



# CUB SCOUT ACADEMICS AND SPORTS PROGRAM



## Sports Table Tennis

### Belt Loop

Complete these three requirements:

- \_\_\_\_ 1. Explain the rules of table tennis to your leader or adult partner.
- \_\_\_\_ 2. Spend at least 30 minutes practicing table tennis skills.
- \_\_\_\_ 3. Participate in a table tennis game.

### Sports Pin

Earn the Table Tennis belt loop, and complete five of the following requirements:

- \_\_\_\_ 1. Compete in a pack or community table tennis tournament.
- \_\_\_\_ 2. Demonstrate your knowledge, use, and care of the equipment needed to play table tennis (racket or paddle, table and net, ball, tennis or basketball shoes, and comfortable clothing).
- \_\_\_\_ 3. Practice 30 minutes developing serving skills.
- \_\_\_\_ 4. Practice 30 minutes developing your forehand and backhand strokes.
- \_\_\_\_ 5. Explain to your leader or adult partner how spin affects the bounce of the ball.
- \_\_\_\_ 6. Accurately set up a table tennis table and net according to USA Table Tennis rules.
- \_\_\_\_ 7. Play five games of table tennis.
- \_\_\_\_ 8. Participate in a table tennis skills development clinic.
- \_\_\_\_ 9. Explain to your leader or adult partner how to score a table tennis game.
- \_\_\_\_ 10. Participate in a game of doubles table tennis (four people playing in one game, two people per side).

Cub's Name: \_\_\_\_\_ Parent's Signature: \_\_\_\_\_

Initial each item completed, sign the form, and turn in to your son's Den Leader.