

Harford District  
2016 Cub Scout Day Camp  
June 27 - July 1  
Cubstruction

Stronger, Faster, Higher



**Station Volunteer's Guide**

Thank you for being a station volunteer! The stations are the heart of camp and truly provide our scouts with an opportunity to try out a new skill (or build on one they know) while having a great time. Our volunteers' knowledge and enthusiasm is what makes our camp great!

To make running the station easier, please take some time to read through the station guide. **While, what is being covered at the station needs to remain as outlined so that the scouts earn the correct achievements, how it is covered is only one of many methods.** If you find a better way to accomplish the requirements or if the method we have outlined doesn't seem to be working...please feel free to change it! This is only a guide...do what works best for you and the scouts coming to your station.

**One other thing to keep in mind** - some stations will be visited by all ranks. That means you may have 6 year olds through 11 year olds and may have to simplify or intensify the methods to meet the skills and knowledge of all the scouts.

Thanks again - we are glad to have you as part of Harford Day Camp!

## **Station Procedures**

- The first station begins at 10:15 on Monday and 9:15 other days...so you have some time! We've tried to only schedule 2 dens at a time (max. 24 boys) but, there may be times when you have 3. Consult your station schedule so you will know who to expect and when.
- Greet dens as they arrive. Many will have a den cheer, ask to hear it!
- Once all the dens arrive or the start time has come, begin going through the procedures for the station. **It is very important that you start and end on time!** Each time slot lasts 45 minutes. If a den arrives 10 minutes late, they **CANNOT** stay 10 minutes past the end of the station...that would make you and them late for the next station. If a den doesn't get finished, suggest they come back during a break or take the remaining activity with them to work on at the den.
- **Execute the station with energy and enthusiasm!** Let the scouts do as much for themselves as possible. It doesn't need to be perfect, they just need to Do Their Best!
- Don't forget the beads. Each scout earns a bead at every station for participating. Beads can be given to the den leader for distribution.
- Once the den is finished, begin resetting for the next group.
- Close the station at the end of the day by packing/organizing the supplies and cleaning and disposing of all trash. Let the Program Director responsible for the station (either Tiger/Wolf/Bear or Webelos) know if supplies are running short!

## **Station Overview**

**Discussion and physical activities will complete this station.**

### **Set-up:**

Open bins and:

- 1) Take out materials needed - see below.
- 2) Set up flip chart and poster

### **Break-Down**

- 1) Return all materials to the bins.
- 2) Please assure that all bins are closed tightly and place under the tent for the night.
- 3) In the event that rainy weather is expected, please take the bins into the Crouse building for the night.

### **Station Objectives:**

Each scout will work to improve their physical fitness

Materials: Flip Chart, Markers, pencils, Stretching Diagrams Poster, chalk, stop watch, recording sheets; 5-lb weights, measuring tape.

### **Activity 1:**

#### **Warm Up and Stretch**

Appropriate warm-up and cool-down periods are an important part of any exercise program.

Why warm up? Let the scouts answer. Record answers on flip chart.

When commencing exercise your body needs to make a number of adjustments. These include:

- increasing your breathing and heart rate;
- increasing the energy-releasing reactions in the muscles; and
- promoting blood flow to the muscles to supply them with more oxygen and to remove waste products.

These adjustments do not occur right away, but require a number of minutes to reach the necessary levels. So the purpose of a warm-up is to encourage these adjustments to occur gradually, by commencing your exercise session at an easy level and increasing the intensity gradually. If you were to start exercising at a strenuous level without a warm-up, your body would be ill-prepared for the higher demands being made of it, which may cause injury and unnecessary fatigue.

What is a warm-up? Let the scouts answer. Record answers on flipchart.

A warm-up usually takes the form of some gentle exercise that gradually increases in intensity.

- increases blood flow to the muscles, which enhances the delivery of oxygen and nutrients;
- warms your muscles, which promotes the energy-releasing reactions used during exercise and makes the muscles more supple;
- prepares your muscles for stretching;
- prepares your heart for an increase in activity;
- prepares you mentally for the upcoming exercise;
- primes your nerve-to-muscle pathways to be ready for exercise; and
- prevents unnecessary stress and fatigue being placed on your muscles, heart and lungs, which can occur if you exercise strenuously without a warm-up.

Do any of you have ideas for how you warm up? Let scouts answer.

## Warm-up

1. General warm-up - discuss and have scouts warm up.

To begin your warm-up do 5 minutes of light (low intensity) physical activity. Have the boys walk in a circle or jog 20 yard back & forth, do jumping jacks, knee lifts, then jog in place. Pump your arms or make large but controlled circular movements with your arms to help warm the muscles of your upper body.

2. Stretching - explain and then have scouts stretch, referring to stretching diagrams.

Any stretching is best performed after your muscles are warm, so only stretch after your general warm-up. Stretching muscles when they are cold may lead to a tear. Stretching during a warm-up can include some **slow, controlled circling movements at key joints, such as shoulder rolls**, but the stretches should not be forced or done at a speed that may stretch the joint, muscles and tendons beyond their normal length. Another component of stretching during a warm-up is 'static stretching' — where a muscle is gently stretched and held in the stretched position for 10-30 seconds. This is generally considered the safest method of stretching.

