a postage stamp, book cover, or music CD cover.
- ___ 10. Use a computer illustration or painting program to create a work of art.
- ___ 11. Display your artwork in a pack, school, or community art show.

I certify that _____ has completed the minimum requirements to receive the belt loop.

Adult Teammate Signature

Chess (New!)

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

- ___ 1. Identify the chess pieces and set up a chess board for play.
- ___ 2. Demonstrate the moves of each 'chess piece to your den leader or adult partner.
- ___ 3. Play a game of chess.

Academics Pin

- ___ 1. Demonstrate basic opening principles (such as development of pieces, control center, castle, don't bring queen out too early, don't move same piece twice).
- ___ 2. Visit a chess tournament and tell your den about it.
- ___ 3. Participate in a pack, school, or community chess tournament.
- ___ 4. Solve a pre-specified chess problem (e.g., "White to move and mate in three") given to you by your adult partner.
- ___ 5. Play five games of chess.
- ___ 6. Play 10 chess games via computer or on the Internet.
- ___ 7. Read about a famous chess player.
- ___ 8. Describe U.S. Chess Federation ratings for chess players.
- ___ 9. Learn to write chess notation and record a game with another Scout.
- ___ 10. Present a report about the history of chess to your den or family.

I certify that _____ has completed the minimum requirements to receive the belt loop.

Adult Teammate Signature



Citizenship

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

- ___ 1. Develop a list of jobs you can do around the home. Chart your progress for one week.
- ___ 2. Make a poster showing things that you can do to be a good citizen.
- ___ 3. Participate in a family, den, or school service project.

Academics Pin

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

- ___ 1. Interview someone who has become a naturalized citizen. Give a report of your interview to your den or family.
- ___ 2. Write a letter to your newspaper about an issue that concerns you.
- ___ 3. Create a collage about America.
- ___ 4. Conduct a home safety or energy audit and inspect your home. Talk with your parent or adult partner about correcting any problems you find.
- ___ 5. Visit your local site of government. Interview someone who is involved with the governmental process.
- ___ 6. Visit a court room and talk with someone who works there.
- ___ 7. Go to the polls with your parents when they vote. Talk to them about their choices.
- ___ 8. Take part in a parade with your den or pack.
- ___ 9. List ways you can recycle various materials and conserve and protect the environment.
- ___ 10. Attend a community event or visit a landmark in your community.

I certify that _____ has completed the minimum requirements to receive the belt loop.

Adult Teammate Signature



Communicating

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

- ___ 1. Tell a story or relate an incident to a group of people, such as your family, den, or members of your class.
- ___ 2. Write a letter to a friend or relative.
- ___ 3. Make a poster about something that interests you. Explain the poster to your den.

Academics Pin

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

- ___ 1. Write an original poem or story.
- ___ 2. Keep a journal of daily activities for at least seven days.
- ___ 3. Listen to a news story on television or the radio. Discuss the information with an adult.
- ___ 4. Go to the library. Use the card catalog or computer reference system to find a book, and then check it out.
- ___ 5. Read a book that has been approved by your parent or teacher. Discuss the book with an adult.
- ___ 6. With a friend, develop a skit. Perform it at a Scout meeting, family meeting, or school event.
- ___ 7. Learn the alphabet in sign language. Learn how to sign 10 words.
- ___ 8. With an adult, use the Internet to search for information on a topic of interest to you.
- ___ 9. Watch three television commercials and discuss the information in them with your parent or den leader.
- ___ 10. Read the directions for a new game. Explain to a family member or friend how to play it.
- ___ 11. Learn about "reading" materials for people who have poor vision or who are blind.
- ___ 12. While traveling, make a list of road signs, animals, or license plates that you see.

I certify that _____ has completed the minimum requirements to receive the belt loop.

Adult Teammate Signature



Computers

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 parts of a personal computer: central processing unit (CPU), monitor, keyboard, mouse, modem, and printer.
- ___ 2. Demonstrate how to start up and shut down a personal computer properly.
- ___ 3. Use your computer to prepare and print a document.

