



Cub Scout Table Tennis

Sports Workbook

The work space provided for each requirement should be used by the Cub Scout to make notes for discussing the item with Akela, not for providing the full and complete answers. Each Cub Scout must do each requirement.

No one may add or subtract from the official requirements found in the **Cub Scout Academics and Sports Program Guide** (Pub. 34299)

This workbook was updated in May 2012.

<http://www.USScouts.Org> • <http://www.MeritBadge.Org>

Please submit errors, omissions, comments or suggestions about improving this workbook to: Workbooks@usscouts.org

Cub Scout's Name: _____ Pack No. : _____

Webelos Scouts that earn the Table Tennis Belt Loop while a Webelos Scout also satisfy part of requirement 3 for the Sportsman Activity Badge.

Cub Scout Table Tennis Belt Loop *(See the [Pin Requirements](#) below.)*

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.

Cub Scout Table Tennis Pin

Earn the Cub Scout 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).
 - racket or paddle
 - table and net
 - ball
 - tennis or basketball shoes
 - comfortable clothing

- 3. Practice 30 minutes in up to two practice sessions developing serving skills.

| Date | From | To |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |

- 4. Practice 30 minutes in up to two practice sessions developing your forehand and backhand strokes.

| Date | From | To |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |

- 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.

| Date | Score |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |

- 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).

Requirement resources can be found here:
http://www.meritbadge.org/wiki/index.php/Cub_Scout_Table_Tennis#Requirement_resources

Important excerpts from the [‘Guide To Advancement’](#), No. 33088:

Effective January 1, 2012, the ‘Guide to Advancement’ (which replaced the publication ‘Advancement Committee Policies and Procedures’) is now the official Boy Scouts of America source on advancement policies and procedures.

- [Inside front cover, and 5.0.1.4] — **Unauthorized Changes to Advancement Program**
No council, committee, district, unit, or individual has the authority to add to, or subtract from, advancement requirements. (There are limited exceptions relating only to youth members with disabilities. For details see section 10, “Advancement for Members With Special Needs”.)
- [Inside front cover, and 7.0.1.1] — The [‘Guide to Safe Scouting’](#) Applies
Policies and procedures outlined in the ‘Guide to Safe Scouting’, No. 34416, apply to all BSA activities, including those related to advancement and Eagle Scout service projects. [Note: Always reference the online version, which is updated quarterly.]
- [4.1.0.3] — **Who Approves Cub Scout Advancement?**
A key responsibility for den leaders is to implement the core den meeting plans as outlined in the Den & Pack Meeting Resource Guide, No. 34409. For Wolf, Bear, and Webelos advancement, den leaders take the lead in approving requirements, though their assistants, and also parents who help at meetings, may be asked to play the role of “Akela” and assist. Parents sign for requirements that, according to meeting plans and instructions in the handbooks, take place at home. For the Bobcat trail and Tiger Cub achievements, parents (or adult partners) should sign in the boy’s handbook; the den leader then approves as progress is recorded in the den’s advancement record.
- [4.1.0.4] — **“Do Your Best”**
Advancement performance in Cub Scouting is centered on its motto: “Do Your Best.” When a boy has done this—his very best—then regardless of the requirements for any rank or award, it is enough; accomplishment is noted. This is why den leaders, assistants, and parents or guardians are involved in approvals. Generally they know if effort put forth is really the Cub Scout’s best.
- [4.1.2.2] — **Cub Scout Academics and Sports Program**
More than just a recognition opportunity, this program develops new skills, improves those existing, and otherwise enriches Cub Scouting. Details can be found in the Cub Scout Academics and Sports Program Guide, No. 34299. Activities include subjects like science, video games, collecting, and chess; and sports such as baseball, skateboarding, and table tennis. Each has two levels—a belt loop and a pin. Belt loops, which can be earned more than once, are awarded when each of three requirements is met. Cub Scouts may then continue with additional requirements and earn the pin. Archery and BB gun shooting are included, but can only be conducted at a council presented activity with certified supervisors.

Additional notes of interest:

- Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements for all Academics and Sports Belt Loops and Pins (**except shooting sports**) in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.
- **“Akela”** (Pronounced “Ah-KAY-la”) — Title of respect used in Cub Scouting—any good leader is *Akela*. *Akela* is also the leader and guide for Cub Scouts on the advancement trail. The name comes from Rudyard Kipling’s Jungle Book. (See “Law of the Pack.”)
- **“Law of the Pack”** —
The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.