

Paddle Sports  
(Program Features)

**TROOP MEETING PLAN**

Date: June 3 – Plan A: at Carpenter Week: 1

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b> <u>15</u> minutes	Play Plain Old Tag	<b>Alex</b>	6:30 6:45
<b>Opening Ceremony</b> <u>10</u> minutes	Pledge, Oath, Law, Outdoor Code. Announcements	<b>Los Perros Patrol</b>	6:45 6:55
<b>Skills Instruction On The Water</b> <u>45</u> minutes	<b>PLAN A: On the Water</b>  Canoe Instruction & Practice at Camp Carpenter. Scouts should wear Class B t-shirts and swimsuits, and bring towels, bug spray and PFDs if they have them. All other equipment will be provided.  <i>Scouts going on the Canoe Trip at the end of the month MUST attend at least 2 out of 3 weeks of canoe practice.</i>  <b>ON THE WATER: (45 min.)</b> Learn/Practice basic strokes (forward, backward, J-stroke, draw stroke) Paddling practice on the pond <i>Swim tests as needed.</i>	<b>Adults</b>	6:55          7:40
<b>Skills Instruction On Land</b> <u>15</u> minutes	<b>ON LAND: (15 min.)</b> <ul style="list-style-type: none"> <li>• Safe Swim Defense;</li> <li>• Safety Afloat;</li> <li>• Canoe Paddle Strokes;</li> <li>• Reaching &amp; throwing rescues</li> </ul>	<b>Adults</b>	7:40       7:55
<b>Patrol Meetings</b> <u>10</u> minutes	<b>Dues.</b> <b>Plan menus for Canoe Trip, checked by an adult.</b> Plan patrol meetings outside troop meetings. Plan for patrol member advancement. Complete & submit Interpatrol Challenge sheet.	<b>Patrol Leaders</b>	7:55       8:05
<b>Closing</b> <u>10</u> minutes  Total 90 minutes of meeting	Closing Announcements. Announce instructor assignments for next week's meeting. Scout Vespers.	<b>SPL / SM</b>	8:05    8:15
<b>After the Meeting</b>	Questions for the Scoutmaster or SPL (All other dismissed)	<b>SPL / SM</b>	





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**TROOP MEETING PLAN**

**Date: June 10 – Plan B @ Cawley    Week: 2**

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b>  <u>15</u> minutes	Play Four Square ( <i>see below</i> )	<b>Rhys</b>	6:30  6:45
<b>Opening Ceremony</b>  <u>10</u> minutes	Pledge, Oath, Law, Outdoor Code. Announcements	<b>Phat Gus Patrol</b>	6:45  6:55
<b>Skills Instruction</b>  <u>25</u> minutes	<b>PLAN B:</b> (In case of inclement weather)  <b>All Scouts:</b> Learn & practice line rescues and boating knots (bowline, clove hitch, cleat hitch, tautline)	<b>Adults</b>	6:55    7:20
<b>Advancement Session</b>  <u>10</u> minutes	Younger scouts work on rank advancement. <b>Older scouts brainstorm and plan some high adventure activities for the troop.</b>	<b>Patrol Leaders/ Adults</b>	7:20  7:30
<b>Patrol Meetings</b>  <u>10</u> minutes	<b>Dues.</b> Finalize menu for Canoe Trip. Plan patrol meetings outside troop meetings. Plan for patrol member advancement. Complete & submit Interpatrol Challenge sheet.	<b>Patrol Leaders</b>	7:30   7:40
<b>Interpatrol Activity</b>  <u>25</u> minutes	Play Kickball ( <i>in gym</i> ) ( <i>Plan B: Dodge Tag if gym isn't available</i> )( <i>see below</i> )	<b>Alex (Lucas)</b>	7:40  8:05
<b>Closing</b>  <u>10</u> minutes  Total 90 minutes of meeting	Closing Announcements. Announce instructor assignments for next week's meeting. Scout Vespers.	<b>SPL / SM</b>	8:05  8:15
<b>After the Meeting</b>	Questions for the Scoutmaster or SPL (All other dismissed)	<b>SPL / SM</b>	