Academics Pin

Earn the Computers belt loop and complete five of the following requirements:

- ___ 1. Use a computer to prepare a report on a subject of interest to you. Share it with your Den.
- ___ 2. Make a list of 20 devices that can be found in the home that use a computer chip to function.
- ___ 3. Use a computer to maintain a balance sheet of your earnings for four weeks.
- ___ 4. Use a spreadsheet program to organize some information.
- ___ 5. Use an illustration, drawing, or painting program to create a picture.
- ___ 6. Use a computer to write a thank-you letter to someone.
- ___ 7. Log on to the Internet. Visit the Boy Scouts of America home page (<http://www.bsa.scouting.org>)
- ___ 8. Discuss with an adult personal safety rules you should use while using the Internet.
- ___ 9. Practice a new computer game for two weeks. Demonstrate an improvement in your scores.
- ___ 10. Correspond with a friend using e-mail. Have at least five e-mail replies from your friend.
- ___ 11. Visit a local business or government agency that uses a large mainframe computer to handle their business. Be able to explain how computers save them time and money in carrying out their work.

I certify that _____ has completed the minimum requirements to receive the belt loop.

Adult Teammate Signature

RULES FOR ON-LINE SAFETY

I will talk with my parents so that we can set up rules for going online. We will decide on the time of day that I can be online, the length of time I can be online, and appropriate Web sites for me to visit. If I want to visit other Web sites, I will get their permission first

While I'm online, I will not give out personal information such as my address, telephone number, parents' work addresses/telephone numbers, or the name and of my school without my parents' permission.

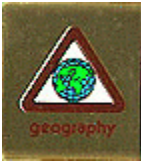
I will tell my parents right away if I come across any information that makes me feel uncomfortable.

I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that. If I do, I will tell my parents right away so that they can contact the online service.

I will never agree to get together with someone I 'meet' online without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place

and I will bring a parent or my adult guardian along.

While I'm online, I will never send a person my picture or anything else without first checking with my parents.



Geography

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

- ___ 1. Draw a map of your local neighborhood. Show natural and manmade features. Include a key or legend of map symbols.
- ___ 2. Learn about the physical geography of you community. Identify the major landforms within 100 miles. Discuss with an adult what you learned.
- ___ 3. Use a world globe or map to locate the continents, the oceans, the equator, and the northern and southern hemispheres. Learn how longitude and latitude lines are used to locate a site.

Academics Pin

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

- ___ 1. Make a three-dimensional model of an imaginary place. Include five different landforms, such as mountains, valleys, lakes, deltas, rivers, buttes, plateaus, basins, and plains.
- ___ 2. List 10 cities around the world. Calculate the time it is in each city when it is noon in your town.
- ___ 3. Find the company's location on the wrapper or label of 10 products used in your home, such as food, clothing, toys, and appliances. Use a world map or atlas to find each location.
- ___ 4. On a map, trace the routes of some famous explorers. Show the map to your den or family.
- ___ 5. On a United States or world map, mark where your family members and ancestors were born.
- ___ 6. Keep a map record of the travels of your favorite professional sports team for one month.
- ___ 7. Read a book (fiction or nonfiction) in which geography plays an important part.
- ___ 8. Take part in a geography bee or fair in your park, school, or community.
- ___ 9. Choose a country in the world and make a travel poster for it.
- ___ 10. Play a geography-based board game or computer game. Tell an adult some facts you learned about a place that was part of the game.
- ___ 11. Draw or make a map of your state. Include rivers, mountain ranges, state parks, and cities. Include a key or legend of map symbols.

I certify that _____ has completed the minimum requirements to receive the belt loop.

Adult Teammate Signature



Heritages

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

- ___ 1. Talk with members of your family about your family heritage: its history, traditions, and culture.
- ___ 2. Make a poster that shows the origins of your ancestors. Share it with your den or other group.
- ___ 3. Draw a family tree showing members of your family for three generations.

Academics Pin

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

- ___ 1. Participate in a pack heritage celebration in which Cub Scouts give presentations about their family heritage.
- ___ 2. Attend a family reunion.
- ___ 3. Correspond with a pen pal from another country. Find out how his or her heritage is different from yours.
- ___ 4. Learn 20 words in a language other than your native language.
- ___ 5. Interview a grandparent or other family elder about what it was like when he or she was growing up.
- ___ 6. Work with a parent or adult partner to organize family photographs in a photo album.
- ___ 7. Visit a genealogy library and talk with the librarian about how to trace family records. *Variation:* Access a genealogy Web site and learn how to use it to find out information about ancestors.

Here are some examples of genealogy Web sites:

<http://www.familysearch.org/> Family Search (LDS)

<http://www.CyndisList.com/> Cindy's List of Genealogy sites

<http://www.ancestry.com/ssdi/advanced.htm> Social Security Death Index

- ___ 8. Make an article of clothing, a toy, or a tool that your ancestors used. Show it to your den.
- ___ 9. Help your parent or adult partner prepare one of your family's traditional food dishes.
- ___ 10. Learn about the origin of your first, middle, or last name.

