



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. Workbook updated: February 2009.

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.

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. _____

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 -or- ▶ [Academics](#) / [Sports](#)

Webelos Activity Badge Workbooks: ▶ usscouts.org -or- ▶ meritbadge.org

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

These resources and much more are at: http://meritbadge.org/wiki/index.php/Cub_Scout_Ultimate

Cub Scout Ultimate Belt Loop Requirements

1. [Ultimate History, Rules, etc.](#) - [Disc Golf History, Rules, etc.](#) - [Professional Disc Golf Association](#) - [Ultimate Players Association](#)

2-3. [Disc Golf Lesson Videos](#) - Rules, How to Drive, Put, etc.

- [Lesson Videos: Disc Golf Tips & Techniques](#) Throwing styles, skill, catching, etc.
- [Lesson Videos: More Tips](#)

Cub Scout Ultimate Pin Requirements

1-8. [Disc Golf Lesson Videos](#) - Rules, How to Drive, Put, etc.

- [Lesson Videos: Disc Golf Tips & Techniques](#) Throwing styles, skill, catching, etc.
- [Lesson Videos: More Tips](#)

5. [Physics of Flying Discs](#)

6. [Ultimate History, Rules, etc.](#) - [Disc Golf History, Rules, etc.](#) - [Professional Disc Golf Association](#) - [Ultimate Players Association](#)

9-10. [Ultimate History, Rules, etc.](#) - [Disc Golf History, Rules, etc.](#)

Related awards

Tiger Cub Scout

- Achievement 3G could be partially met by completing Cub Scout Ultimate Belt Loop requirement 1

Tiger Cub Electives

- Elective 35 could be met by completing Cub Scout Ultimate Belt Loop requirement 3 or Cub Scout Ultimate Pin requirements 1 or 7

Wolf Cub Scout

Wolf Electives

- Elective 20o. could be partially met by completing Cub Scout Ultimate Belt Loop requirement 3 or Cub Scout Ultimate Pin requirements 1 or 7

Bear Cub Scout

- Achievement 15b. could be met while completing Cub Scout Ultimate Belt Loop requirement 3 or Cub Scout Ultimate Pin requirements 1 or 7
- Achievement 23a. could be partially met by completing Cub Scout Ultimate Belt Loop requirement 1
- Achievement 23c. could be partially met by completing Cub Scout Ultimate Belt Loop requirement 3 or Cub Scout Ultimate Pin requirements 1 or 7

Bear Electives

- Elective 20f. could be met by earning the Cub Scout Ultimate Pin

Webelos Scout

- [Sportsman](#) Activity Badge requirement 4 (earn the Cub Scout Ultimate Belt Loop *while a Webelos Scout*)

General Resources

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

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