



A Sporting Chance:

Something Different



Manual for Members & Leaders

March 2008

THE 4-H PLEDGE

"I pledge:

My Head to clearer thinking

My Heart to greater loyalty

My Hands to larger service

My Health to better living

For my club, my community and my country."

THE 4-H MOTTO

Learn to do by doing

VISION FOR 4-H ONTARIO

We will be recognized for delivering quality, innovative, and sustainable leadership and life skill programs for youth and volunteers; which will benefit the citizens and communities in which they live.

VOLUNTEER STATEMENT

4-H Ontario volunteers are passionate and dedicated individuals essential to the delivery and success of the Ontario 4-H program.

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Introduction

How to Use this Manual

This manual is designed to complement the original 'A Sporting Chance' project. The original project covered nutrition basics and game strategy; coaching philosophies and body ability; warm ups, cool downs and first aid; equipment and the athlete's body; officiating and being fit; and sport for athletes with a disability. These topics will therefore be covered only in brief in this new project. You may wish to use some of the activities in the original manual, such as some of the warm up and cool down activities, to complement your new club. Make sure that your members warm up before and cool down after all activities!

Each section starts with a **Leader's page**, some with meeting and general activity suggestions, and roll calls. Throughout the manual you will find **references** where members can obtain additional information on the topic if desired. Youth leaders and senior members are encouraged to **"dig deeper"** with more involved activities whenever possible to enhance their knowledge, and take a leadership role whenever possible in bringing the additional information back to the club.

To prepare manuals for the members:

- Read over the manual and decide which topics and activities you would like to use to make the A Sporting Chance—Something Different project a good fit for your members. We have marked pages that we think would be of particular benefit to members with the 🍀 icon.
- Print or photocopy the information sheets and activity sheets that you require. Distribute the information sheets either as a complete manual at the beginning of the club or as smaller units before each meeting.
- Have fun, enjoy the project and remember - each time you lead this project it can be different by choosing to focus on different information sheets and activities within the manual. Not all of the content of this manual needs to be covered in one project.
- When facilitating this project for the first time, keep track of what went well, and what you would change for the next time, because each time the project is taught, the content of the meetings can be different!

Before Planning to Run Any Physical Activity:

- Leaders need to be aware of the medical background and physical limitations of members. Leaders must be knowledgeable and trained to carry out their duties.
- A fully stocked first aid kit must be readily accessible.
- Leaders must make a pre-activity check of the facilities and equipment to be used. (The playing field must be free from hazards, leaders must ensure equipment is safe and balls are properly inflated).
- Possible risks of the activity must be outlined, demonstration on how to minimize the risks must occur, and procedures and rules for safe play must be implemented prior to the activity beginning.
- Players must wear appropriate clothing. Running shoes or appropriate footwear must be a minimum requirement.
- Walls must not be used for turning points or finish lines. A line or pylons should be designated in advance of the wall.
- No body contact.
- Activities must be modified to the age and ability levels of the players and the facility available.
- The number of players must be suitable to the playing area.
- Effective supervision must be in place in order for children to use facilities or equipment.

Adapted from <http://www.playsport.net/Ophea/PlaySport/safetyguidelines.cfm>, accessed March 2008).

Project Requirements

You can customize this project to suit your group, and to make allowances for the time of year you start this project. As there are multiple activities in each chapter, there is enough material to last your club for three years.

The idea behind this resource is to provide members and leaders with an introduction to sports and activities they might not otherwise know much about. However, each topic could probably act as the basis for a new club on its own! Therefore, each section includes a list of more in-depth resources should your members decide they would like to pursue any of these sports as an individual club. Be sure to fill out an application for a **locally approved project**, available in the forms section of the 4-H Ontario website (www.4-hontario.ca) before starting your club.

A typical 4-H meeting consists of 120 minutes [2 hours]. However, because of the length of some of the activities included, you may need to customize meeting time to suit. Your meeting should include the following:

- Welcome/may include warm-up activity while others are coming
- 4-H Pledge
- Roll Call (found in 'Warm Up' sections)
- Secretary - minutes
- Press report
- Treasurer's report [if any]
- New business-includes county events, regional and provincial events, and any club plans
- Meeting content or background
- Activities for the theme

- Clean-up /Adjournment /Refreshments [optional]
- Closing - motto
- Suggested timing for items 1- 6 should be about 10 minutes or less
- New business [varies depending on special planning etc] from 1-5 minutes
- Meeting content or background 5-20 minutes
- Activities - warm up and main, 80-90 minutes
- Clean-up, cool down, and closing 5-10 minutes

ACHIEVEMENT IDEAS

- Plan and present a showcase of the different sports covered in your club at a local mall, fair, or present at a local school
- Have the club create their own sport, and arrange a tournament with other 4-H clubs (after teaching them how to play, of course).
- Have members explore another sport they've never tried.

Encourage the members to continue exploring other sports even after the club is completed - by learning a type of sport they haven't experienced before!



Suggested Activities: Choosing the Right Sport for You - Introductory Activity

The Great Debate—activity time—approximately 15 minutes

Divide members into two teams. Provide each team with scrap paper and pencils. Draw straws or flip a coin to decide which team is 'pro', and which team is 'con'. Assign the debate question, "playing video games is a physical activity". The 'pro' team should argue in favour of this statement, and the 'con' side should argue against it. You may also want to try other debate questions, such as, 'all students should have to take physical education in school'.

To prepare for the debate, give each team 5—10 minutes to come up with as many points as they can for their argument. Amongst the Leader, Youth Leader, or other volunteers, a timekeeper, moderator, and scorekeeper / judge should be appointed.

Once this is done, have each team line up facing each other (on opposite sides of a large table or line of desks is best). One team (A) is given 30 seconds to argue their point, and the other team (B) is given 30 seconds to offer a counter argument. The other team may not interrupt the team presenting their point—they must wait for their turn for rebuttal. Then, the teams switch, with team B presenting their point, and team A rebutting. For each round, the score keeper must decide who has won that portion of the debate. Teams also get bonus points if everyone on their team speaks—but it should be made clear that they must be respectful of each other and wait until their teammates have finished speaking. Points are deducted if one team interrupts the other.

A second speed trial can be added. For each speed round, one member from team A has 15 seconds to present a point, and one member from team B has 15 seconds to rebut immediately afterwards.

For the next round, another member from team B presents a point, and another member from team A rebuts. This is repeated until every team member has had a chance to present a point or rebut.

Points are awarded as follows:
 Winning a regular round: 10 pts
 Full team participation: 5 pts
 Interruption of other team: -5 pts
 Winning a speed round: 15 pts

Materials required: scrap paper, pens and pencils, desks / large table, score card (found on the next page).

General Warm-ups

It is important that members warm up before and cool down after any physical activity. A few general warm ups are found below, in addition to some warm ups included for specific activities throughout this project. For more ideas, and for a list of guidelines for physical activity, contact the Ontario Physical and Health Education Association, at www.ophea.net, email info@ophea.org, or call 1-888-446-7432.

The following activities are adapted from Sambhava and Josette Luvmour, Everyone Wins! Philadelphia: New Society Publishers, 1990)

Big Toe

Have members squat down, grab their toes, bend their knees, and try to jump forward as far as possible.

On Your Knees

Have members kneel down with their backs straight, lift their heels towards their behinds and grab their ankles. Then, have them try to take steps with their knees.

Hop As One

Have members line up, one behind the other. Members then extend their left legs behind so the person behind them can grab their ankle or heel - they should also place their right hand on the right shoulder of the person in front for support. Then, have everyone try to hop forward all at once!

Upside Down Cycling

Split members into pairs.

Have members lie on their backs and touch the bottom of their feet with the bottom of their partner's feet. Then, have them do simultaneous cycling motions first in one direction, then the other.

Spy Tag

Divide members up into groups of four and number off 1-2-3-4.

Within their group, 1 chases 2 (and avoids 4), 2 chases 3 (and avoids 1), 3 chases 4 (and avoids 2) and 4 chases 1 (and avoids 3).

Identify the "re-entry task" that members do when they are tagged; e.g., touch each sideline of the gym, full turn jump at the side of the gym. After completing the task, students rejoin the game.

Remind members to move carefully, being aware of others moving in different directions in the space.

Designate a "spy rehabilitation" area to perform re-entry tasks.

(Adapted from activ8 Module, Grades 7 – 8, page 44. Active Healthy Kids Canada).



Choosing the Right Sport for You

In recent years, health organizations have been paying attention to the 'obesity epidemic'. Lifestyles of the average North American have changed over the last 50 years, leading to people eating more, and exercising less. Governments, especially in the developed world, have spent money and time introducing policies to encourage people to eat healthier and to stay or get in shape.

Playing sports and staying active is one very important way to combat obesity and unhealthy lifestyles. However, **if you don't enjoy physical activity, you likely won't keep doing it!** It is important that when choosing a sport, you pick one that is right for you. This means finding activities that:

- Meet your budget
- Fit your schedule
- Suit your interests
- Are not too physically overwhelming, but are challenging enough to keep your interest
- Are supported in your community.

Benefits of Physical Activity

There are many benefits to physical activity, such as:

- Reducing stress
- Healthy growth for young people
- Strengthening your cardiovascular system
- Increasing flexibility
- Increasing energy levels
- Improving self image
- Fun!

