



Cub Scout Ice Skating

Cub Scout Academics and Sports Workbook

This workbook is not required but can help you with this award. Belt Loops and Pins may be earned more than once.

Links to other workbooks and resources are at the end of this workbook: [Online Resources](#).

Send comments to the workbook developer: craig@craiglincoln.com. Workbook updated: March, 2011.

Scout's Name: _____

Pack: _____

Cub Scout Ice Skating Belt Loop (See the [Pin Requirements](#) below.)

Complete these three requirements:

1. Explain ways to protect yourself while ice skating, and the need for proper safety equipment. _____

2. Spend at least 30 minutes practicing the skills of skating. _____

3. Go ice skating with a family member or your den for a total of at least three hours, in up to three one-hour outings. Chart your time. _____

Cub Scout Ice Skating Pin

Earn the Cub Scout Ice Skating belt loop, and complete five of the following requirements:

1. Participate in a pack or community skating event. _____

2. Demonstrate how to sharpen your skates correctly. _____

3. Demonstrate how to lace, assemble, and disassemble your skates correctly. _____

4. On two occasions, spend at least 15 minutes practicing warm-up exercises before 30 minutes of skating. _____

5. Play a skating game on the ice. _____

6. Learn two new figure-skating skills: Forward Swizzles, _____
Glides, _____
Backward Swizzles, _____
and Backward Wiggle. _____
7. Demonstrate how to "start" in a speed skating race. _____
8. Explain the difference between long-track _____
_____ and short-track speed skating. _____

9. Participate in a skating skill development clinic. _____
10. Tell about an Olympian athlete in figure skating or speed skating. What were some of his or her best traits? _____

11. Play a game of ice hockey. _____
12. Participate in a hockey skill development clinic. _____

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's supervision.)

Cub Scout Advancement: <http://usscouts.org/advance/cubscout/ranks.asp>

Tiger: <http://meritbadge.org/wiki/index.php?title=Tiger>

Wolf: <http://meritbadge.org/wiki/index.php?title=Wolf>

Bear: <http://meritbadge.org/wiki/index.php?title=Bear>

Webelos: <http://meritbadge.org/wiki/index.php?title=Webelos>

Cub Scout Academics and Sports Workbooks: ► meritbadge.org -or- ► [Academics](#) / [Sports](#)

Webelos Activity Badge Workbooks: ► usscouts.org -or- ► meritbadge.org

Boy Scouts of America: <http://www.scouting.org/> ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines for Activities](#)

[ExpertVillage.com Lesson Videos:](#)  [Ice Skating Tips](#)

Ice Skating History, Overview: http://en.wikipedia.org/wiki/Ice_skating

Figure Skating History & Overview: http://en.wikipedia.org/wiki/Figure_skating

Speed Skating: http://en.wikipedia.org/wiki/Figure_skating

U.S. Figure Skating Association: <http://www.usfigureskating.org>