



Prerequisite Proof of Completion Sports

Scout's name: _____

Date: _____

Troop: _____ Week: _____

Requirement 4: Select TWO of the following sports: badminton, baseball, basketball, bowling, cross-country, diving, field hockey, flag football, flag team, golf, gymnastics, ice hockey, lacrosse, soccer, softball, spirit/cheerleading, swimming, tackle football, table tennis, tennis, track and field, volleyball, water polo, and/or wrestling.

Proof of Completion 4: Select two of the sports listed above and write them in the blanks below:

_____ and _____

Requirement 5a: With guidance from your counselor, establish a suitable personal training program that you will follow throughout your competition season (or for three months).

Requirement 5b: Create a chart or other tracking system, and document your training, practice, and development during this time.

Proof of Completion 5a/b: Share your chart with your counselor.

Proof of Completion 5d: 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.

Sport 1: _____

Sport 2: _____

Proof of Completion 5e: Give the rules and etiquette for the two sports you picked.

Sport 1: _____

Sport 2: _____

Proof of Completion 5f: Draw and explain a diagram of the playing area for each sport.
(draw below)

Requirement 5g: Participate in each sport as a competitive individual or as a member of an organized team for one season (or for three months).

Proof of Completion 5g:

I verify the Scout named above has completed a season in each of the following sports: Sport 1: _____ Sport 2: _____	
Scoutmaster or parent/guardian full name:	
Scoutmaster or parent/guardian signature:	
Date:	