There are many more benefits to regular physical activity—for more information, visit the website of the Public Health Agency of Canada, <http://www.phac-aspc.gc.ca/pau-uap/fitness/benefits.html>



Ways to Keep Active

Even if you aren't a fan of traditional, organized sports, there are many ways to keep active! Some of the activities featured in this club are not necessarily traditional sports, but hopefully will get you thinking about the different ways you can keep active in your daily life.

Keeping active can be a great way to do something together with your family and friends! Why not try one of the following activities with someone you love this weekend?

- Help wash and wax the family car
- Go out and play with your family - play tag or catch, shoot hoops, kick the can, skip rope, jump hopscotch or hula hoop
- Play musical chairs
- Make a snowman, snow fort or igloo
- Have a snowball fight
- Fly a kite
- Go to the local swimming pool
- Get them a newspaper delivery route
- Volunteer at a local food bank
- Participate in a community charity walk
- Volunteer to coach one of their sports teams
- Take a bike ride
- Go for a nature hike
- Go fruit picking
- Build an inukshuk
- Have a pillow fight
- Walk your dog and invite your family and friends to join you
- Throw on a fun upbeat CD or turn on the radio and dance to the music for at least 10-15 minutes
- Walk to the store
- Start a walking club with your neighbours and friends
- Attend community events and fairs that offer physical activity opportunities

Adapted from "Easy and Fun Tips", Participation website—<http://www.participation.com/active/funtips.htm>—January 7, 2008.

Wide Open Spaces - Introduction

Playing sports in wide open spaces, especially when the weather's fine, is a great way to get lots of people involved and active. You may need to consider weather conditions for these sports - if playing during warm weather, make sure you have lots of water available for participants!

There may be some pre planning involved as well - if using a school soccer field, you may need to get permission to use their property - if using a public park, please be respectful of other people using the park. Make sure you check out the field before your meeting to check for obstacles, or soggy puddles if it's rained recently!

Sports Covered in this Chapter

Bocce Ball, Ultimate Frisbee, and Bolo / Ladder Golf are focused on in this chapter - however, there are plenty of other sports you could explore if your members are looking for something different!

These might include:

- Lawn Bowling
- Cricket
- Frisbee Golf
- Flag Football
- Pétanque

Notes on Fitness Levels for this Chapter

Both Bocce Ball and Bolo / Ladder Golf are fairly low-impact sports, and should suit players of a range of ages and abilities. Ultimate Frisbee is higher impact, but due to the non-contact nature of the sport, as well as its emphasis on fairness and good sportsmanship, can be adapted to suit.

Roll Calls:

Bocce Ball - Name a wide open space in which you could play bocce ball

Ultimate Frisbee - Do your best 'hippie' impression!

Bolo / Ladder Golf - Bolo Ball has many names - make up your own silly name for Bolo Ball!



Bocce Ball

Bocce ball is similar to games such as lawn bowling. It's perfect for playing on a sunny, warm, day, in a wide open field, with a bunch of your friends! You can pick up bocce sets fairly cheaply at your local toy or hardware store. Remember – you'll need lots of space for this game!

History

(from <http://www.bocce.org/history.html>, accessed Jan. 2008)

“Throwing balls toward a target is the oldest game known to mankind. As early as 5000 B.C. the Egyptians played a form of bocce with polished rocks. Graphic representations of figures tossing a ball or polished stone have been recorded as early as 5200 B.C. While bocce today looks quite different from its early predecessors, the unbroken thread of bocce's lineage is the consistently common objective of trying to come as close to a fixed target as possible. From this early objective, the basic rules of bocce were born. From Egypt the game made its way to Greece around 800 B.C. The Romans learned the game from the Greeks, then introduced it throughout the empire. The Roman influence in bocce is preserved in the game's name; bocce derives from the Vulgate Latin *bottia*, meaning boss.

The early Romans were among the first to play a game resembling what we know as bocce today. In early times they used coconuts brought back from Africa and later used hard olive wood to carve out bocce balls. Beginning with Emperor Augustus, bocce became the sport of statesman and rulers. From the early Greek physician Ipcrates to the great Italian Renaissance man Galileo, the early participants of bocce have noted that the game's athleticism and spirit of competition rejuvenates the body.

As the game enjoyed rapid growth throughout Europe, being the sport of nobility and peasants alike, it began to threaten with the health of nations. The popularity of the game was said to interfere with the security of the state because it took too much time away from archery practice and other military exercises. Consequently, Kings Carlos IV and V prohibited the playing of bocce, and doctors from the University of Montpellier, France, tried to discredit the claim that playing bocce had great therapeutic effect in curing rheumatism.”

A french game, boules, game similar to Bocce ball came to North America, and Bocce itself became popular with the arrival of Italian immigrants in the late 1800s.

Materials needed: wide open grassy space, bocce ball set (available from hobby / toy stores)

How to Play Bocce Ball

Adapted from http://www.ehow.com/how_3109_play-bocce-ball.html

- Players are permitted to throw the ball in the air using an underarm action. This is generally used to knock either the jack or another ball away to get a better position.
- Find a flat, level playing surface (packed dirt, gravel or grass are ideal). A regulation bocce court is 76 feet long and 10 feet wide.
- Divide players into two teams of one, two or four players each. Each team gets four balls, divided equally among the players.
- Have a player from the starting team stand behind the foul line (which is 10 feet from the throwing end of the court) and throw the small ball, or "pallina," toward the opposite end of the playing surface.
- Let the player then throw one of the larger balls, or "boccia," trying to get it as close to the pallina as possible without touching it.
- Have players from the opposing team take turns throwing their balls until one of the balls stops closer to the pallina than the starting player's ball. If they fail to do so, the starting team tries to outdo its first attempt.
- Let the starting players take their second turn if the opposing team gets closer to the pallina than the starting team without using all of their balls.
- Continue in this fashion until all eight balls have been thrown. The team with the closest ball gets one point for each of its balls that are closer to the pallina than the other team's closest ball.
- Keep in mind that if the two teams' closest balls are an equal distance from the pallina, no points are awarded.
- End the frame after all eight balls have been thrown and appropriate points have been awarded. The scoring team begins the next frame. If no team previously scored, the team that threw the pallina last begins the next frame.
- Play as many frames as needed until one team has a total score of 16 points.

Tip:

Players may use their balls to knock the other team's balls away from the pallina, or to knock the pallina

Resources:

Websites:

<http://www.bocce.org/rules.html>

Bocce Ball on Wikipedia - <http://en.wikipedia.org/wiki/Bocce>

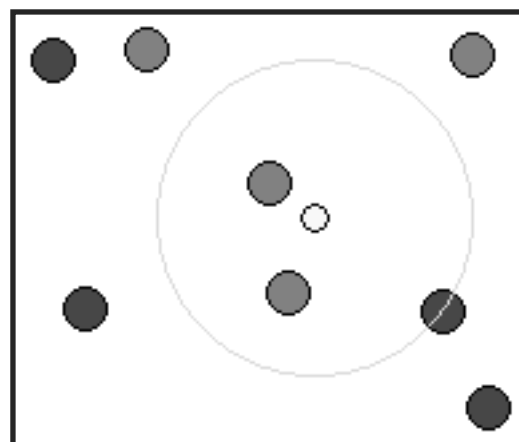


Diagram showing red scoring 2 points

Ultimate Frisbee

Ultimate Frisbee, or 'ultimate' as it's known to those who play it regularly, is a cross between Frisbee, and American football – however, it's a non-contact sport! So it's a great game to play with a group of people with a mixture of ages and abilities.

Materials needed:

A Flying Disc (Frisbee) ideally 175 grams
Wide open space, such as a park or playing field

History

'Ultimate' Frisbee was actually invented in a high school in Maplewood, New Jersey, in the 1960s. It became associated with 1960's counter-culture. In the 1970s, teams began to be formed in US colleges, and in the 1980s, professional organizations began to be formed.

The keys to playing Ultimate Frisbee are sportsmanship & respect. According to the Ultimate Players Association, "Ultimate has traditionally relied upon a spirit of sportsmanship which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of the bond of mutual respect between players, adherence to the agreed upon rules of the game, or the basic joy of play. Protection of these vital elements serves to eliminate adverse conduct from the Ultimate field. Such actions as taunting of opposing players, dangerous aggression, intentional fouling, or other 'win-at-all-costs' behavior are contrary to the spirit of the game and must be avoided by all players."

In fact, Ultimate Frisbee is self-officiated, which means, there are no referees! The players enforce the rules themselves.



Image: Adam Ginsberg, <http://creativecommons.org/licenses/by-sa/2.5/>

Activities

Warm-ups:

- Have all participants run around the field a few times to get their hearts pumping!
- Do some stretching exercises – swing your arms around, touch your toes (if you can, or just grab your ankles), gentle, easy stretches.
- Practice throwing and catching - check out the handbook, 'Ultimate for Beginners,' included in this project for tips!

Make a Tie-Dyed T-shirt - one for each team!

From <http://www.squiglyplayhouse.com/ArtsAndCrafts/Crafts/Tie-Dye.html> - used with permission.

What you need:

- ✓ White or light coloured 100% cotton T-shirt. You can also tie-dye pillowcases, bandanas or anything else you would like.
- ✓ Fabric dyes, any colour(s)
- ✓ Rubber bands
- ✓ Plastic sheet
- ✓ Bucket or bowl, you will need one each for each colour you choose.

