



CUBS INTEREST BADGE: SPORTSMAN



Complete the following:

	Date Completed
1. Show reasonable proficiency and take an active part in at least one team sport and one individual sport.	
2. Know the rules and how to score.	
3. Know the equipment used and how to care for it.	
4. Know the safety rules.	
5. Show a good sporting spirit in all Cub activities.	
6. Know the importance of taking a shower after games, if possible, or at least changing out of the clothes worn during the game. Know the importance of good care of the feet.	

Note: a letter must be produced from the sports master, coach, Akela or other adult for No 1, and from Akela for No 5. (can be completed below):

TEAM SPORTS

Baseball
Basketball
Cricket
Hockey
Netball
Rugby
Soccer
Softball
Volleyball

INDIVIDUAL SPORTS

Archery
Badminton
Cross country
Diving
Fishing
Golf
Gymnastics
Horse riding
Ice skating
Jukskei
Martial Arts
Roller skating
Sailing
Skate Boarding
Skiing
Squash
Surfing
Swimming
Table Tennis
Water skiing

Parent/Guardian/Coach Signature: _____

Akela/Cub Leader: _____

1st Randburg