

## Agenda and Notes: Roadrunner District Roundtable

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**Meeting purpose** To provide leaders with program ideas; information on policy and events; and training opportunities through a forum for sharing experiences and enjoying fun and fellowship with other Scout leaders.

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**Meeting date, time, and place** Date: Thursday, September 5, 2019  
 Time: 7:30 pm to 9:00 pm  
 Place: Longhorn Council Office, Upstairs Room  
 850 Canon Drive, Hurst, TX

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**Pre-Opening** The table below identifies the activities, responsible leaders, and allotted time.

Begin	Time Allotted	Activity	Person Responsible
6:00 pm	30 minutes	<b>Setup:</b> May include setup details such as: <ul style="list-style-type: none"> <li>• Unlocking and locking up facility</li> <li>• Setting up tables and chairs</li> </ul> Secure American flag	Dave
6:30 pm	30 minutes	Commissioners Meeting Eagle Fund Raiser for Michael Thilges	Robert Spence Michael Thilges
7:00 pm	30 minutes	• Registration/Sign-In	Dave

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**General Session** This is the main part of the Roundtable in which all levels of the scouting program participate.

Time	Time Allotted	Activity	Person Responsible
7:30 pm	1 minute	Welcome and Introduction	Stefan
7:31 pm	3 minute	Opening Ceremony	OA
7:34 pm	1 minute	Opening Prayer	TBD
7:35 pm	1 minute	Recognize New Attendees	Stefan
7:36 pm	10 minutes	Big Rock Topic	Stefan or Dave
7:46 pm	10 minutes	Announcements	Stefan
7:56 pm	5 minutes	Travel to Breakout Sessions/Training	All

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## Agenda and Notes: Roadrunner District Roundtable, Continued

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**Cub Scout Pack Leader Session** This is the time that activities are directed to the specific scouting programs.

Time	Time Allotted	Activity	Person Responsible
8:00 pm	45 minutes	Lost In Space	Stefan
8:45 pm	5 minutes	Q&A	Stefan
8:50 pm	1 minute	Closing/Commissioner's Minute	Stefan
8:51 pm	9 minutes	After the meeting fellowship and/or cleanup	All
9:00 pm		End meeting	

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**Boy Scout Troop Session** This is the time that activities are directed to the specific scouting programs.

Time	Time Allotted	Activity	Person Responsible
8:00 pm	10 minutes	<b>Ceremony/Skit/Song/Game</b> Super California Surfer Song	Dave
8:10 pm	5 minutes	<b>Tips for Meetings:</b> Time Test	Dave
8:15 pm	10 minutes	<b>Interest Topic:</b> Demonstrate Scout Spirit	Dave
8:25 pm	20 minutes	<b>Program Feature:</b> Fitness & Nutrition	Denice Taylor
8:45 pm	5 minutes	Q&A	All
8:50 pm	1 minutes	<b>Closing/Commissioner's Minute:</b> Afraid and Brave	Dave
8:51 pm		End Meeting	

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## Boy Scout Breakout Meeting

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**Skit/Song/  
Ceremony**  
5 min

**This part of the program helps provide ideas for skits, songs, or ceremonies that can be used during troop meetings or outdoor activities like campouts or hikes.**

### **Super California Surfer, Expert of the Ocean Song**

Sung to the tune of, well, you know...

Super California surfer, expert of the ocean.  
Even though the most of them  
Do not use suntan lotion.  
When they hit the waves too hard  
They always cause a motion.  
Super California surfer, expert of the ocean.

Um didle iddle iddle um diddle lie,  
Um didle iddle iddle um diddle lie,

Because I was afraid to surf  
When I was just a lad,  
My father took my board away  
And told me I was bad.  
But when I learned the word  
That every surfer knows,  
The biggest word you ever heard,  
And this is how it goes...

Super California surfer, expert of the ocean.  
Even though the most of them  
Do not use suntan lotion.  
When they hit the waves too hard  
They always cause a motion.  
Super California surfer, expert of the ocean.

