



CUB SCOUT ACADEMICS AND SPORTS PROGRAM



Sports Ultimate

Belt Loop

Complete these three requirements:

- _____ 1. Explain the rules of ultimate to your leader or adult partner.
- _____ 2. Spend at least 30 minutes practicing ultimate skills.
- _____ 3. Participate in an ultimate game.

Sports Pin

Earn the Ultimate belt loop, and complete five of the following requirements:

- _____ 1. Compete in a pack or community ultimate tournament.
- _____ 2. Demonstrate effective pivoting while throwing. Use the following throwing styles: backhand pass, sidearm pass, and upside-down pass.
- _____ 3. Demonstrate skill in the following catching techniques: one-handed, clapping, and sandwich.
- _____ 4. Spend a total of 90 minutes in practice developing individual defensive skills for the positions of marker and defender. Keep track of your time on a chart.
- _____ 5. Explain the flight dynamics of the ultimate disk. Draw a diagram if needed.
- _____ 6. Accurately lay out an ultimate playing field, including end zones.
- _____ 7. Play five games of ultimate.
- _____ 8. Participate in an ultimate skills development clinic.
- _____ 9. Explain the history of ultimate and how it became a sport.

Cub's Name: _____ Parent's Signature: _____

Initial each item completed, sign the form, and turn in to your son's Den Leader.