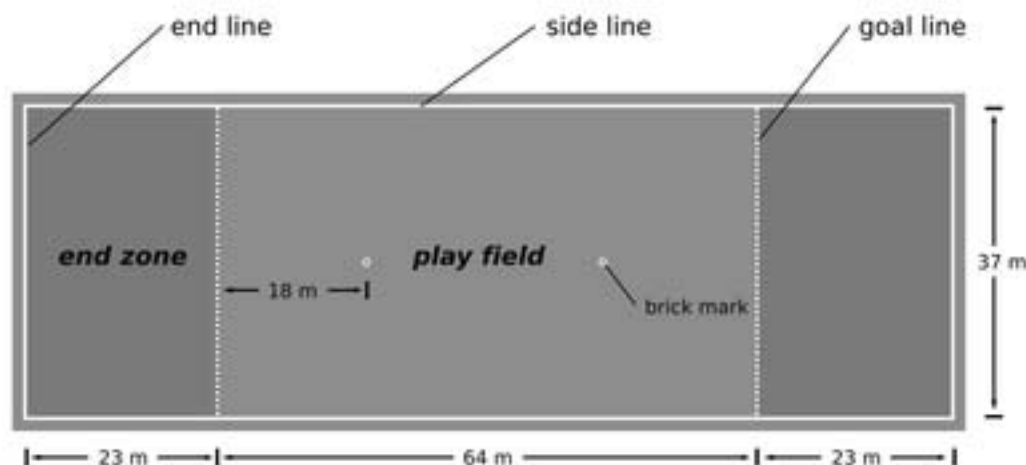
What you do:

1. Protect your work area with plastic sheets. If you don't have any, use plastic garbage bags.
2. Wash your shirt in warm water to pre-shrink it.
3. Mix your different colour dyes according to the package directions. If you are only tie-dying one item, you do not need to use all the dye solution. Make the dye solution as light or as dark as you like.
4. Crumple, fold, twist, knot or stitch the shirt in any design you like, binding it tightly with elastic bands. Wherever you bind the fabric no dye can penetrate.
5. Immerse the shirt in the dye. If you are using more than one colour, dip the various parts in the different colours. Allow the shirt to soak up as much colour as you like. If you like darker colours you will have to let the shirt soak for a longer period.
6. Once the shirt is dyed to your liking, allow the shirt to dry for one to two days. **Do not remove the elastics.**
7. Once the shirt is dry, remove the elastics and gently re-wash it. Lay the shirt flat and allow it to dry

Play Ultimate Frisbee!

How to Play: (for more in-depth instruction, check out the 'Ultimate for Beginners' manual included at the end of this chapter!)

- Split the players into two teams. Regulation Ultimate calls for 7 players on each team, but you can adjust the size of your teams to suit the number of participants. Ideally, it's best to have more than 7 players on each team, so that you can give players a chance to rest (with 7 on each side during play).
- As with football, the field consists of an end zone on each end, and a playing field in the centre. Play starts with each team lining up along the border of their end zone. Before the game starts, players flip a coin to determine which team is offensive, and which is defensive. To start play, the defensive team throws the Frisbee to the offensive team – this first throw of the game is known as the **pull**. Before the throw, a member of the defensive puts one arm in the air and yells 'ultimate!' to signify the start of the game.
- Once the pull is thrown, the defensive team moves to the playing field, and tries to intercept the Frisbee before the offensive team can score. Players score by catching a pass in the end zone of the opposing team.
- Players cannot pass the Frisbee when running, and cannot run with the frisbee; they must be stationary.
- After catching the Frisbee, the player must stop after a couple of steps.
- Once a player catches the Frisbee, and if there is an opposing player within 3 metres, they must pass the Frisbee within 10 seconds. That opposing player is known as the 'marker', and they count down from 10 to keep time. If there is no defender within 10 metres, there is no time limit.
- To gain possession of the Frisbee, the defending team tries to intercept the offensive team's throws. The Frisbee can be thrown in any direction.
- After a point is scored, the scoring team takes the defenders' end zone, and end zones are switched. Play starts again with the scoring team sending out the pull.



There are other ways the Frisbee changes possession:

- **Throw-away** – The thrower misses his target and the disc falls to the ground.
- **Drops** – The receiver is not able to catch the disc.
- **Blocks** – A defender deflects the disc in mid flight, causing it to hit the ground.
- **Interceptions** – A defender catches a disc thrown by the offense.
- **Out of Bounds** – The disc lands out of bounds, hits an object out of bounds or is caught by a player who lands or leaps from outside the playing field.
- **Stalls** – A player on offense does not release the disc before the defender has counted out ten seconds.

Other Variations:

There are several variations to ultimate Frisbee, including indoor and beach variations. For indoor Ultimate, teams may follow Quebec City Rules to speed up play:

Only 2 pulls every game: at the beginning of the game and after halftime. Each team pulls once.

- After a point is scored, play resumes from the end zone where the point was scored.
- Minimum two passes required to score a point after a score.
- Maximum 20 second delay between the scoring of a point and the beginning of the next one.
- Players may only sub on and off the field between points.
- Each team is allowed one timeout per game.
- Timeouts cannot be called in the last 5 minutes of the game.



Other Ultimate Tips:

(From [http://en.wikipedia.org/wiki/Ultimate_\(sport\)#Spirit_of_the_game](http://en.wikipedia.org/wiki/Ultimate_(sport)#Spirit_of_the_game))

- A foul occurs when there is physical contact between players – although if the contact is minor, it is ignored. Possession remains with the player fouled. Players decide amongst themselves whether a foul has been committed – in case of disagreement, possession returns to the last thrower.
- Time limit – there are no time limits for Ultimate – teams decide to what point they will play until (i.e. first team to score 11 points, wins. When a team scores to half of the winning number, half time is called.
- Substitutions – players can be substituted after a point is scored, or in case of an injury.
- At the end of the game – each team ‘cheers’ the other – they make up a fun, positive cheer, sometimes with a song, about the opposing players.

At the End of the Game - Make up Cheers!

Give each team 5-10 minutes to come up with a cheer for the other team! Give them the following tips to help them come up with a cheer:

- 1) Does your opponents’ name fit with a popular song, nursery rhyme or TV commercial? Switch the words so that they relate to your game.
- 2) Did something happen during the game that was funny, embarrassing or worthy of praise? Add a line to your song about it.
- 3) If neither of the above apply, you are going to have to turn up the creative juices!! Perhaps a short skit, opera spoof or dramatic performance is in order?

From <http://www.ultimatehandbook.com/uh/>, accessed February 21, 2008

Resources and Other Activities

Visit http://www.expertvillage.com/video-series/2469_ultimate-frisbee.htm to view some tutorials on how to play Ultimate

Visit <http://www.addictinggames.com/discgolf.html> to play a virtual version of ‘frisbee golf’ – don’t stay indoors too long though – go out and play for real!

For variation rules, or more techniques, visit <http://www.whatisultimate.com/>, [http://en.wikipedia.org/wiki/Ultimate_\(sport\)](http://en.wikipedia.org/wiki/Ultimate_(sport)), http://www.ultipedia.org/wiki/Main_Page, or <http://www.bofh.com/other/ultimate/ultimate.html>

Parinella, James C. and Eric Zaslow. Ultimate Techniques and Tactics. Human Kinetics, 2004
<http://www.ultimatehandbook.com/uh/> - for lots of great tips and animated tutorials!
<http://pbskids.org/itsmylife/body/teamsports/article7.html>

The handbook following is reprinted with permission - thanks to <http://www.ultimatehandbook.com>

ULTIMATE FOR BEGINNERS

“Ultimate for Beginners” is part of an ongoing project to provide high-quality educational material for those learning the sport of Ultimate Frisbee.

Check out the online site:

www.ultimatehandbook.com

A 10 minute video introduction to the sport of Ultimate Frisbee is now available!

“Play Ultimate” navigates the Ultimate player through the basics of one of the fastest growing sports in North America - Ultimate Frisbee.

To order this video:

www.playulty.com



Introduction

When a ball dreams... It dreams it's a Frisbee

Dr. Stencil B. Johnson,
International Frisbee Hall of Fame inductee

Ultimate is a noncontact, fast paced field sport played with two teams of seven. The object is to throw a frisbee up the field from teammate to teammate until it's caught in the opponent's endzone. The game combines elements from other sports - the running of soccer, the jumping, pivoting, passing and continual turnovers from offence to defense of basketball, and the long bombs into the endzone of football. It's played year-round.

Ultimate began in 1968 in Maplewood, New Jersey by a bunch a students from Columbia High School. The staff members of the school newspaper, the Colombian, and its student council developed a new game as a gag and activity for their high-school evenings.

*“Competitive play is encouraged,
but never at the expense of mutual
respect between players and the
basic joy of play”*

The game was freeform early on, with as many as 20 or 30 players allowed per team. Initially played as Frisbee Football, the rules were slowly modified, eventually eliminating running with the disc and the system of downs, and establishing a set of rules for the defense. As the students graduated the game spread to the college level.