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**Tips for Troop Meetings**

**5 min**

**Time Test: (NOTE: this should be done over three meetings)**

1. Start with scouts sitting down so that watches, clocks or smart phones can't be seen.
  2. Ask them to get up when they estimate the following amount of times have elapsed (not on the same evening):
    - a. 1 minute
    - b. 30 seconds
    - c. 2 minutes
  3. Suggest after the first exercise that each scout estimates the passing of a second, or five seconds (one Mississippi, one banana pie, etc)
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Boy Scout  
Interest Topics  
10 min

## Demonstrate Scout Spirit

### Demonstrate Scout Spirit

#### Time Available

10 minutes.

#### Learning Objectives

At the conclusion of this session, participants will be able to:

- Understand what is meant by Scout Spirit
- Better use the "Demonstrate Scout Spirit" requirement

#### Suggested Presenter(s)

- District Advancement Chair
- Chaplain Aide
- Roundtable Commissioner

#### Presentation Method

Discussion

#### BSA Reference Materials

- [2015 Boy Scout Requirement Change FAQ](#)
- Scout BSA Handbook
- Scouting Magazine: [New Cub Scout and Boy Scout requirements explore duty to God](#)

#### Presentation Content

"*Scout Spirit*" is simple in concept: Live by the Scout Oath and Law in your daily life. Meaning honor your God by whatever name you choose, and your country, extend your helping hand to others, and steadfastly improve yourself in body, mind, and principles. But it's simultaneously vague, because it doesn't say "do this..." or "do that..." Our founder, Baden-Powell, put it even more simply, and possibly more obscurely, too: "We're not about *being* good; we're about *doing* good."

In the Boy Scouts of America, A Scout's demonstration of *Scout Spirit* is discussed at the

Scoutmaster Conference and can be a part of the Board of Review when advancing to a new rank.

#### Definition of *Scout Spirit*

- It is an ideal attitude that Scouts should strive to display, based on the [Scout Oath and Law](#). The Law emphasizes positive personal virtues, while the Scout Oath stresses duty.
- *Scout Spirit* applies to how a Scout lives and conducts their daily life, both in and out of Scouting.
- A new element of *Scout Spirit* ("Tell how you have done your Duty to God ..."), is alongside the elements of "living the Scout Oath and Scout Law"

#### Discussing *Scout Spirit*

- The troop leader is there to listen to the Scout as the Scout tells how they, the Scout, believe they have done

their duty - that is the requirement. The telling of *Scout Spirit* might be a very brief statement, written or spoken, depending on the Scout.

- *Scout Spirit* is displayed by being a role model. By living the Scout Oath, Law, Motto and Slogan.
- *Scout Spirit* is an opportunity for the Scout to have a self-reflection about belief and reverence. The requirement does not indicate that a discussion or a two-way conversation should take place.
- The Scout is to tell the leader how they believe they have done their Duty to God as defined by both the Scout and their family. Nothing more is required for the Duty to God portion of *Scout Spirit*.
- *Scout Spirit* is not based on how many Scouting events or outings a Scout attends, but rather by how the Scout helps bring out the best in others, as a reflection of their own character and attitude.
- *Scout Spirit* changes based upon where the Scout is in their development of understanding such matters, as well as the Scout matures.

#### Demonstrate *Scout Spirit* by

- telling the truth
- sticking up for kids that are being picked on
- helping out the teacher
- letting everyone play
- saying please and thank you
- helping someone
- playing fair
- not whining or complaining
- asking your friends not use bad language
- listening to music that doesn't promote hate and violence

Even though the *Scout Spirit* requirement looks the same for each rank, they are different. A Scout is continuously developing the understanding of *Scout Spirit*. As one advances in age and rank, a Scout's maturity evolves as well.

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## Boy Scout Breakout Meeting, Continued

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**Program**  
**Feature: Fitness**  
**& Nutrition**

The material for this section of the program is available at <http://troopleader.org/program-feature-fitness-nutrition/>.

**Getting Into Shape:**

Fitness is essential to many Scouting activities and a major contributor to a long, healthy life. The Scout Oath proclaims that a Scout is physically strong, but many Scouts (and leaders) aren't as fit as they'd like to be.

