



# Cub Scout Ultimate

## Cub Scout Academics and Sports Workbook

This workbook is not required but can help you with this award. Belt Loops and Pins may be earned more than once.

Links to other workbooks and resources are at the end of this workbook: [Online Resources](#).

Send comments to the workbook developer: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Workbook updated: June 2008.

Scout's Name: \_\_\_\_\_

Pack: \_\_\_\_\_

### **Cub Scout Ultimate Belt Loop** (See the [Pin Requirements](#) below.)

**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. \_\_\_\_\_

### **Cub Scout Ultimate Pin**

**Earn the Cub Scout 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.  
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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. \_\_\_\_\_

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**Online Resources** *(Use any Internet resource with caution and only with your parent's or guardian's supervision.)*

**Cub Scout Advancement:** <http://usscouts.org/advance/cubscout/ranks.asp>

**Tiger:** <http://meritbadge.org/wiki/index.php?title=Tiger>

**Wolf:** <http://meritbadge.org/wiki/index.php?title=Wolf>

**Bear:** <http://meritbadge.org/wiki/index.php?title=Bear>

**Webelos:** <http://meritbadge.org/wiki/index.php?title=Webelos>

**Cub Scout Academics and Sports Workbooks:** ► [meritbadge.org](http://meritbadge.org) -or- ► [Academics](#) / [Sports](#)

**Webelos Activity Badge Workbooks:** ► [usscouts.org](http://usscouts.org) -or- ► [meritbadge.org](http://meritbadge.org)

**Boy Scouts of America:** <http://www.scouting.org/> ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines for Activities](#)

[ExpertVillage.com Lesson Videos:](#)  [How to Play Ultimate Frisbee](#)

Ultimate History, Rules, etc.: [http://en.wikipedia.org/wiki/Ultimate\\_\(sport\)](http://en.wikipedia.org/wiki/Ultimate_(sport))

Ultimate Players Association: <http://www.upa.org/>

Flying Disks (Frisbee): <http://en.wikipedia.org/wiki/Frisbee>

Physics of Flying Discs: [http://en.wikipedia.org/wiki/Physics\\_of\\_flying\\_discs](http://en.wikipedia.org/wiki/Physics_of_flying_discs)

Frisbee: <http://www.frisbeedisc.com/> ► [Ultimate](#) ► [Golf](#) ► [Freestyle](#)

Aerobie Long Distance Flying Disc (Guinness World Record, 1,333 feet!): <http://www.aerobie.com/>