Some stretches to begin: Forward lunge, side lunge, cross-over toe touch, quad stretch & butterfly.

## Activity 2- Record Breaking Activity

Have the scouts break into pairs and complete the following & record their results on their recording charts:

- a. 20 yard dash (time)
- b. vertical jump (height)
  - \*Measure standing reach/reaching with strongest side toward wall.
  - \*Jump from standing position - measure where fingers touch on the wall.
  - \*Difference between standing reach & jump is the vertical jump height.
- c. lifting a five pound weight (total number completed)
- d. push ups (total number completed)
- e. curl ups (sit ups) (total number completed)
- f. jumping rope (number of jumps in a minute)

## Activity 3- Cool Down

Why cool down? Ask scouts. Record answers on flip chart.

The practice of cooling down after exercise means slowing down your level of activity gradually. Cooling down:

- helps your heart rate and breathing to return towards resting levels gradually;
- helps avoid fainting or dizziness, which can result from blood pooling in the large muscles of the legs when vigorous activity is stopped suddenly;
- helps to remove waste products from your muscles, such as lactic acid, which can build up during vigorous activity (lactic acid is most effectively removed by gentle exercise rather than stopping suddenly); and
- helps prepare your muscles for the next exercise session, whether it's the next day or in a few days' time.

### Cool-down options

1. Continuing your chosen exercise while gradually lowering its intensity. Gradually slowing down the pace and exertion of your activity over several minutes can seem a natural progression, as well as fulfilling the need to include a cool-down period at the end of your exercise.
2. Slow jogging, brisk walking or gentle cycling. Another option is to jog, walk briskly or cycle for a few minutes after your exercise, making sure that this activity is lower in intensity than the exercise you have just performed. Stretching as part of your cool-down

The best time to stretch is during your cool-down, as at this time your muscles are still warm and most likely to respond favorably, and there is a low risk of injury. Stretching helps to relax your muscles and restore them to their resting length, and improve flexibility (the range of movement about your joints).

As a guide, allow 10 minutes of post-exercise stretching for every one hour of exercise. Make these post-exercise stretches more thorough than your pre-exercise stretches. Ensure that you stretch all the major muscle groups that you have used during your exercise. Stretch each muscle group for 20 to 30 seconds, 2 to 3 times.

Have the scouts cool down with stretches and hydrate.

<p><b>Webelos - Stronger, Faster, Higher</b>          Requirement 2          Record your results in the Start Column.  <i>If you continue these activities for Requirement 3, continue recording in Weeks 1 - 4.</i></p>					
Skill	Start	Week 1	Week 2	Week 3	Week 4
20-yard dash (timed)					
Vertical jump (how high)					
Lifting a 5-lb. weight (how many times)					
Push ups (how many)					
Curl ups (how many)					
Jumping Rope (number of jumps/ 1 minute)					

# Stretching Exercises



**1. Neck Flexion/Extension Stretch**  
(Forward, then back)



**2. Neck Lateral Flexion Stretch**  
(One side, then the other)



**3. Latissimus Dorsi and Posterior Deltoid Stretch**  
(Both hands, push elbows together)



**4. Triceps Stretch**  
(pull elbow across and down)



**5. Shoulder Rotator Stretch**  
(bring forward, pull up with the free arm then down with the other)



**6. Pectoral Stretch at 90° and 120°**  
(Use a doorway or post)



**7. Bicep Stretch**  
(hands apart)



**8. Supraspinatus Stretch**  
(keep elbow parallel to ground)



**9. Wrist Extensor Stretch**  
(tilt hand to opposite side, keep elbow straight)



**10. Thoracic Extension Stretch**  
(reach forward with arms, push chest forward flat, arch back down, sacrum behind knees)



**11. Lateral Flexion Stretch**  
(one side, then the other, push joints across as you bend)



**12. Lumbar Extension and Abdominal Stretch**  
(the gentle 4 way)



**13. Lumbar Flexion Stretch**  
(the gentle 4 way)



**14. Lumbar Rotation Stretch**  
(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)



**15. Hamstring Stretch**  
(straight leg)  
(with foot pointed)  
(with foot pulled back towards the knee)



**16. Hamstring Stretch**  
(commence with knee slightly bent, then push knee straight as tension allows, push chest forward)



**17. Adductor Stretch**  
(push down with elbows or knees, very gently, keep back straight)



**18. Gluteal Stretch**  
(pull knee and down leg towards opposite shoulder)



**19. Hip and Lumbar Rotation Stretch**



**20. Quadriceps Stretch**  
(keep joints on floor)



**21. Quadriceps Stretch**



**22. Abductor Stretch**  
(keep feet pointing forward, lunge sideways, or lunge knee, keep back straight)



**23. Hip Flexor Stretch**  
(keep back straight, back bottom's under, lunge forward on front leg)



**24. Tensor Fascia Stretch**  
(continue to push bottom forward, while pushing hip to the side)



**25. Gastrocnemius Stretch**  
(keep knee straight and heel down, foot facing forward)