



Hit the Trail!

Sports & Fitness - HTT

Purpose

Sports and Fitness helps to keep us in shape and build teamwork. The purpose is to expose the Trailmen to real world examples and the people who work in these fields.

Notes to the Trail Guide //////////////////////////////////////

1. Hit the Trail! serves more as an experience than a lesson based event. The Trailmen should have an experience rather than a class.
2. The goal is for the Trailmen to gain an increased knowledge and awareness of the subject.
3. These outings should relate at the Fox, Hawk, or Mountain Lion patrol level.
4. Many 'Hit the Trail!' activities can be rolled into a campout or other special event
5. See the Leaders Guide for more information on Objectives.

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Notes/Ideas:

Catch a cheap or free sporting event.

Play a sport by the rules.

Participate in a walk for charity.

Activities:

Outside

- Sports Track
- Sports Field (Football, Baseball, Soccer, etc.)
- Hiking Trail
- Obstacle Course
- Geocaching Course

Inside

- Fitness Center
- Indoor Sports Complex
- Roller Skating Rink
- Bowling

Special Guests

Special guests can be invited to talk about how sports and fitness is an important part of their career.

- Professional sports player
- Coach
- Fitness Coach
- BMX/Mountain Bike Rider
- Sports Broadcaster

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