



Sports Merit

Some answers will need to be written on a separate sheet of paper and put into your notebook.

1. Take part for one full season as a member of an organized team in ONE of the following sports, or any other recognized team sport approved in advance by your commander (except boxing, karate, or a sport covered by an existing merit):

- a. Bowling
- b. Cross-country
- c. Diving
- d. Fencing
- e. Field hockey
- f. Gymnastics
- g. Ice hockey
- h. Lacrosse
- i. Rugby
- j. Softball
- k. Team handball
- l. Volleyball
- m. Water polo

Sport Chosen _____

2. Take part in ONE of the following sports, or any other recognized sport approved in advance by your commander (except boxing, karate, or a sport covered by an existing merit) on a competitive basis in two organized meets or tournaments:

- a. Archery
- b. Badminton
- c. Bait or fly casting
- d. Bowling
- e. Canoeing
- f. Cycling
- g. Diving
- h. Fencing
- i. Fishing
- j. Gymnastics



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- k. Handball
- l. Horsemanship
- m. Horseshoes
- n. Orienteering
- o. Paddleball
- p. Sailing
- q. Skating (ice or roller)
- r. Skiing
- s. Table tennis
- t. Track and field
- u. Waterskiing

Sport Chosen _____

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3. Explain the meaning of good sportsmanship and give two examples. _____

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4. Explain the qualities of a good team leader and a good team player _____

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5. Do the following for the two sports you selected for Requirements 1 and 2.

- a. Write down the rules of play.
- b. Make drawings of the playing fields or areas.
- c. Describe the equipment needed to play.

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6. Write a 300-word essay on how participation in the sports you have chosen has personally benefited your life.

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7. Interview a coach (preferably Christian) concerning the proper training, mental preparation, and commitment needed to be a good player. Include the notes from your interview in your notebook.

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