I certify that _____ has completed the minimum requirements to receive the belt loop.

Adult Teammate Signature



Mathematics

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

- ___ 1. Do five activities within your home or school that require the use of mathematics. Explain to your den how you used everyday math.
- ___ 2. Keep track of the money you earn and spend for three weeks.
- ___ 3. Measure five items using both metric and nonmetric measures. Find out about the history of the metric system of measurement.

Academics Pin

Earn the Mathematics belt loop, and complete one from each of the five areas below:

I. *Geometry* is related to measurement but also deals with objects and positions in space.

- ___ 1. Many objects can be recognized by their distinctive shapes: a tree, a piece of broccoli, a violin. Collect 12 items that can be recognized, classified, and labeled by their distinctive shape or outline.
- ___ 2. Select a single shape or figure. Observe the world around you for at least a week and keep a record of where you see this shape or figure and how it is used.
- ___ 3. Study geometry in architecture by exploring your neighborhood or community. Look at different types of buildings - houses, churches, businesses, etc. - and create a presentation (a set of photographs, a collage of pictures from newspapers and magazines, a model) that you can share with your den or pack to show what you have seen and learned about shapes in architecture.

II. *Calculating* is adding, subtracting, multiplying, and dividing numbers.

- ___ 1. Learn how an abacus or slide rule works and teach it to a friend or to your den or pack.
- ___ 2. Go shopping with an adult and use a calculator to add up how much the items you buy will cost. See whether your total equals the total at check out.
- ___ 3. Visit a bank and have someone there explain to you about how interest works. Use the current interest rate and calculate how much interest different sums of money will earn.

III. *Statistics* is collecting and organizing numerical information and studying patterns.

- ___ 1. Explain the meaning of these statistical words and tools: data, averaging, tally marks, bar graph, line graph, pie chart, and percentage.
- ___ 2. Conduct an opinion survey through which you collect data to answer a question, and then show your results with a chart or graph. For instance: What is the favorite food of the Cub Scouts in your pack (chart how many like pizza, how many like hamburgers, etc.).
- ___ 3. Study a city newspaper to find as many examples as you can of statistical information.
- ___ 4. Learn to use a computer spreadsheet.

IV. *Probability* helps us know the chance or likelihood of something happening.

- ___ 1. Explain to your den how a meteorologist or insurance company (or some else) might use the mathematics of probability to predict what might happen in the future (i.e., the chance that it might rain, or the chance that someone might be in a car accident).

___ 2. Conduct and keep a record of a coin toss probability experiment.

___ 3. Guess the probability of your sneaker landing on its bottom, top, or side, and then flip it 100 times to find out which way it lands. Use this probability to predict how a friend's sneaker will land.

V. *Measuring* is using a unit to express how long or how big something is, or how much of it there is.

___ 1. Interview four adults in different occupations to see how they use measurement in their jobs.

___ 2. Measure how tall someone is. Have them measure you.

___ 3. Measure how you use your time by keeping a diary or log of what you do for a week. Then make a chart or graph to display how you spend your time.

___ 4. Measure, mix, and cook at least two recipes. Share your snacks with family, friends, or your den.

I certify that _____ has completed the minimum requirements to receive the belt loop.

Adult Teammate Signature



Music

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

- ___ 1. Explain why music is an important part of our culture.
- ___ 2. Pick a song with at least two verses and learn it by heart.
- ___ 3. Listen to four different type of music either recorded or live.

Academics Pin

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

- ___ 1. Make a musical instrument and play it for your family, den, or pack.
- ___ 2. Teach your den a song.
- ___ 3. Play a song by yourself or in a group, in unison or in harmony.
- ___ 4. Create an original melody and/or original words for a song.
- ___ 5. Use a tape recorder, capture natural sounds of the environment or record songs you create, and use your recording as a soundtrack for a short skit or as background for a movement activity.
- ___ 6. Attend a live musical performance or concert.
- ___ 7. Demonstrate conducting patterns for two songs using two different meters (two-, three-, or four-beat meter) while your adult partner or den members sing or play the songs you have selected.
- ___ 8. Take voice or dance lessons to learn to play an instrument.
- ___ 9. Create movements to a piece of music without words to demonstrate the moods of the music: happy, sad, calm, excited, playful, inspired.
- ___ 10. Learn about a composer of some music that you enjoy.

