



# Cub Scout Bowling

## 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](mailto:craig@craiglincoln.com). Workbook updated: April 2008.

Scout's Name: \_\_\_\_\_

Pack: \_\_\_\_\_

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

**Complete these three requirements:**

1. Explain to your leader or adult partner the rules of courtesy and safety for bowling. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. Show how to pick out a ball of proper weight and with finger holes that fit your hand. \_\_\_\_\_
3. Play a complete game with your family or den. \_\_\_\_\_

### **Cub Scout Bowling Pin**

**Earn the Cub Scout Bowling belt loop, and complete five of the following requirements:**

1. Give a brief history of the sport of bowling. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. Define the following terms: strike, \_\_\_\_\_  
\_\_\_\_\_  
spare, \_\_\_\_\_  
\_\_\_\_\_  
split, \_\_\_\_\_  
\_\_\_\_\_  
miss, \_\_\_\_\_  
\_\_\_\_\_

and foul. \_\_\_\_\_

Show their symbols for scoring. \_\_\_\_\_

3. Demonstrate proper stance, delivery, balance, and follow-through to your leader or adult partner. \_\_\_\_\_

4. Try different types of delivery and hand positions and see which work best for you. \_\_\_\_\_

5. Score a complete game using a score sheet and the proper symbols. \_\_\_\_\_

6. Play at least four games and chart your progress. Figure out your average score. \_\_\_\_\_

7. Compete in a Scout, family, school, or community bowling tournament. \_\_\_\_\_

8. Take bowling lessons. \_\_\_\_\_

9. Attend a parent, high school, college, or professional bowling competition. \_\_\_\_\_

10. Visit a bowling alley and learn about the care and maintenance of the bowling lanes, pins, and racks. \_\_\_\_\_

**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](http://meritbadge.org) -or- ► [Academics](#) / [Sports](#)

**Webelos Activity Badge Workbooks:** ► [usscouts.org](http://usscouts.org) -or- ► [meritbadge.org](http://meritbadge.org)

**Boy Scouts of America:** <http://www.scouting.org/>

► [Guide to Safe Scouting](#)

► [Age-Appropriate Guidelines for Activities](#)

[ExpertVillage.com Lesson Videos:](#)

📺 [Basics](#)

📺 [Beginning](#)

📺 [Advanced Tips](#)

📺 [Professional Tips](#)

Bowl.com: <http://www.bowl.com>

Bowling Rules: <http://www.bowl.com/rules/main.aspx>

Bowling History, variations: <http://en.wikipedia.org/wiki/Bowling>

Professional Bowlers Association (PBA): <http://www.pba.com/>

Bowling Tips: [http://www.bowlersphere.com/bowling\\_strategy/bowling\\_tips/](http://www.bowlersphere.com/bowling_strategy/bowling_tips/)