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**TROOP MEETING PLAN**

Date: **June 17 – Plan A at Carpenter** Week:   3  

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b>  <u>  15  </u> minutes	Play Blob Tag ( <i>see below</i> )	<b>Parker</b>	6:30  6:45
<b>Opening Ceremony</b>  <u>  10  </u> minutes	Pledge, Oath, Law, Outdoor Code. Announcements	<b>Imperial Panda Patrol</b>	6:45  6:55
<b>Skills Instruction On The Water</b>  <u>  45  </u> minutes	<b>PLAN A:</b>  Canoe Instruction & Practice at Camp Carpenter. Scouts should wear Class B t-shirts and swimsuits, and bring towels, bug spray and PFDs if they have them. All other equipment will be provided.  <i>Scouts going on the Canoe Trip at the end of the month MUST attend at least 2 out of 3 weeks of canoe practice.</i>  <b>ON THE WATER:</b> <ul style="list-style-type: none"> <li>• Swamping and recovery</li> </ul> More paddling practice on the pond.	<b>Adults</b>	6:55          7:40
<b>Skills Instruction On Land</b>  <u>  15  </u> minutes	<b>ON LAND:</b> <ul style="list-style-type: none"> <li>• Review first aid for choking, sunburn, ticks and puncture by a fishhook</li> </ul> Review signs of a heart attack and procedures for CPR	<b>Adults</b>	7:40       7:55
<b>Patrol Meetings</b>  <u>  10  </u> minutes	<b>Dues.</b> Finalize all plans for Canoe Trip. Plan patrol meetings outside troop meetings. Plan for patrol member advancement. Complete & submit Interpatrol Challenge sheet.	<b>Patrol Leaders</b>	7:55       8:05
<b>Closing</b>  <u>  10  </u> minutes	Closing Announcements. Scout Vespers.	<b>SPL / SM</b>	8:05
Total 90 minutes of meeting			8:15
<b>After the Meeting</b>	Questions for the Scoutmaster or SPL (All other dismissed)	<b>SPL / SM</b>	

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**TROOP MEETING PLAN**

**Date: June 18 – Plan B @ Cawley    Week: 3**

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b>  <u>15</u> minutes	Play Blob Tag ( <i>see below</i> )	<b>Parker</b>	6:30  6:45
<b>Opening Ceremony</b>  <u>10</u> minutes	Pledge, Oath, Law, Outdoor Code. Announcements	<b>Imperial Panda Patrol</b>	6:45  6:55
<b>Skills Instruction</b>  <u>30</u> minutes	<b>PLAN B:</b> (In case of inclement weather)  <b>All Scouts:</b> Review all canoeing skills covered this month	<b>Adults</b>	6:55    7:25
<b>Advancement Session</b>  <u>10</u> minutes	Younger scouts work on rank advancement. <b>Older scouts brainstorm and plan some high adventure activities for the troop.</b>	<b>Patrol Leaders/ Adults</b>	7:25  7:35
<b>Patrol Meetings</b>  <u>10</u> minutes	<b>Dues.</b> Finalize all plans for Canoe Trip. Plan patrol meetings outside troop meetings. Plan for patrol member advancement. Complete & submit Interpatrol Challenge sheet.	<b>Patrol Leaders</b>	7:35   7:45
<b>Interpatrol Activity</b>  <u>20</u> minutes	Play Ball-Over Relay ( <i>see below</i> )	<b>Brody</b>	7:45  8:05
<b>Closing</b>  <u>10</u> minutes  Total 90 minutes of meeting	Closing Announcements. Scout Vespers.	<b>SPL / SM</b>	8:05  8:15
<b>After the Meeting</b>	Questions for the Scoutmaster or SPL (All other dismissed)	<b>SPL / SM</b>	

## SUMMER COURT OF HONOR!!

(Program Features)

### TROOP MEETING PLAN – Lambert Park (Cawley in case of weather)

Date: June 24 – Summer Court of Honor! Week: 4

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b> <u>15</u> minutes	A) At Park: Play Freeze Tag ( <i>see below</i> )	<b>Rowan</b>	6:30
	B) At Cawley: Play Freeze Tag ( <i>see below</i> )	<b>Rowan</b>	6:45
<b>Opening Ceremony</b> <u>10</u> minutes	Pledge, Oath, Law, Outdoor Code. Announcements	<b>SPL, ASPLs</b>	6:45 6:55
<b>Interpatrol Activity</b> <u>25</u> minutes	A) At Park: Play Kickball	<b>Ian</b>	6:55
	B) At Cawley: Play Knockout ( <i>see below</i> )	<b>Jacob</b>	7:20
<b>Food</b> <u>25</u> minutes	<b>FOOD!!.</b> ( <i>and the eating thereof</i> ). Troop provides burgers, dogs, buns, disposables Patrols bring the following food / drinks: <ul style="list-style-type: none"> <li>• <b>Imperial Panda Patrol: Side Dishes</b></li> <li>• <b>Los Perros Patrol: Drinks &amp; Ice</b></li> <li>• <b>Phat Gus Patrol: Desserts</b></li> </ul>	<b>Guests eat first, then by patrol at the SPL's discretion</b>	7:20 7:45
<b>Awards</b> <u>20</u> minutes	<b>Awards, Ranks, Merit Badges, Stuff &amp; Goodies</b>	<b>SM, SPL</b>	7:45 8:05
<b>Closing</b> <u>10</u> minutes  Total 90 minutes of meeting	Closing Announcements. Scout Vespers.	<b>SPL / SM</b>	8:05 8:15
<b>After the Meeting</b>	Questions for the Scoutmaster or SPL (All other dismissed)	<b>SPL / SM</b>	

