

**Personal Fitness Merit Badge
Spring Camporee
Hood Park, Cuba, Mo.
April 28-30**

Personal Fitness Merit Badge Counselors-Osage

Kelly Long	Lonedell	(636)629-4091
Michael Neaveill	Robertsville	(636)257- 9741
Cheryl Spratt	Washington	(636)239-5547
Diane Hughes	Rosebud	(573)764-5006 Roy
Quaethe	Washington	(636)239-0441
Alan Overkamp	Washington	(636)239-6408
David Bezold	Marthasville	(636)433-5708

We will be conducting this merit badge in a round robin format to attempt to accommodate as many boys interested as possible and to control the size of the class. There will be a pre-registration available with the deadline being Fri. night at check-in. All scoutmasters have been asked to send an adult if possible to assist in areas such as the measurements. We would like to limit the number of boys to 12-15 in each area at one time.

Following is an example of the schedule. Please review and feel free to make suggestions to make this run smoother.

Hood Park is an excellent facility for us to use. We will have access to classrooms with rest rooms. If there is anything you need to conduct your class let me know and I will do my best to accommodate you.

9:00-9:15	Assemble for instruction
9:15-9:50	first class
9:50-9:55	change classes
9:55-10:35	second class
10:35-10:40	change class
10:40-11:15	third class
11:15-11:20	change class
11:20-11:55	Fourth class
11:55-12:00	Dismiss for lunch

The idea for the classes was to break them down in categories so that the material could be covered in approx. 35-minute sessions. If we have an abundant amount of boys interested we could repeat the sessions in the afternoon for a new group.

If you would please contact me on what category you would like to teach as soon as possible I will send everyone a confirmation.

Class A	Social, Mental, Emotional Health
Class B	Nutrition and Healthy Living
Class C	Exercise and Personal Fitness
Class D	Components of Personal Fitness Measurements

Immediately following the lunch break the boys will be able to report to stations to fulfill the requirements for the aerobic, flexibility, and muscular strength tests. They will also be given a worksheet they can complete their 12 week physical fitness program.

Any questions or input please contact me: Wanda Reeves (573) 885-0858 OR
wl_reeves @ yahoo.com

Thank you so much for agreeing to be a part of this camporee workshop. This camporee is being hosted by Bourbon and Cuba troops the scoutmasters for those troops are Darrel Bosse (573) 732-5206 and Chris Boda (573) 263-1104