Today, Ultimate is played by people from all walks of life in 35 countries throughout the world. From the 25,000 amateur athletes that compete through the

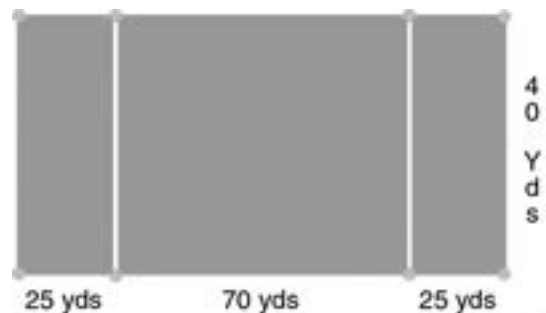


UPA (Ultimate Players Association) and the WFDF (World Flying Disc Federation) to the even greater number that play in informal leagues and casual pickup games; Ultimate is a sport for everyone.

The best way to learn Ultimate is to play it. Take the opportunity to join local pick-up games. This will give you chance to play with some experienced players and perhaps ask them questions. Some cities and leagues even offer skill clinics which is a great way to receive top-notch coaching.

The 10 Rules of Ultimate

1. The Field -- A regulation ultimate field is 70 yards by 40 yards. The endzones are 25 yards deep.



2. Starting Play - There are seven players per team. Each team lines up across the front of their endzone at the beginning of each point. The team with the disc will pull (i.e. throw) the disc to the other team. This starts gameplay.

3. Movement of the disc - The offensive team can move the disc in any direction by successfully completing a pass to a teammate. Once a player has the disc they cannot run with it. Only one defensive player is allowed to guard the handler (i.e. the player who currently holds the disc). All

other defensive players must be at least 10 feet away.

4. The Stall Count -The player with the disc (i.e. the thrower or handler) has ten seconds to throw it. The defender guarding the thrower (i.e. the marker) will establish this ten count (or stall count).

5. Change of possession (Turnover) -- When a pass is not completed (e.g. out of bounds, drop, block, interception) or a ten count occurs, the defense immediately takes possession of the disc and becomes the offense. This is called a turnover.

6. Scoring - When the offense completes a pass into the opposing endzone, this is a point.

7. Contact - No physical contact is allowed in the game of ultimate. Picks and screens are also prohibited as they often lead to injury.

8. Fouls - When a player initiates contact on another player a foul occurs. The player who was fouled must immediately yell “foul” and gameplay promptly stops. If a foul call disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.

9. Self-Refereeing - Players are responsible for their own foul and line calls. Players resolve their own disputes. There are no referees.

10. Spirit of the Game - Ultimate’s underlying philosophy is sportsmanship and fair play. Competitive play is encouraged, but never be at the expense of respect between players, adherence to the rules, and the basic joy of play.

OFFICIAL RULES:

www.upa.org

More Info:

www.ultimatehandbook.com

2

Spirit of the Game

The rules of Ultimate, like any sport, take a while to learn. But the most important concept is “Spirit”

“Spirit of the Game”, or SOTG, is the underlying philosophy of Ultimate. Players are among the most courteous of athletes and always maintain a high level of sportsmanship and respect for their opponent. There are no referees in Ultimate, which means that players must govern their own conduct on the pitch. A player would never intentionally violate the rules of the game, so there are no harsh penalties to enforce these rules. If there is an infraction, it is the responsibility of the players involved to call the foul. This includes calling a foul on yourself if the person you fouled does not call the infraction. In essence, Ultimate relies on the honour system with the belief that no one would ever intentionally cheat.

The rules of Ultimate, like any sport, take a while to learn. But the most important concept is “Spirit”. Competitive play is encouraged, but never at the expense of mutual respect between players and the basic joy of play.



Five Ways to Bring More Spirit to Your Games.

- 1) Always praise and support players on both teams. If someone makes a great catch get your whole team to make some noise. Alternatively, if someone makes a mistake and is angry with themselves, it helps to encourage them with a “Nice try red team, go get it back!!”.
- 2) Introduce yourself to your opponents on the field. While you are both stacking up, reach out a hand and introduce yourself and wish them a good game.
- 3) Challenge your opponents to a silly point. All hammer throws, skipping, holding hands, left handed etc.
- 4) Share your food! Bring some extra cookies, cake or fruit to the game and pass it around.
- 5) Maintain a positive attitude at all times. The most challenging part of SOTG is to keep it going when the going gets tough. You may be down 11- 2 but remember that Ultimate is just a game and tomorrow the sun will still rise if you lose. So you might as well lose with style, spirit and class!

To the tune of “Help from my friends” -Sung by Illegal Smile to Hello My Name is, Vancouver Ultimate League

What would you do if we gave you a name
Like Fuzzy, Rudolph or Jane?

How would you feel at the end of the game
now that we'll never see you again?

We'll get by with a little help from your food

Do you feed everybody?

And give them nametags too?

Will you play us on Sundays and give us all
something to do?

We'll get by if you say you're our friends

We can try if you say you're our frineds

The Cheer

One of the unique aspects of Ultimate is that you must cheer the other team at the end of each game. We're not talking a quick hip-hip-hooray, that just doesn't cut it. You want to create something that commemorates the fun you had with your opponents. It usually involves taking a well-known song and re-writing the lyrics, perhaps throwing in some choreography, and most importantly, having lots of fun.

Remember, enthusiasm counts more than talent. No matter how bad or good your team does during the game, it's hard to take yourself seriously when a bunch of people are massacring a perfectly good song.

There are a lot of approaches you can take when developing a cheer. Get your entire team together in a circle immediately after the game. It always helps to have a leader when developing your cheer. The song leader plays an important role in activating the creative spark in your team. Keep the team on track and attentive by involving everyone. Lead a quick team brainstorm and ask the following questions:

- 1) Does your opponents' name fit with a popular song, nursery rhyme or TV commercial? Switch the words so that they relate to your game.
- 2) Did something happen during the game that was funny, embarrassing or worthy of praise? Add a line to your song about it.
- 3) If neither of the above apply, you are going to have to turn up the creative juices!! Perhaps a short skit, opera spoof or dramatic performance is in order?

Once you have determined the direction your cheer will take, you have a choice: write your cheer down or commit it to memory. We are going to suggest you don't write down your cheers! Memorizing cheers forces the whole team to either participate or at least listen during the cheer writing process. When cheers are written down, your teams' eyes are glued to piece of paper during the presentation and only a couple of people will really know the song. At first, it's always hard to convince your team that memorization is the easiest way.

Start by "talking" the cheer, line by line, until you reach the point where you run out of words. Every time you add a new line or verse, start from the beginning. Now you are using all of the brains on your team to come up with more lyrics! Add the singing when people get used to the new version of the song.

Rehearse your cheer a few times so that you are putting

just as much effort into praising the other team as you put into playing a great game! Remember, enthusiasm is everything! You are not being judged on singing or acting ability. People will appreciate an honest effort.

The cheer is what makes Ultimate so unique. It allows your team to express how much fun you had and shows them you appreciated the great time. The best way to clear the air after an intense game is to give them a cheer they won't forget!!!

To the tune of "Call Me" by Blondie

Call me, down the line,
you can throw it to me anytime,
Call me, its just fine
If you huck it, I'll be there in time
Call me!

Cover me with dirt and grass,
we're sliding in the zone
throw the disc to me baby
I'm standing all alone
Pressures on, I can't stand still
if I don't get it someone will
Call me!

More Info:

www.ultimatehandbook.com

3

Throwing

The two most important throws in Ultimate are the backhand and forehand. The backhand is the throw everybody has used since day one to chuck around a frisbee at the beach. The forehand is the inverse version of the backhand.

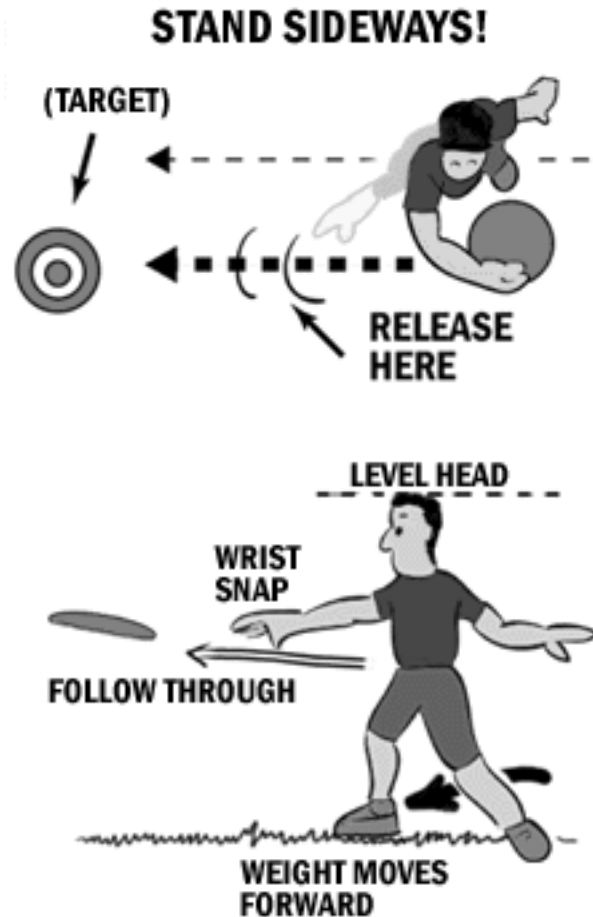
Backhand

To throw a proper backhand your grip should have all four fingers curled around the rim. The thumb lies on top of the disc, close to the rim. Make sure to keep the grip relatively tight, as this gives the disc stability.



