

2010 Scout Fitness Program

The Scout Fitness Area hosts the following merit badge opportunities: Athletics, Golf, Personal Fitness, and Sports.

Partial Completions: Requirements that can not be completed at camp

Personal Fitness	1b & 8
Athletics	3 & 4
Sports	4 & 5

Due to the changes in the Eagle Scout Requirements and heavy demand, Scouts must be Second Class to work on **Personal Fitness Merit Badge**.

Scouts taking **Personal Fitness** should bring a note from their dentist (reg. 1b) to complete this requirement.

Scouts taking **Golf Merit Badge** should bring a full set of clubs to camp (golf cleats are optional). Scouts must also have a collared shirt and matching pair of shorts to participate in the golf off-site outing (golf course rules). There is a \$30.00 greens fee for Golf Merit Badge. Scouts must be 14 years old.

Scouts working on **Athletics Merit Badge** will serve as the officials for the Inter-troop Flag Football and/or the Scoutmaster vs. Staff Softball Game.

All scouts participating in the scout fitness program should bring paper and pencil to class each day.

Cycling Opportunities

Scout should bring their own bike, safety equipment, and chain & lock to camp to participate for this activity. A limited number of bicycles are available for those who are unable to do so. The appropriate equipment consists of helmet, wrist guards, elbow pads, and kneepads. Please understand that the camp policy prohibits the use of bikes outside of the program area. A storage area for bikes is available near the athletic field.



Twilight Activity

Dirt Bike Trail Ride opportunities are offered during Twilight periods. The camp has a 2-mile marked off-road dirt bike trail in the wilderness area available for rides. All equipment is provided. Cost is \$2.00. Tickets available in the Trading Post.