I certify that _____ has completed the minimum requirements to receive the belt loop.

Adult Teammate Signature



Science

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

- ___ 1. Explain the scientific method to your adult partner.
- ___ 2. Use the scientific method in a simple science project. Explain the results to an adult.
- ___ 3. Visit a museum, a laboratory, an observatory, a zoo, an aquarium, or other facility that employs scientists. Talk to a scientist about his or her work.

Academics Pin

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

- ___ 1. Make a simple electric motor that works.
- ___ 2. Find a stream or other area that shows signs of erosion. Try to discover the cause of the erosion.
- ___ 3. Plant seeds. Grow a flower, garden vegetable, or other plant.
- ___ 4. Use these simple machines to accomplish tasks: lever, pulley, wheel-and-axle, wedge, inclined plane, and screw.
- ___ 5. Learn about solids, liquids, and gases using just water. Freeze water until it turns into ice. Then, with an adult, heat the ice until it turns back into a liquid and eventually boils and becomes a gas.
- ___ 6. Build models of two atoms and two molecules, using plastic foam balls and other objects.
- ___ 7. Make a collection of igneous, metamorphic, and sedimentary rocks and label them.
- ___ 8. Learn about a creature that lives in the ocean. Share what you have learned with your den or family.
- ___ 9. Label a drawing or diagram of the bones of the human skeleton.
- ___ 10. Make a model or poster of the solar system. Label the planets and the sun.
- ___ 11. Do a scientific experiment in front of an audience. Explain your results.
- ___ 12. Read a book about a science subject that interests you.

I certify that _____ has completed the minimum requirements to receive the belt loop.

Adult Teammate Signature

Weather (New!)

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

1. Make a poster to explain the water cycle.
2. Set up a simple weather station to record rainfall, temperature, air pressure, or evaporation for one week.
3. Watch the weather forecast on a local television station.

Academics Pin

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

- ___ 1. Define the following terms: *weather*, *humidity*, *precipitation*, *temperature*, and *wind*.
- ___ 2. Explain how clouds are made. Describe the different kinds of clouds - *stratus*, *cumulus*, *cumulonimbus*, and *cirrus* - and what kind of weather can be associated with these cloud types.
- ___ 3. Describe the climate in your state. Compare its climate with that in another state.
- ___ 4. Describe a potentially dangerous weather condition in your community. Discuss safety precautions and procedures for dealing with this condition.
- ___ 5. Define what is meant by *acid rain*. Explain the *greenhouse effect*.
- ___ 6. Talk to a meteorologist about his or her job. Learn about careers in meteorology.
- ___ 7. Make a weather map of your state or country, using several weather symbols.
- ___ 8. Explain the differences between tornadoes and hurricanes.
- ___ 9. Make a simple weather vane. Make a list of other weather instruments and describe what they do.
- ___ 10. Explain how weather can affect agriculture and the growing of food.
- ___ 11. Make a report to your den or family on a book about weather.
- ___ 12. Explain how rainbows are formed and then draw and color a rainbow.

I certify that _____ has completed the minimum requirements to receive the belt loop.

Adult Teammate Signature

Wildlife Conservation (New!)

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

- ___ 1. Explain what natural resources are and why it's important to protect and conserve them.
- ___ 2. Make a poster explaining the food chain. Explain what happens if the chain becomes broken or damaged.
- ___ 3. Learn about an endangered species. Make a report to your den that includes a picture, how the species came to be endangered, and what is being done to save it.

Academics Pin

- ___ 1. Visit a wildlife sanctuary, nature center, or fish hatchery.
- ___ 2. Collect and read five newspaper or magazine articles that discuss conservation of wildlife and report to your family or den what you learn.
- ___ 3. Learn about five animals that use camouflage to protect themselves.
- ___ 4. Make a birdbath and keep a record for one week of the different birds that visit it.
- ___ 5. Make a collage of animals that are in the same class: fish, amphibians, reptiles, birds, or mammals.
- ___ 6. Make a plaster cast of an animal track. Show it to your den.
- ___ 7. Visit with a person who works in wildlife conservation, such as a park ranger, biologist, range manager, geologist, horticulturist, zookeeper, fishery technician, or conservation officer.
- ___ 8. Visit a state park or national park.
- ___ 9. Participate in an environmental service project that helps maintain habitat for wildlife, such as cleaning up an area or planting trees.

I certify that _____ has completed the minimum requirements to receive the belt loop.

Adult Teammate Signature