

(Please Print)
 Scout's Name _____ Phone _____ Class Time _____
 Address _____ City _____ Zip _____

**Sports
 Requirements Sheet
 Merit Badge Powwow 2009**

The scout is to read the Sports Merit Badge pamphlet before the Powwow (2006 edition or later). Some requirements may take up to 90 days to complete before coming to the Powwow. Read all the requirements below and bring necessary items to guarantee passing off the merit badge on the day of the Powwow. Bring to class paper, pen or pencil, and any other items asked for. Write your name, merit badge and class time (9:00 or 1:00) on **every** paper or project. (If there are any questions pertaining to requirements, the most recent Boy Scout Requirements handbook will always be used).

Recommended Requirments to complete before Powwow

4. Take part for one season (or four months) as a competitive individual or as a member of an organized team in TWO of the following sports: baseball, basketball, bowling, cross-country, field hockey, football, ice hockey, lacrosse, soccer, softball, table tennis, tennis, volleyball, water polo. Your counselor may approve in advance other recognized sports, but not any sport that is restricted and not authorized by the Boy Scouts of America.
5. With guidance from your Scout Master, establish a personal training program suited to the activities you chose for requirement 4. Then do the following:
 - a. Organize a chart to track your training, practice, and development in these sports for one season (or four months).
 - b. Demonstrate proper technique for your two chosen sports.
 - c. At the end of the season, share your completed chart with your counselor and discuss how your participation in the sports you chose has affected you mentally and physically.

Completed:

4 _____
 Signature of counselor _____ Date _____

5 _____
 Signature of counselor _____ Date _____

Requirments that will be passed off at the Powwow

1. Show that you know first aid for and how to prevent injuries or illnesses that could occur while playing sports, including sprains, strains, contusions, abrasions, fractures, blisters, muscle cramps, dehydration, heat and cold reactions, injured teeth, nausea, and suspected injuries to the head, neck, and back.
2. Explain the importance of the following:
 - a. The physical exam
 - b. Maintaining good health habits, especially during training
 - c. Maintaining a healthy diet

Completed:

1 _____
 Signature of counselor _____ Date _____

2 _____
 Signature of counselor _____ Date _____



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3. Discuss the following:

- a. The importance of warming up and cooling down
- b. The importance of weight training
- c. What an amateur athlete is and the differences between an amateur and a professional athlete
- d. The attributes (qualities) of a good sport, the importance of sportsmanship, and the traits of a good team leader and player who exhibits Scout spirit on and off the playing field

3 _____
Signature of counselor Date

4. Then with your chosen sports do the following:

- a. Give the rules and etiquette for the two sports you picked.
- b. List the equipment needed for the two sports you chose. Describe the protective equipment and appropriate clothing (if any) and explain why it is needed.
- c. Draw diagrams of the playing areas for your two sports.

4 _____
Signature of counselor Date