



**SPORTS**  
**GRAND TETON COUNCIL**  
**Merit Badge PowWow Worksheet**

**Scout's Name**

**Instructor's Name**

**Scout's Address**

**City**

**State**

**ZIP**

**Instructions**

1. The Scout is to review the merit badge book before the first week of PowWow.
2. Bring this work sheet, paper, and pencil or pen each week.
3. **Bring a Merit Badge blue card with you on the second week.**

**Requirement Instructions**

**Requirement 1**

**Initial**

Show that you know first aid for and how to prevent injuries or illnesses that could occur while playing sports, including sprains, strains, contusions, abrasions, fractures, blisters, muscle cramps, dehydration, heat and cold reactions, injured teeth, nausea, and suspected injuries to the head, neck, and back.

**Requirement 2**

**Initial**

Explain the following:

- a. What is the importance of a physical exam?
  
  
  
  
  
  
  
  
  
  
- b. What is the importance of maintaining good health habits for life? (such as exercising regularly)

How can the use of tobacco products, alcohol, and other harmful substances negatively affect your health and your performance in sports activities?

- c. What is the importance of maintaining a healthy diet?

**Requirement 2**

**Initial**

Discuss the following:

- a. Explain the importance of warming up and cooling down.
- b. What is the importance of weight training?
- c. What is an amateur athlete?

What are the differences between an amateur and a professional athlete?

- d. What are the attributes (qualities) of a good sport?

What is the importance of sportsmanship?

What are the traits of a good team leader and player who exhibit Scout spirit on and off the playing field?

**Requirement 3**

**Initial**

Take part for one season (or four months) as a competitive individual or as a member of an organized team in TWO of the following sports: baseball, basketball, bowling, crosscountry, field hockey, football, ice hockey, lacrosse, soccer, softball, table tennis, tennis, volleyball, water polo. Your counselor may approve in advance other recognized sports, but not any sport that is restricted and not authorized by the Boy Scouts of America. Then with your chosen sports do the following:

- a. Give the rules and etiquette for the two sports you picked.

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- b. 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.

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- c. Draw diagrams of the playing areas for your two sports.

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**Requirement 4**

**Initial**

With guidance from your counselor, establish a personal training program suited to the activities you chose for requirement 4. Then do the following:

- a. Organize a chart to track your training, practice, and development in these sports for one season (or four months).
  
- b. Demonstrate proper technique for your two chosen sports.
  
- c. At the end of the season, share your completed chart with your counselor and discuss how your participation in the sports you chose has affected you mentally and physically.

**Merit badge worksheets will not be accepted at the Council Office in place of the official Merit Badge Application Card. Those who do not complete all the requirements should take their partially completed merit badge worksheet and their official application card to their local merit badge counselors for completion.**