We all know we should eat nutritious meals and get plenty of exercise, but how do you get started if you have developed some bad habits? Living a fit life requires balance in your mind and spirit as well, but how can you find balance if you are stressed out by the demands of school and other activities?

The best way to start is by figuring out where you stand. In this program feature, Scouts will begin by determining their own fitness levels, learn some of the building blocks of fitness and nutrition, and then apply that learning in a challenging main event. This program feature won't turn you and your fellow Scouts into elite athletes, but it will put you on the road toward a healthier, more satisfying lifestyle.

Note: Increased fitness and good nutrition don't happen overnight. While most program features are designed to be done in about a month's time, you might get more out of this module if you do it over several months. Consider using parts of this module to fill in planning gaps throughout the year. If your main event is going to be a race or competition, you will need more than a month to train properly. Before beginning this program feature, it's a good idea for all participants to have an annual medical evaluation by a certified and licensed healthcare provider: a physician (MD or DO), nurse practitioner, or physician assistant. Use the BSA Annual Health and Medical Record.

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## Boy Scout Breakout Meeting, Continued

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**Program**  
**Feature: Fitness**  
**& Nutrition**  
(continued)

### **Related Advancement and Awards**

- Tenderfoot requirements 6a, 6b and 6c
- Second Class requirements 2e, 7a, 7b and 7c
- First Class requirement 2a
- Athletics, Cooking, Personal Fitness, Public Health, and Sports merit badges
- Presidential Active Lifestyle Award
- Presidential Physical Fitness Award

### Get FITT

You can improve your fitness by changing the frequency, intensity, time, and type of exercises you do. Remember the FITT principle:

**Frequency:** How many times do you exercise each week or month? For example, you might walk seven days a week and lift weights three times a week.

**Intensity:** How strenuous is the exercise in terms of weight lifted, speed of movement, or effort exerted? For example, you might start out walking at 3.5 miles an hour and lifting weights at 50 percent of your maximum potential, and slowly increase the intensity as you become more fit.

**Time:** How long do you do an exercise per session? For example, you might walk for 30 minutes and lift weights in two sets with a one-minute rest in between.

**Type:** What kinds of exercise do you do? For example, you might choose between cycling and walking or lifting weights and doing push-ups.

### **The MyPlate Way**

The U.S. government created MyPlate to help Americans learn better eating habits. Each food group is represented by a space on the plate, so you can figure out what and how much you should consume each day. Here are 10 tips from the U.S. Department of Agriculture:

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## Boy Scout Breakout Meeting, Continued

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**Program**  
**Feature: Fitness**  
**& Nutrition**  
(continued)

1. Make half your plate veggies and fruits. Get a good mix of colors, too.
2. Add lean protein. Instead of standbys like chicken, turkey, lean beef, and pork, choose seafood, beans, and tofu.
3. Include whole grains. Read the label! Look for 100 percent whole grain or 100 percent whole wheat.
4. Don't forget the dairy. Choose low-fat or fat-free milk and yogurt.
5. Avoid extra fat. Avoid cheesy or creamy sauces, gravies, and salad dressings, and limit your ice cream intake.
6. Take your time. If you eat slowly, you are less likely to overeat.
7. Use a smaller plate. Doing so will help you control your portions.
8. Take control of your food. Eating at home gives you better control over what you consume.
9. Try new foods. Mango, kale, salmon, barley—there are plenty of tasty and healthy foods to choose from.
10. Satisfy your sweet tooth in a healthy way. Try fresh fruit over yogurt or baked apples topped with cinnamon.

**DRUGS, ALCOHOL, AND TOBACCO** Junk food is bad, but drugs, alcohol, and tobacco are even worse. Visit <http://drugfree.org> and <http://www.tobaccofreekids.org> to learn more.

**Body mass index**, or BMI, is a quick tool for determining how much body fat you are carrying. By entering your height and weight into a BMI calculator, you can determine whether you are underweight, normal weight, overweight, or obese.