As a beginner, your natural tendency will be to face the person you're trying to throw to. This often results in a throw that goes way off target. If you are a right-handed thrower, stand with your right shoulder facing your receiver or target. Left handers use their left shoulder. It's important to remember that the force of the throw not only comes from arm strength, but also from your weight imparting energy to the disc. Remember to keep your knees a bit flexed so your body isn't rigid.

Swing your arm forward with moderate force. You don't want to heave the disc, but rather have a smooth controlled



motion. Shift your weight forward as you're doing this and take a slight step ahead with your front foot. This will give you added extension around your defense and balance during the throw.

The point where you release the disc will determine which direction it goes: left, right, or straight. As you release the disc, snap your wrist forward. As it propels off of your index finger, the disc will begin to spin. The harder you snap your wrist, the more spin the disc will have, and it's the spin which keeps the disc stable during flight.

Be careful that you keep your wrist in line with your arm as you snap the disc. If your thumb lifts upward during the throw, the disc will lose control.

Just like a golf swing, continue your arm motion even after the disc has left your fingers. This is known as "follow through" and helps your throw to maintain a nice fluid consistency.

Forehand (Flick)

The basic forehand grip is shown below. The index finger points to the center of the disc, giving you control of the disc angle. The middle finger lies across the inside rim. The other two fingers are curled into your palm. The thumb lies on top of the disc.



If you're a right handed thrower, stand with your left shoulder forward and your torso pointed slightly towards your target. Left-handers should do the opposite. Your feet should be shoulder width apart with your throwing arm behind your rear leg. Keep your knees flexed so your body isn't rigid.

Bring your arm backwards so the disc is above your rear leg and your weight is shifted slightly back. The disc shouldn't be parallel to the ground but dropped down to about 45 degrees by bending at the wrist.

Your elbow is the pivot point and should not move during the entire throwing motion. Swing your arm forward with considerable force. To launch the disc, you want to stop your hand with a jerk and snap your wrist. Essentially all the energy from your arm and body will focus to the middle finger along the rim of the disc.

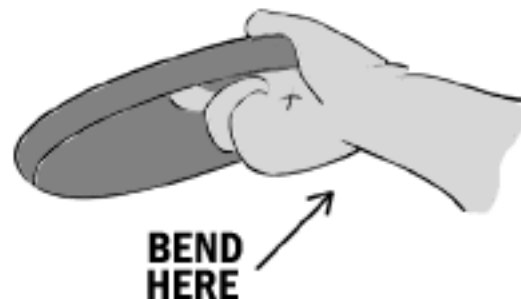
Because your arm only travels a short distance, the possible release points are much closer together. A good point of release is just after your wrist crosses your rear leg. Follow through is not necessary during the forehand throw.

More Info:
www.ultimatehandbook.com



Beginners often throw off the wrong foot. Make sure your weight is on the same foot as the hand that's holding the disc

FOREHAND GRIP



The disc shouldn't be parallel to the ground but dropped down to about 45 degrees by bending at the wrist.



To launch the disc, you want to stop your hand with a jerk and snap your wrist. Your elbow is the pivot point and should not move during the entire throwing motion.

4

The Basics of Ultimate



Before starting a game of Ultimate, the captains from each team will flip a disc. A third player calls “same” or “different” before the discs hit the ground. If the call is correct, then that person’s team has the choice to throw or receive the first “pull”, or alternatively to choose the endzone they would like to defend for the first point.

Each team lines up seven players across their respective goal line. The receiving team should maintain their positions relative to each other until the pull is thrown. This allows the opposing team to figure out who they will check (i.e. defend).

The Pull

Everyone is in position, happy, smiling, ready to play. The person pulling the disc will raise their hand, indicating that their team is ready. The opposing team will raise their hand in turn and the game begins. The pull is thrown, the disc sails gracefully through the air to the other end zone, and the pulling team runs down the field to pick up their ‘checks’.

“LET THE GAMES BEGIN!!!”

The receiving team doesn’t have to catch the pull. Whoever touches the disc first (either by catching it or picking it up from the ground) becomes the first handler. A good idea is to designate someone on your team to be the first handler; This will minimize confusion. If by chance the disc hits the ground and starts rolling, any player on the receiving team can stop the disc without becoming the first handler.

Unless you are confident that you will catch the pull, let the disc hit the ground. If you try to catch the disc and fail, it’s a turnover (and usually just a few

meters away from your endzone).

If the disc lands inside your end zone, then the receiving team has the choice to play immediately from within the endzone or walk the disc to their goal line. To put the disc into play, touch it to the ground. Note: You cannot decide to play from the goal line, and then change your mind and throw the disc prior to reaching the goal line.

If the disc flies out of bounds, someone from the receiving team should raise his arms and yell “middle”. This allows you to play the disc from the middle of the field at the point where the disc crosses the sideline. If you don’t call “middle”, then you must play it from the sideline.

If the disc flies out the back of your endzone, it is considered a “Brick” and play is initiated in the middle of the field, three meters forward of the goal line.

Marking the Handler

The disc is pulled to the other team, a player from this team picks up the disc (he becomes the “handler”), and a defender from the opposing team (i.e. the “marker”) sets up to block the throw. Once the disc is put into play, the marker starts a stall count (at one second intervals) “Stall one, Stall two, ... up to “Stall Ten”. If the marker reaches stall ten (the “T” of ten to be exact) before the handler initiates a pass then it’s a turnover. If the disc is thrown, the “marker” should yell “UP” to let teammates know the disc is in the air.

A fast stall count is against the rules. In the event of a fast count call by the thrower, two seconds

are deducted from the count and play is continued without interruption. A second fast count results in a foul. When this happens, play is reset with a count of zero.

The marker must be closer than three meters and greater than one disc length from the handler before they can initiate a stall count. You cannot straddle the thrower's pivot foot or prevent the thrower from pivoting.

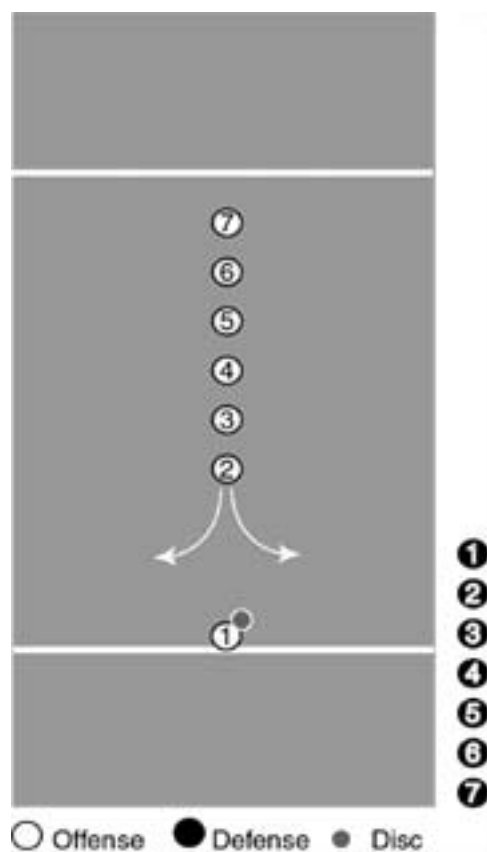
Only one player can mark the handler at any one time. All other defensive players must be at least 3 meters away.

The Stack

The handler is looking for an open teammate. He has ten seconds to throw the disc but there are fourteen players on the field, twelve of which are running in order to get open for a pass. Needless to say, things very quickly get chaotic and disorganized. Players will find it difficult to get open because someone is always in their way. You will also find that occasionally you must stop so that you don't inadvertently pick an opponent.

You cannot use any other player on the field to impede the progress of your check. This is called a "pick" and was instituted to prevent injuries, primarily high-speed collisions between players.

If you find yourself in a "pick" situation, yell "pick" and play will promptly stop. If the disc is in flight when the call is made, and is caught by the offense, it is returned to the "handler" and the play is redone. If the pass is incomplete, this is a "turnover". If the disc was not in flight when "pick" was called, the play is reset. No player should move after a pick call except the player calling the "pick", who is allowed to catch up to his/her "check".



The most common strategy for reducing clogging is to form a "stack". The idea behind the stack is to try and make room on the field for your receivers. The first player lines up 15-20 yards away from the handler, and the other players line up behind him. Try to keep 5-10 yards between players in the stack. Because ultimate is commonly played using a 'player-on-player' type defense, this will force the opposing team into a similar stack configuration. The field 10 -20 yards in front of the handler is now open for receiving throws.

Players in the stack will make running plays to try and get open for a pass. This is usually done in a series of cuts that open up space between you and your defender. The player at the front of the stack runs towards the thrower and then cuts SHARPLY to the right or left. The sharper the cut, the easier it is to get a few steps in front of the defense.

