

Cycling  
(Program Features)

**TROOP MEETING PLAN**

Date: April 3 Week: 1

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b> <u>15</u> minutes	Play 4-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>Legit Llama Patrol</b>	6:45 6:55
<b>Skills Instruction</b> <u>25</u> minutes	<b>New Scouts:</b> Discuss safe cycling route criteria and streets to avoid. Brainstorm most common dangers for city cyclists. Demonstrate signals for turns and stopping. Discuss other defensive riding techniques. <b>Mid &amp; Experienced Scouts:</b> Discuss practices of long-distance group riding including drafting and lead sharing. o Discuss avoiding seat and neck pain. Discuss endurance nutrition and hydration.	<b>Alex, Jacob</b>  SM	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>15</u> minutes	Collect dues. Plan menus for Bike Trip ( <i>packed lunch</i> ) Plan patrol meetings outside troop meetings. Plan for patrol member advancement. Complete & submit Interpatrol Challenge sheet.	<b>Patrol Leaders</b>	7:30  7:45
<b>Interpatrol Activity</b> <u>20</u> minutes	Play Ball-Over Relay ( <i>see below</i> )	<b>Rhys</b>	7:45 8:05
<b>Closing</b> <u>10</u> minutes	Closing Announcements. Announce instructor assignments for next week's meeting. Scout Vespers.	<b>SPL / SM</b>	8:05 8:15
Total 90 minutes of meeting			
<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: April 10 Week: 21

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b>  <u>15</u> minutes	Play Potato Tag ( <i>see below</i> )	<b>Brody</b>	6:30
	<b>Scouts bring bikes this week!</b>		6:45
<b>Opening Ceremony</b>  <u>10</u> minutes	Pledge, Oath, Law, Outdoor Code. Announcements	<b>New Scout Patrol</b>	6:45
			6:55
<b>Skills Instruction</b>  <u>30</u> minutes	<b>New Scouts:</b> Cover these skills: Staying in the bike lane; Turning, stopping, and passing signals; Obeying traffic signs and signals. Practice on a simple course.  <b>Mid &amp; Experienced Scouts:</b> Cover these skills: Signaling to other group members; Taking the lead position. Practice on an obstacle course.	<b>Alex, Jack</b>  <b>Jacob</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>15</u> minutes	Collect dues. Finalize menus for Bike Trip Plan patrol meetings outside troop meetings. Plan for patrol member advancement. Complete & submit Interpatrol Challenge sheet.	<b>Patrol Leaders</b>	7:35
			7:50
<b>Interpatrol Activity</b>  <u>15</u> minutes	Play Four Corners ( <i>see below</i> )	<b>Jack</b>	7:50
			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: April 17 Week: 3

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b> <u>15</u> minutes	Individual scout advancement session	<b>Adults</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>Service Project</b> <u>45</u> minutes	<b>All Scouts:</b> Form two groups, pick up trash along both sides of Riverside Dr. and around the Legion & Robies.	<b>Adults</b>	6:55    7:40
<b>Patrol Meetings</b> <u>10</u> minutes	Collect dues. Plan patrol meetings outside troop meetings. Plan for patrol member advancement. Complete & submit Interpatrol Challenge sheet.	<b>Patrol Leaders</b>	7:40  7:50
<b>Interpatrol Activity</b> <u>15</u> minutes	Play Kickball	<b>Alex</b>	7:50  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: April 24 Week: 4

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b> <u>15</u> minutes	Play Infection Tag ( <i>see below</i> )	<b>Jacob</b>	6:30 6:45
<b>Opening Ceremony</b> <u>10</u> minutes	Pledge, Oath, Law, Outdoor Code. Announcements	<b>Legit Llama Patrol</b>	6:45 6:55
<b>Skills Instruction</b> <u>20</u> minutes	<b>New Scouts:</b> Discuss the benefits of bike commuting to and from school. Discuss the health benefits of biking. Discuss setting goals for long-term cycling. Discuss summer recreational biking opportunities.  <b>Mid &amp; Experienced Scouts:</b> Discuss noncompetitive bicycle clubs, touring groups, and events. Discuss bicycle vacation touring as a great way to stay fit on vacation. Discuss feasibility of a troop bike-packing trip.	<b>Rhys, Lucas</b>  <b>Mr. Record?</b>	6:55  7:15
<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>	7:15 7:25
<b>Patrol Meetings</b> <u>15</u> minutes	Collect dues. Plan menus for May trip Plan patrol meetings outside troop meetings. Plan for patrol member advancement. Complete & submit Interpatrol Challenge sheet.	<b>Patrol Leaders</b>	7:25 7:40
<b>Interpatrol Activity</b> <u>    </u> minutes	Play Wiffleball	<b>Jacob</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>	

### **4-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.

### **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.

### **Potato Tag:**

*Equipment:* A potato (or a ball).

*Procedure:* Choose two scouts to be the Taggers. Choose another scout to start with the Potato (the ball). Everybody spreads out and the Taggers try to tag the other scouts. When a scout is tagged, they must freeze where they were tagged. The scout who has the Potato can give a frozen scout the Potato to unfreeze them, and that scout holds onto the Potato until they give it to someone else who is frozen. If a scout holding the potato is tagged, they are frozen, and should throw the Potato away from them for someone else to get. Taggers cannot hold the Potato.

### **Four Corners:**

*Equipment:* None.

*Procedure:* One scout is chosen to be "it" and stands in the middle of the room. All other scouts chose a corner of the room to stand in. The scout in the middle covers his eyes and slowly counts to 10 out loud. While he is counting, the other scouts may quietly move to another corner (or stay where they are). Once he reaches 10, and WITHOUT uncovering his eyes, the middle scout points to a corner of the room. All scouts in that corner are "out" and must sit down. Once only 4 players are left, only one scout may stand in each corner. Last player left standing wins and is "it" for the next round.

**Infection Tag:**

*Equipment:* None.

*Procedure:* One scout starts out as infected. He must tag other players; as they are tagged, they also become infected and start chasing other players. Infected players must admit they are infected if asked.

*Scoring:* Last uninfected player wins.