If you have Internet access at your meeting place, find a BMI calculator online—a good one is on the [Centers for Disease Control and Prevention](http://www.cdc.gov) website, and let Scouts calculate their BMIs. You can also estimate body fat using a caliper, bioelectrical impedance testing, or hydrostatic weighing.

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## Boy Scout Breakout Meeting, Continued

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**Program**  
**Feature: Fitness**  
**& Nutrition**  
(continued)

**Measuring Flexibility** – The sit-and-reach test is an easy way to measure flexibility of areas such as the lower back and the back of the thighs. This test uses a special “sit and- reach” box, shown here, or similar improvised device such as a yardstick taped to a bench. This stretch works many joints and muscles, including the hips, shoulders, and ankles.

To assume the starting position, remove your shoes and sit facing the sit-and-reach box. Keep your knees fully extended and flat on the floor, and place your feet against the end board. You might need to have someone gently hold your knees flat on the floor. Extend your arms forward with your hands placed on top of each other, palms down. Bend at the hips (not curling the shoulders), reach forward along the measuring scale four times, and hold your hands at the maximum position on the measuring scale for the fourth reach. Record the measurement of the fourth reach.

See the Personal Fitness merit badge pamphlet for plans for a sit-and-reach box.

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## Boy Scout Breakout Meeting, Continued

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**Program**  
**Feature: Fitness**  
**& Nutrition**  
(continued)

### **OBJECTIVES**

This month's activities should:

- Define the importance of fitness.
- Teach Scouts about good nutrition.
- Explain how wellness is related to fitness.
- Emphasize the dangers of drugs, alcohol, and tobacco.
- Teach positive ways to reduce stress.
- Show Scouts how to work toward lifetime fitness.

**LEADERSHIP PLANNING:** As a leadership team, you may want to discuss the following items when choosing fitness and nutrition as your program feature during your planning meetings.

- Should we spread this module out over several months?
- Do we know any personal trainers?
- Do we know anyone who teaches yoga or tai chi?
- What activity will we do for the "Get Out and Play" meeting plan (week 4)?
- What type of race should we participate in for our main event?
- What other skills and training are needed to participate in our chosen race?
- How might we include a camping or overnight component for the main event?

### **PREOPENING IDEAS**

- As Scouts arrive, invite them to play hacky sack. Challenge them to see how long they can keep the beanbag in the air.
- Set out a display of food packages. Have Scouts study the labels and list the strange ingredients they find. Challenge them to find the longest, scariest-sounding ingredient names.
- Show Internet videos illustrating relaxation techniques.
- Set up game space, and do warm-up and stretching exercises.

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## Boy Scout Breakout Meeting, Continued

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Program  
Feature: Fitness  
& Nutrition  
(continued)

### GROUP INSTRUCTION IDEAS

#### Getting Into Shape

- Define what it means to be in shape.
- Explain the components of personal fitness.
- Discuss reasons for becoming fit.
- Explain body composition and how it is measured.

#### Nutrition and Diet

- Discuss what makes up a nutritious diet.
- Learn about the MyPlate approach to eating.
- Discuss how good nutrition is related to the other components of personal fitness.
- Define calories and explain three macro-nutrients (proteins, carbohydrates, and fats).
- Discuss the importance of water.

#### Stress Management and Relaxation

- Discuss the causes of stress, problems stress can cause, and positive and negative ways people try to reduce stress.
- Discuss the negative effects of drugs, alcohol, and tobacco.

#### Get Out and Play

- Discuss guidelines for playing your chosen sport safely and fairly. Discuss how to balance teamwork and individual effort.

