



Cub Scout Sports: Ice Skating

Cub Scout Pack 49

Denison, Iowa

Name of Scout: _____ Den: _____ Date: _____

Please check what you have completed for either the loop or the pin:

REQUIREMENTS FOR THE ICE SKATING SPORTS BELT LOOP

Complete these three requirements:

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

REQUIREMENTS FOR THE ICE SKATING SPORTS PIN

- ___ Required: Belt loop previously earned (or all three of the above requirements checked).

Complete five of the following requirements:

- ___ Participate in a pack or community skating event.
- ___ Demonstrate how to sharpen your skates correctly.
- ___ Demonstrate how to lace, assemble, and disassemble your skates correctly.
- ___ On two occasions, spend at least 30 minutes practicing warm-up exercises before skating.
- ___ Play a skating game on the ice.
- ___ Learn two new figure-skating skills: Forward Swizzles, Glides, Backward Swizzles, and Backward Wiggle.
- ___ Demonstrate how to "start" in a speed skating race.
- ___ Explain the difference between long-track and short-track speed skating.
- ___ Participate in a skating skill development clinic.
- ___ Tell about an Olympian athlete in figure skating or speed skating. What were some of his or her best traits?

I certify that this Cub Scout has completed the above marked requirements to the best of his ability.

Signed: _____ Date: _____