



## Arrow of Light Den Meeting 4

### Sportsman

#### Preparation and Materials Needed

- ▶ Read the Sportsman chapter in the *Webelos Handbook* and the belt loop requirements for Ultimate.
- ▶ Identify any parents or other pack resources who are knowledgeable about Ultimate and could be your activity badge counselor for this meeting. Or you might see if an ultimate player or coach can visit your den meeting, or you might do this meeting as a field trip to an ultimate game or practice.
  - Be sure any guest speaker knows how long the presentation should run, and that you've confirmed what can or should be covered that would be interesting and fun for the Scouts.
  - Show any guest speaker the Sportsman chapter in the *Webelos Handbook*.
- ▶ If you are doing this as a field trip, inform Scouts and families about when and where to meet.
- ▶ Instructional material for ultimate can be obtained from your local parks and recreation department, library, or university or college athletic department. Another resource is the Ultimate Players Association Web site ([www.upa.org](http://www.upa.org)). Video papers are available at this site for various plays and strategies for the game; click on Physical Educator Outreach. Go over the information with your Webelos Scouts.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - Some suggested Cub Scout rules for ultimate are at the end of this meeting plan.
  - Discs. You may want cones and markers if you need to create your own field.
  - **Ultimate belt loops.**

#### Before the Meeting

- ▶ Review After the Meeting at the end of the previous den meeting plan for necessary preparation and materials.
- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

#### Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ If you have background materials for the activity badge, Scouts may be interested in reviewing those.
- ▶ If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

#### Opening

- ▶ Flag ceremony (rotate planning and leadership to complete **Webelos requirement 6**), with Pledge of Allegiance; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, or den yell.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.

#### Business Items

- ▶ Remind the boys of appropriate behavior, including safety considerations, at the site of your visit.
- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.
- **Verify:** Using the boys' handbooks and discussion, verify completion of **Family Member 4 and 9**.

#### Activities

- ▶ **Sportsman Activity Badge:** Requirements are to do requirements 1 through 4.

**Sportsman requirement 4** includes earning four belt loops. This den meeting earns one—**Ultimate**. Others are scheduled for den meetings 11, 14, and 15, but den leaders should schedule these as needed to ensure completion.

1. Show the signals used by officials in one of these sports: football, basketball, baseball, soccer, or hockey.
  - See page 459 of the *Webelos Handbook*.



2. Explain what good sportsmanship means.
    - You hear a lot about being a good sport, but just what does that mean?
    - A good sport knows the rules and doesn't break them.
    - A good sport competes with all his heart, striving to outclass his competitor.
    - If he wins, he doesn't act smug, but instead compliments the losers for the fine job they did.
    - If he loses, he accepts defeat gracefully and tries to figure out why he lost so that he can do better next time. He doesn't blame losing on the other players or his coach, but looks within himself for the answers.
  3. While you are a Webelos Scout, earn Cub Scouting Sports belt loops for two individual sports (badminton, bicycling, bowling, fishing, golf, gymnastics, marbles, physical fitness, ice skating, roller skating, snow ski and board sports, swimming, table tennis, or tennis).
  4. While you are a Webelos Scout, earn Cub Scouting Sports belt loops for two team sports (baseball, basketball, soccer, softball, volleyball, flag football, or ultimate).
    - Today's activity is to learn and play ultimate, and earn the **Ultimate belt loop**. The chart on the previous page shows the advancement plan covered by the den meeting plans in the *Den & Pack Meeting Resource Guide*. Requirements are:
      1. Explain the rules for ultimate.
      2. Practice ultimate for 30 minutes.
      3. Play a game of ultimate.
- ▶ In the boys' *Webelos Handbooks*, sign the requirements met (and update your records).

## Closing

- ▶ Award (or recognize) any advancement completed today (ideally, award the activity badge, belt loop or compass item completed today, and recognize later at the pack meeting); thank hosts, guests, helpers.
- ▶ Closing ceremony (rotate planning and leadership to complete **Webelos requirement 6**): Retire the colors; maybe with the Boy Scout Oath and/or Law, or the Law of the Pack and/or den yell. Den leader may add a den leader's minute comment.
- ▶ Remind the Webelos Scout who will plan and lead the next meeting's flag ceremony:
- ▶ Hand out or send family information letter.

- ▶ **Home Assignment:** Remind boys to review the Scientist chapter in their *Webelos Handbook* before the next meeting and about:
  - Upcoming visits to a Boy Scout troop meeting and to a Boy Scout-oriented outdoor activity.
  - Selection of Boy Scout troops and scheduling of Scoutmaster conferences (**Arrow of Light Award requirement 6**).

## After the Meeting

- ▶ If you've changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.

## Planning for Arrow of Light Requirements 4–6

- ▶ To earn the Arrow of Light, a Scout must, with your Webelos den, visit at least one Boy Scout troop meeting and one Boy Scout-oriented activity (the outdoor activity with the troop must not be the same one used to earn the **Outdoorsman activity badge**).
- ▶ If you have contacted area Boy Scout troops for a list of events that your Webelos Scouts may attend, and selected which Boy Scout troop meeting(s) and Boy Scout-oriented outdoor activity or activities your den will attend, communicate that information to the parents.
- ▶ After visiting at least one Boy Scout troop meeting and one Boy Scout-oriented outdoor activity, each Webelos Scout should identify a Boy Scout troop that he thinks he might like to join, visit it with his parent or guardian, and have a conference with the Scoutmaster (**Arrow of Light requirement 6**).