

# ATHLETICS

## TROOP MEETING PLAN

Date \_\_\_\_\_ Week 2

Activity	Description	Run by	Time
<b>Preopening</b> _____ minutes			
<b>Opening Ceremony</b> _____ minutes			
<b>Skills Instruction</b> _____ minutes	<ul style="list-style-type: none"> <li>• For the new Scouts, have a local college athlete or health club instructor demonstrate exercises and talk about a healthy diet and exercise plan. Also discuss the dangers of drug and alcohol abuse.</li> <li>• Experienced Scouts can plan a 20K bike hike planned with some sort of Scouting skill at several stops.</li> <li>• Older Scouts can work on the Venture/Varsity program or practice and prepare to demonstrate the following games:                Inchworm                Human Ladder                Boy Scout Shuffle</li> </ul>		
<b>Patrol Meetings</b> _____ minutes	Review assignments for the outing. First-time campers continue work on hiking and camping techniques. All other patrols continue to work on activities needed for advancement while on the outing. Practice interpatrol activities.		
<b>Interpatrol Activity</b> _____ minutes	Izzy Dizzy Relay ("Program Specialties" section of this book)		
<b>Closing</b> _____ minutes  Total 90 minutes of meeting	<ul style="list-style-type: none"> <li>• Scoutmaster's Minute</li> <li>• Retire colors</li> </ul>	SM	
<b>After the Meeting</b>	Patrol leaders' council reviews next meeting and plans for the troop outing. Continue work on next month's program feature. Troop committee holds board of review. Plan a court of honor if one is needed.		