If your team is running hard, there should be an abundance of passing opportunities. The most important thing for the handler to do is 'lead' the receiver by throwing the disc ahead of them, not at them. If the throw is made directly at the receiver it will cause them to stop. Because the defender is running behind him, he/she will be right there to intercept the pass. Remember, if the defender is too close to your teammate, wait for the next cut. It's also a good idea to make eye contact with your receiver just before they make the cut. This will give you an indication of what's

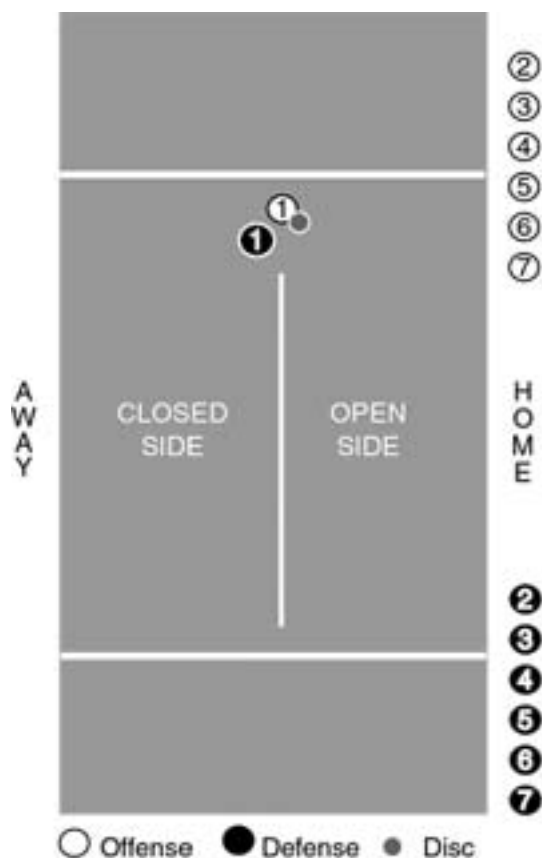
going to happen.

If the thrower does not pass to you as a cutter, circle around and run like crazy to the back of the stack (farthest from the disc). By the time the first runner is circling back, the second runner should already be making a cut. Timing is essential. You want the thrower to have a new pass option immediately after an old one evaporates. Remember, the handler only has 10 seconds to throw.

Holding the Force

The offense has set up a stack formation which has opened up a lot of space on the field. As a countermeasure, the defensive team wants to limit the area where passes can be made by forcing the disc to one side.

Pretend the field has an imaginary line that originates from the disc and runs from endzone to endzone. All your stuff and your teammate's stuff is called the "home" side of the field. The other side is the "away" side. At the beginning of every point, your team should decide which way you are going to force your opponent to throw. Your players can now anticipate where to mark if their player catches the disc, and what area to guard when their check is cutting for a pass.



For example, let's say you are forcing the thrower "home". This means you are making a commitment to your teammates that you will not let the thrower throw the disc to the "away" or "closed" side of the field. In order to do this, you position your body and arms (not wrapping around the thrower as this is a foul) anywhere from a 45 to 90 degree angle to the thrower. Maintaining this force is essential because your teammates are depending on you to make the thrower throw in one particular direction. If you're forcing to the "Home" side of the field, your teammates are trying not to let their checks get open on the "Home" or "Open" side.

Offensive Flow

The disc is in play and the stack and force have been established. One of the best ways to move the disc up the field in this situation is through "flow" offense. The first cutter from the stack gets open and catches the disc. Someone further along in the stack should immediately begin to run. This way, when the receiver (now handler) turns around, a pass option opens up right away. The new handler completes the second pass up the field. This flow continues until a final pass is made into the endzone, and a point is scored. It's this cyclical type of play, with a series of cutting runners, that allows for very fast "flowing" offense. The tempo of quick passes, with the opportunity of surprise long passes, makes flow offense a powerful strategy. If the flow breaks down, reset the stack and begin again.

How to Score

To score, you need a member of your team to catch the disc in the endzone. If you're close to the endzone when you catch the disc.... STOP!!! If teammates are yelling "Check Feet", that means you're probably in the endzone. The reason for their insistence is that if you pass the disc after catching it in the endzone, and the receiver misses it, no point is scored and it's a turnover. If you catch the disc outside the endzone then play continues. If you were running when catching the disc and momentum carries you into the endzone, go back to the place where you caught the disc and resume play from there.

More Info:
www.ultimatehandbook.com

5

Advanced Strategy

Getting Open for the Disc

As an offensive player you are making running plays to try and get open for a pass. That means speed, sudden changes in direction, anything that will help you break away from your “check” (i.e. the defensive player covering you). The defensive player will try to anticipate your movements. As an offensive player you need to think ahead and plan your cuts wisely. If you find a certain type of cut works against your defender, don’t be afraid to exploit it a few times until they catch on. As a defensive player, you need to try and anticipate your checks behaviour so you can prevent, intercept, or block an incoming throw.



The closer you are to your defender, the harder it is for them to react to your movement. If you make a cut out in front of them, the defender can see which way you are going. If you run up close and break to one side, by the time the defender can start moving you will be past them.

Another great way to get open is start running deep. By running down the field you force your defender to cover you since they don’t want you to catch a long pass. Once you go deep the defense will often run past you, or will at least be running near you at high speeds. Either way

you can hit the brakes and cut back in towards the disc and usually end up with the defender behind you.

Catching

The best catch is a successful one. For incoming discs that are below your shoulder height and above your knees, your best bet is to “pancake” the disc between your two palms. For more extreme situations, a two or one-handed rim catch may be necessary. These are things you should practice during warm-up, when doing drills with your team, or just throwing around the disc with your friends. Not only will your hand-eye coordination improve but you will be more adaptive in a game situation. The most important thing is to watch the disc all the way into your hands. Make sure you have a secure grip on the disc before looking for the next receiver.

Never give up on a disc. A catch that may seem beyond your reach is often catchable if the disc begins to hang in the air due to wind or flight angle. A good rule of thumb is to keep chasing the disc until it hits the ground, or is caught by a nearby player. Of course, that does not mean you should crash into other players when trying to make that leaping catch for the disc. Each player is entitled to the space above their body. Hip-checking or intentionally holding a player down to prevent them from jumping is also not allowed. Basically, anything beyond just incidental contact is considered a foul in Ultimate.

Transition

Ultimate is a high paced game and turnovers occur quite frequently. If you see the disc hit the ground, yell “turnover” or “TO” to let the other members of your team know what’s happening. At the same time, find a check. When in doubt, find the person that was checking you.

The ability to become a defensive player is not natural. One moment you’re going one way, in control of everything, and the next moment all that control is taken away from your team and given to the opponent. But there is something that you can do about it. Get the disc back by playing some hard defense!!!

More Info:
www.ultimatehandbook.com

6

Drills

Throwing in Pairs

Each pair stands a comfortable distance apart and completes passes between each other. Both backhand and forehand throws should be made.

Variations:

Get the throwers to throw high, floating passes to practice high catches.

Increase the distance between the throwers to practice longer passes.

Throw to a running target.

Have the thrower pivot across before throwing. This gets the player used to using their pivot foot.

Three Player Drill

This is a great warm-up drill before starting practice. It consists of three positions: thrower, receiver, and marker. The thrower and receiver setup 20 feet apart. The marker starts his stall count at 6 (i.e. “Stall 6, 7, 8, 9, 10”) and the thrower tries to complete a pass to the receiver. After releasing the disc, the roles change; The receiver has the disc and becomes the thrower, the old thrower becomes the marker and must run down to mark the disc. If the throw is incomplete, keep trying until you make a completion.

The more pressure the marker puts on the handler, the more effective the drill. It’s an excellent way to learn how to make a successful throw when there’s a defender in front of you.

Piggy in the Middle

Split into groups of three. Have the thrower and receiver stand 10m apart with the third player (i.e. the “piggy”) in between them. The goal is to connect passes without the piggy getting the disc. The players are not allowed to move. Practice banking the disc around the piggy using both backhand and forehand throws.

Wheel Relay

Form a large circle of players all facing inwards and with one person holding the disc. The first person passes the disc to their right (make sure everyone is spaced well apart) and then runs around the circle in the opposite direction (i.e. clockwise). The disc is passed around the circle and should meet the original thrower just as they arrive back in place. They pass it on to the next player (to their right) who does the same thing. This relay continues until it is the original thrower’s turn.

Variation:

Change the directions of passing and running so that both forehands and backhands are practiced.

Basic Cutting Drill

This drill will help your team work on timing, agility and coordination.



Set up a stack with offense and defense facing the thrower. The first offensive player in the stack will try and get open for a pass. The defensive mark will try and stop the pass.

Pick one person to handle the disc. This person should be a skilled thrower. Make several passes to one side of the stack. Switch the pass once everyone has had a chance to

try the drill a few times.

There are a few things the offensive player can do to help get open.

Avoid “banana cuts”. This is when a player cuts but doesn’t make sharp changes in motion and the shape of their line resembles an arc.

Draw a picture in your head of the line you are going to run. Just like the guys with the white pen drawing on the TV screen during football replays!

Take 3 steps, plant a foot and change direction sharply.

Fake with your upper body. As you plant a foot, fake your arms, head and upper body in the opposite direction you are about to go.

Most importantly, run hard!!!



For the defender:

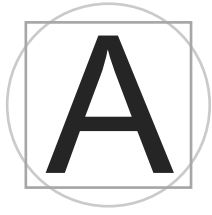
Stand off your mark about 2 metres/10 feet. This distance becomes a personal preference after a while so try different marking distances to see what works for you.

Usually if you are marking at the front of the stack, you want to be between the thrower and your check.

Don’t take your eyes off the cutter. Watch their hips for hints as to which direction they are going to cut

Clear the passing lane after your cut and return to the back of the stack. This will allow other cuts right after you. Take turns playing offense and defense. Be sure to try a variety of cuts. Cheer your teammates when they make a good cut, a nice catch or a D block. This drill is a great way to warm up before a game.

