



# Ice Skating

## Beltloop and Pin Worksheet

Cub Scout Academic & Sports Program

Scout Name: \_\_\_\_\_

Pack/Den: \_\_\_\_\_

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### Ice Skating Belt Loop

Complete these three requirements:

1. Explain ways to protect yourself while ice skating, and the need for proper safety equipment. \_\_\_\_\_

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2. Spend at least 30 minutes practicing the skills of skating. \_\_\_\_\_

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3. Go ice skating with a family member Den or Patrol for at least three hours, in up to three one-hour outings. Chart your time. \_\_\_\_\_

\_\_\_\_\_

date/time of practice	date/time of practice	date/time of practice

## Ice Skating Pin

Earn the Ice Skating beltloop, and complete five of the following requirements:

- ❑ 1. Participate in a Pack or community skating event. \_\_\_\_\_  
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\_\_\_\_\_
- ❑ 2. Demonstrate how to sharpen your skates correctly. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- ❑ 3. Demonstrate how to lace, assemble, and disassemble your skates correctly. \_\_\_\_\_  
\_\_\_\_\_
- ❑ 4. On two different occasions, spend at least 15 minutes practicing warm up exercises before 30 minutes of skating. \_\_\_\_\_  
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\_\_\_\_\_
- ❑ 5. Play a skating game on the ice. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- ❑ 6. Learn and demonstrate two new figure-skating skills: forward swizzles, glides, backward swizzles, and backward wiggle. \_\_\_\_\_  
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\_\_\_\_\_
- ❑ 7. Demonstrate how to "start" in a speed skating race. \_\_\_\_\_  
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- ❑ 8. Explain the difference between long-track and short-track speed skating.  
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9. Participate in a skating skill development clinic. \_\_\_\_\_

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10. Tell about an Olympian athlete in figure skating or speed skating.  
What were some of his or her best traits? \_\_\_\_\_

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11. Play a game of ice hockey. \_\_\_\_\_

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12. Participate in a hockey skill development clinic. \_\_\_\_\_

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