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## Boy Scout Breakout Meeting, Continued

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Program  
Feature: Fitness  
& Nutrition  
(continued)

### SKILLS INSTRUCTION IDEAS

#### Getting Into Shape



- Learn the proper techniques and advancement requirements for the following exercises:
    - Strength: push-ups, sit-ups, and pull-ups
    - Flexibility: hurdler's stretch
    - Endurance: standing long jump, 1/4-mile run or walk
- 



- Learn the proper techniques and advancement requirements for the following exercises:
    - Strength: pushups, sit-ups, and pull-ups
    - Flexibility: sit and reach
    - Endurance: 9-minute or 1-mile run or walk
- 



- Learn the proper techniques and advancement requirements for the following exercises:
    - Strength: pushups, sit-ups, pull-ups, and squats
    - Flexibility: sit and reach
    - Endurance: 9-minute or 1-mile run or walk
- 

#### Nutrition and Diet



- List what you ate for the last two days. Evaluate how that fits into the MyPlate concept and whether it represents a balanced diet.
- 



- Do the activity above.
    - Learn how to read food labels.
    - Compare the calories of similar products.
    - Discuss how to lose weight.
- 



- Do the activity above.
    - Learn about nutrition software and smartphone apps.
    - Keep track of foods you eat with an online diet tracker.
    - Set goals and track them for the next month.
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## Boy Scout Breakout Meeting, Continued

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Program  
Feature: Fitness  
& Nutrition  
(continued)

### Stress Management and Relaxation



- Practice stretching and breathing.
- 



- Under the direction of a trained instructor, learn basic yoga.
- 



- Under the direction of a trained instructor, learn basic tai chi.

### Get Out and Play



- Explain the rules of soccer.
- 



- Explain the rules of ultimate.
- 



- Explain the rules of lacrosse.

### BREAKOUT GROUP IDEAS

#### Discussion Topics

- Review the requirements for the [SCOUTStrong PALA Challenge](#). Find out how your group could take advantage of this opportunity to get more fit.

#### Getting Ready for the Main Event

- Menu Planning (if applicable)
- Duty Roster Planning (if applicable)
- Patrols discuss what special items they will need for the main event.

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## Boy Scout Breakout Meeting, Continued

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Program  
Feature: Fitness  
& Nutrition  
(continued)

### GAME AND CHALLENGE IDEAS

- **Body Composition and Fitness Evaluation**
  - *Materials:* Measuring tape, stopwatch, sitand- reach box, scale, skin fold calipers (optional), bioelectrical impedance device (optional)
  - *Method:* Evaluate each Scout’s fitness and body composition for the appropriate advancement that they are working on (Tenderfoot, Personal Fitness merit badge, Quest Award, or Presidential Fitness Award). Test body composition, aerobic function, strength, and flexibility. Set up several testing stations, and do tests round-robin style. Record the results to be used for comparison at later dates as appropriate to the advancement being worked on.
  - Note: Since most awards require multiple tests over time, this activity could be repeated at several meetings or offered as a preopening activity.
- **Know Your Food Groups**
  - *Method:* Have the group stand in a large circle, and have one Scout stand in the middle and be “it.” That Scout points to anyone in the circle and names a food group. In order to remain in the game, the person selected must name a food in that food group within three seconds, or else he must sit down. The last Scout standing becomes “it” for the next round.
- **Ultimate**
  - *Materials:* Flying disc
  - *Method:* In an appropriate setting, divide into two teams. Identify the play boundaries. This game is played by passing the disc from player to player until it reaches a team member in the scoring zone. Focus on team play.

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## Boy Scout Breakout Meeting, Continued

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**Comm Minute**  
**3 min**

### Afraid and Brave

Who is more brave - the Tenderfoot that walks to the latrine on a campout at 2am or the Life Scout that rescues a drowning little 6 year old girl?

Bravery doesn't really depend on the Task being done. It depends on the internal challenge overcome to perform the task. That Tenderfoot may have been very brave to walk all alone in the pitch black to the latrine instead of chickening out and using the bushes right next to his tent. That Life Scout may have had no concerns with going into 5 feet of water.

A good definition of Bravery is: "a quality of spirit that enables you to face danger of pain without showing fear."

Being brave is not being unafraid - quite the opposite; fear and bravery go hand in hand. When you are afraid and can still do what needs to be done, now THAT is being brave.

Whether that is saving someone in danger, sticking up for a new kid at school, or telling someone about your beliefs - there are many situations where you can be brave or cowardly. You find out a lot about who you really are when you find yourself in those situations.

One of the bravest things I ever did was getting up the nerve to turn the lights off in my bedroom as a kid, but that's another story. :-)

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