More Info:
www.ultimatehandbook.com



A Glossary of Ultimate Jargon

(descriptions presuppose a right-handed thrower)

backhand: a standard throw; right-handed player places thumb on top of disc, curls fingers underneath, extends arm to left side of body.

bid: an impressive (but failing) diving attempt to catch the frisbee. Often used in a positive way, ex. "Nice bid"

clog: to prevent good cuts by standing in the way of your teammates.

check: The player you are defending.

chilly: slow it down, be patient, wait a moment for the game to get reorganized again.

cut: a run by a receiver to shake his defender.

D: defense

disk in: a verbal shout signalling that the disc is in play.

force: guarding on only one side of the thrower to make them throw to the other side. The direction you want them to throw is the direction of the force.

Types of Force:

Force In: force to the middle of the field

Force Out: force to the outside of the field

Force Sidelines: force to the near sidelines

Force Home/Away: force to the home or away side

Force Forehand: force the thrower to use a forehand throw

Force Backhand: force the thrower to use a back-

hand throw

forehand: a difficult but useful throw; the thrower leads with middle finger along rim, index finger supporting disc; also called a flick.

handler: The offensive player with the disc

marker: the defensive player covering the thrower.

layout: dive!!! "If you didn't catch it, you should have laid out"

O offense

pick: an intentional or unintentional block where a player gets between you and the player you are covering

pull: like a kickoff in football, the throw that begins the possession.

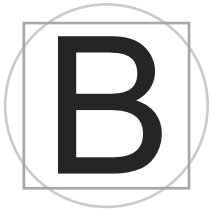
run through: what you shout to tell another player to run past the disc without picking it up

stack: offensive strategy in which all the players line up down the middle of the field and alternately make cuts to the side.

stall count: The defensive player counts up to 10 while defending the offensive player. The offensive player must throw the disc before the 't' of ten otherwise it's a turnover.

swill: a bad throw.

up! what you shout to alert players that the disk is in the air.



Resources

THE ULTIMATE HANDBOOK

www.ultimatehandbook.com

A complete guide to playing Ultimate from the beginner to advanced level.

PLAY ULTIMATE

www.playulty.com

If you didn't get this booklet with a video, Play Ultimate is a 10 minute video designed to introduce Ultimate to new players. Hosts John and Heather break down the rules, skills and spirit so you can get started quickly.

UPA

(ULTIMATE PLAYERS ASSOCIATION)

www.upa.org

Serves to promote and support the sport of Ultimate and needs of its members.

UTILINKS

www.utilinks.com

A great source of links to other ultimate sites throughout the world.

DISCRAFT

www.discraft.com

Supplier of Ultimate Discs

GAIA

www.gaia-ultimate.com

Supplier of Ultimate Cleats, jerseys, and other accessories.

Bolo / Ladder Golf

Bolo Ball, or Ladder Golf is a true 'grassroots' game. There is no official regulating association, and no standard rules -this is because the game has been developed and popularized mainly through word of mouth!

There are many legends that claim to explain how the game was invented. Some claim it was developed after cowboys in the American southwest made a game out of throwing dead snakes at barbed wire cattle fences. Another tale claims a Polynesian man began throwing coconuts tied together into palm trees.

The throwing piece of the game is called a 'bolo' because it looks like a traditional native South American throwing weapon.

Today, Bolo ball is commonly played in campgrounds across North America. Also known as monkey bars, snake toss, cowboy golf, Norwegian horseshoes, rattlerail toss and hillbilly golf, Bolo Ball is a simple game to play.

What you Need to Play:

3 "Bolas" per team - these are nylon, cotton or leather cord, with a weight on each end - for this game, most commonly a golf ball (see instructions attached).

One 'ladder' per team – this can be a short stepladder, or a custom ladder made out of PVC tubing (see the design included at the end of this chapter). An open space large enough to place the ladders 10 - 15 feet apart.

Activities:

Make Your Own Bolos

(Adapted from <http://www.wikihow.com/Make-a-Ladder-Golf-Game>, accessed Feb. 2008)

You'll need:

- 12 ropes (preferably nylon)
 - 24 golf balls
 - Spray Paint (4 different colours)
1. Drill a hole through each golf ball, wide enough to thread the rope through.
 2. Thread each piece of rope through 2 golf balls, so that each bolo has a golf ball on each end of the rope (2 golf balls per rope).
 3. After threading the nylon rope through the holes you've drilled in the golf balls, tie a knot right in front of and behind the ball to hold it secure at the end of the rope. Then, use a match or lighter to slightly melt the knot. This will help the knot stay tied. (If you made your holes a little big, you may want to wind the rope thru the knot twice to make the knot a little bigger so that it won't pull back thru the holes.) Place a golf ball at each end of the ropes.
 4. Paint your bolos: three of them should have one color, three more a different color...etc (total of 4 different colors). You can use Krylon spray paint to paint the balls if needed - paint before attaching to the rope. Need a suggestion on how to hold the ball for painting? Untwist a wire coat hanger and thread the balls on that while spraying.

Make your Own Bolo Ladder (see attached plans for dimensions - reprinted with permission, courtesy of Dustin Defoe, www.dustindefoe.com).

Play Bolo Ball!

How to Play:

The object of this game is simple – players stand at the base of one ladder (which acts as the foul line), and toss their bolos towards their ladder at the far end of the playing area, aiming to land their bolo around the rungs of the ladder.

Each rung of the ladder represents a different point. Some Bolo Ball ladders are colour coded, with each rung wrapped with a different coloured duct-tape.

Scoring with a Twist - for ladders with 4 rungs

Top rung -- 3 points

Middle rung -- 2 points

Bottom rung -- 1 point

Front rung (or base of the ladder) -- minus 1 point (Lose a point).

You can also vary the game by using the same ladder for both teams. In this variation, when opposing teams land their bolos on the same rung during the same round, they cancel out each others' points.

For example:

DOUBLE BONUS points can be made by getting one of your bolos on each of the rungs without the other player cancelling out any of your hanging bolos.



Basic Scoring

Bottom Rung – 1 point

Top Rung – 2 points

Middle Rung – 3 points

The first team to reach a score of 21 is the winner - the catch is that you can't score over 21. There are two variations for this rule - one states that if your team goes over, their score for that round doesn't count. The second variation has the team starting again from a score of 11 for the next round.

DOUBLE BONUS points can be made by getting all 3 of your bolos on the same rung without the other player cancelling them out - for example, if you land all 3 on the top rung while the other player lands 1 of their bolos on same rung then you would NOT get any bonus points. Scoring reverts back to normal scoring.

Bolos bouncing off the ground do count in scoring. As long as a bolo is hanging on a rung then it scores.

(From http://www.bolotoss.com/category_s/13.htm, accessed February 2008).

Common Bolo Ball Terms:

(From http://en.wikipedia.org/wiki/Ladder_ball, accessed February 2008)

Razzle Dazzle: When the 'bola' lands on a rung, then slings itself off of the rung onto the ground for no score.

Single: One 1

Deuce: One 2

Droppin' a Deuce: One 2

Trey: One 3

Snake eyes: Two 1s

Rollin' on Dubs: Two 2s

High Action: Two 3s

Triplets or Trips: Three 1s

Triple Double: Three 2s

Sittin' Pretty: Three 3s

Full House : One 3 and one 2

Hat Trick:

One 3, one 2, and one 1 — This has been the most celebrated throw. When a player is set up for a Hat Trick (having landed his or her first two throws on two out of three rungs), the other players may assume the hat trick position — left hand on hip, feet pointed outward, knees bent, with a slight bow, with right arm ready to doff an imaginary hat three times to the player — in the event that he or she achieves a Hat Trick.

Eat Your Hat: After a Hat Trick, another player either knocks off one of the bolas or scores their own Hat Trick

Black Hawk Down: When a bola gets knocked to the ground (usually by an opponent), also when a bola spins on a rung fully extended (emulating a helicopter's blades) then falls to the ground.

Total Rejection: When a bola rope hits the rung and the two balls crash together flipping the bola

back in the direction thrown

Mickey Mouse:When a tightly wrapped bola ends up with the two balls close together above the rung like mouse ears

New Years : When a bola drops from the middle rung to the bottom rung

Chinese New Years: When a bola drops from top rung to the middle rung

Waterfall: When a bola drops from the top rung to the middle rung and proceeds to the bottom rung

Uneven Bars: When your bola spins around one rung, then lands on the rung above

Uneven Boys: When your bola doesn't wrap and just hangs unevenly

Tease or Dismount: When the bola spins around a rung for an extended period of time (for example, more than one second), then falls to the ground

World Bank: When more than one player in a round achieves a money shot

Skunk: Throwing your bola to the ground to skip your turn

Boyscout: When your bola wraps completely and tightly around the rung

Girlscout: When you wrap two bolas in one round completely and tightly around their rungs

MacGyver: When you wrap all bolas from one round completely and tightly around their rungs

8-Roper: When you score exactly 8 points

Dog in the Bathtub: When you have one bola wrapped around the top rung and one wrapped around the bottom rung and you have to squeeze your last bola in around the middle rung

Play Bean Bag Bonus! Want to play a game similar to Bolo Ball, but don't have the materials? This target game requires hoola hoops and bean bags. For full instructions, see the end of this chapter. *(From www.playsport.net - used with permission).*