### **Four Square**

*Equipment:* Rubber playground ball, tape to mark squares on the floor.

*Procedure:* Mark four large, equal size squares on the floor. The SPL assigns each patrol a square to start in, and decides which square is the serving square. The entire patrol stands in the square. Play commences using the rules of 4-square with these exceptions: Any patrol member, but only ONE member, may hit the ball if it lands in his patrol's square. If the ball bounces twice in a patrol's square, or they hit it out of bounds, or hit it before it bounces, ONE member of that patrol is out and leaves the square. After each elimination, all patrols rotate to the next square.

*Scoring:* The last patrol to have scouts in a square wins.

### **Dodge Tag:**

*Equipment:* A deck of playing cards

*Procedure:* Each scout starts with three playing cards. All scouts are "it", and try to tag other scouts. If a scout is tagged he must give a card to the tagger. If two scouts tag each other at the same time, they play rock-paper-scissors to determine the winner, and the loser gives the winner a card. When a scout runs out of cards, they're out of the round.

*Scoring:* The last scout with cards is the winner.

### **Blob Tag**

*Procedure:* Begin with two scouts with linked arms (i.e., the Blob) who try to tag other scouts. If a scout is tagged, he must attach to the Blob by linking arms with the person who tagged him. The only two people who can tag are the two people on each end of the Blob. The Blob continues to grow as more scouts are tagged. Rules include: a) no diving over the Blob; b) no sliding under the Blob; and c) watch out for others. The Blob must stay connected at all times and work together.

### **Ball-Over Relay:**

*Equipment:* Ball, about basketball size; whistle; blindfold

*Procedure:* Draw lines dividing the game area into a zone for each patrol, and place a patrol in each zone. The players take positions at various points in their zone; they cannot cross the lines. One Scout is blindfolded and has the whistle. When he blows the whistle, the leader puts the ball into play. The players must try to keep the ball in the opposing teams' territory so that they don't have possession of it when the blindfolded Scout blows the whistle again. The whistle should be blown fairly often, continuously starting and stopping play for a given time. Scouts must NOT hit the ball so hard that it leaves the playing area, and may not kick the ball!

*Scoring:* Score 1 point for the patrol that has the ball when the whistle is sounded. If a scout hits the ball excessively hard, his patrol also earns a penalty point. At the end of the game, the patrol with the lowest score wins.

### **Freeze Tag:**

*Equipment:* None.

*Procedure:* One scout is "it"; when they tag someone, that person is "frozen" in place. They cannot move and must stand with their feet apart and arms out to the sides. The only way they can become unfrozen is if a person crawls under their legs. Play continues until all the players are frozen. Then the last person to be frozen is "it" for the next game.

### **Knock-Out:**

*Equipment:* Basketball hoop, two basketballs.

*Procedure:* All players line up single file starting at the free throw line . The first two players start with a basketball. Player one shoots a free throw. If he misses, he must grab the rebound and score as fast as possible. His second shot can be whatever is needed to score fastest. Player two cannot shoot until after player one has shot their first free throw. The goal for player two is to score a basket before player one does. If player two misses his free throw he must rebound and make a shot as quickly as possible. If player one makes a basket first, he goes to the back of the line. If player one fails to make a basket before player two, player one is eliminated. Once player one makes a basket he passes the ball to the next player in line. That player tries to make a basket before player two does. If this occurs, player two is out. If player two scores first, he goes to the end of the line and passes their ball to the fourth player in line. The game continues like this until only one player is left standing.

Players may “bump” or “knock” the ball out of another person’s hands once they have taken their free throw. This strategy is used to make the player chase after their ball and create more time for you to make a basket.