Resources:

http://en.wikipedia.org/wiki/Ladder_ball

http://www.mankatofreepress.com/features/local_story_318231405.html?keyword=topstory

http://www.dustindefoe.com/Ladder_Golf.aspx

http://www.bolotoss.com/category_s/13.htm

<http://www.wikihow.com/Make-a-Ladder-Golf-Game>

Detailed Instructions on assembling the Ladders

1. Purchase all the components
 - a. Ensure that the short 3/4" PVC fits snugly **inside** the 1" PVC. This goes for the longer pieces as well as fitting **into** the Tees and Elbows.
2. Cut the 1" PVC into 20 16" pieces.
3. Cut the remaining 1" PVC into 10 39" pieces
4. Cut the 3/4" PVC into 60 2 7/8" pieces
5. Now that all the components are cut and ready, we can begin the assembly process.
6. Assemble all the joint sections. Get the Glue, Tees, and the 60 3/4" pieces together for this step. The 3/4" items are going to fit inside the Tees and Elbows.
 - a. Take one of the Tees and put glue on all the outer edges. Then take 3 of the 3/4" pieces and insert them into the Tees. You will only want to glue a little under half of the 3/4" piece. Repeat with the rest of the Tees and the Elbows.
 - b. Give the glue some time to dry.
7. Test out the assembly. At this point, you should be able to put all the pieces together to form a ladder. The 1" sections will fit over the 60 3/4" pieces to create a smooth looking exterior.
8. Once you ensure that everything is working properly, determine how much you will want to take the ladder apart for storage/transport. This step is needed to determine which sections you want to glue/tape together. Here are some possible options:
 - a. 2 Pieces – 1 for the Base and 1 for the Ladder
 - b. 3 Pieces – 1 for the Base and 2 for the Ladder
 - i. The ladder would break right above the middle bar (forming an H for one piece and a U for the top piece).
 - c. 5 Pieces – 2 for your Base; 3 for the Ladder
 - i. Form 2 U's for the base
 - ii. Form 3 U's for the Ladder
9. Once the decision is made on what sections you want to keep as a section, you can take that section apart and glue the 1" pieces onto the 3/4" pieces sticking out of the Tee/Elbow.
10. Optional Step: Color code the ladder steps. Using the colored Duct Tape, tape the 3 steps of the ladder a different color. Make sure the same step is the same color for both ladders.
11. Optional Step: Clear Duct Tape – Some PVC may not fit real snug so you may want to use some clear Duct Tape to hold the sections together better. Another option would be to use some rivets or screws to hold the pieces together.
12. Assemble the Bolos - Drill a 1/4" hole through the golf ball. You can either tie a knot to keep the ball on, or you can hot-glue it in place. Each Bolo will have 2 Golf Balls on it (one on each end).

- ◉ Home
- ◉ Overview
- ◉ Things to Consider
- ◉ Activities
- ◉ Create-An-Activity
- ◉ Search Activities
- ◉ Evaluation Findings

Activity Quick Find

1. Activity Type:

- Select a Category -

2. Select Activity:

None

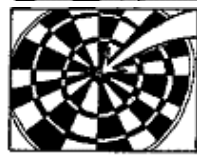
PLAY

Advanced Search



PRINT ACTIVITY

How To Play



Tactical Focus(es) and Skills:
Aim and Accuracy

- ▶ Place a rope on the floor layed out straight, and put 4 hoops on the floor, each one further than the last approximately two meters apart.
- ▶ Ten bean bags will be tossed by the players alternating, proceeding from the closest hoop to the furthest hoop.
- ▶ If the bean bag lands in the first hoop 1 point is awarded, and the tosser can move onto the next closest hoop.
- ▶ If the bean bag lands in the 2nd hoop 2 points are awarded, and 3 points are awarded for the 3rd hoop. However, the 4th hoop is a bonus hoop where 5 points are awarded.
- ▶ The player can not proceed onto the next furthest hoop until they are successful at the hoop working on.
- ▶ Each player uses different colours of bean bags to distinguish points, and verify which hoop they are aiming to accomplish next.
- ▶ Once points are added up after all shots, the person with the most points wins.
- ▶ Students can play again to see if they can improve their accuracy increasing their scores.
- ▶ Partners are previously decided by the teacher based on skill

Bean Bag Bonus



LEVEL OF COMPLEXITY

Moderate

How would you rate this activity?

1. Poor 2. Fair 3. Good 4. Excellent

SUBMIT

Participant Grouping
partners

Playing Area
Gymnasium

Equipment
Beanbags: 20 (10 one colour, 10 of another colour)
Hoops: four

Safety
Ensure set up of each group of partners is spaced out, so no one get's hit by flying bean bags. Only have one student toss at a time. Ensure lighting is bright, and the floor surface is flat.

Teaching Tips

- ▶ Always face your target.
- ▶ Upon release of the ball follow through your toss with your throwing arm.
- ▶ Step into your throw. Step forward with

Participant Reflection

- ▶ How can you modify the rules to

level.

- ▶ The toss is an underhand throw.

Variation

- ▶ Alter the distance of the hoops. Increase distance to add difficulty, and decrease to lessen difficulty.
- ▶ The toss can advance from underhand to overhand to increase the difficulty.
- ▶ The location of the hoops does not need to be in a straight line, students can get creative, and place hoops in various locations.

Adaptation Consideration

- ▶ Change the equipment: Players can use balls instead of beanbags.
- ▶ Modify the rules: Players can roll the balls to the hoola hoops.
- ▶ Disregard the point system. Place plastic bowling pins inside the hoola hoops. Participants can throw the balls into the hoola hoops and try to knock the pins down.
- ▶ Set the rope close to the hoops on the floor.
- ▶ Reduce the number of hoola hoops.

your non-dominant foot as you release to toss.

- ▶ The more force you use the further the ball will go.
- ▶ The faster you throw the more inaccurate your toss will be.
- ▶ A higher arched toss will go further than a low straight toss.

increase or decrease the challenge?

- ▶ What are some of the ways to alter your toss in order to increase your success?

Disclaimer

Hobby Sports

When you pursue a hobby sport, you're not only keeping active, but pursuing something that suits your interests, and may become a passion! The activities in this chapter also include hands on crafts - members will not only be able to fly a kite, birdwatch and juggle, but instructions are provided to make their own kite, birdfeeders and juggling balls!

Sports Covered in this Chapter

Kite flying, bird watching, and juggling are covered in this chapter, but there are many others to explore, such as:

- **Building and flying model airplanes and helicopters**
- **Magic**
- **Astronomy**
- **Treasure Hunting**

Notes on Fitness Levels for this Chapter

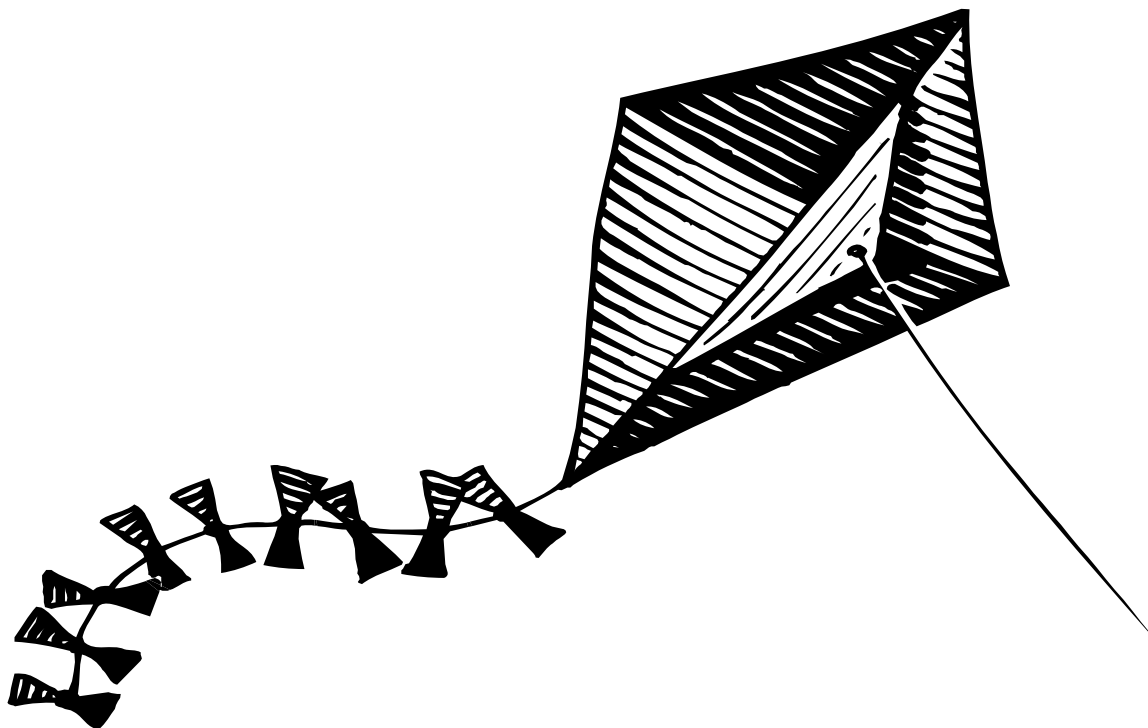
All three topics covered in this chapter are fairly low impact, but could be modified if they are not challenging enough for your group. For example, you could incorporate kite races or kite fighting into the kite meeting, or turn the birdwatching topic into a day-long hike at a conservation area.

Roll Calls:

Kite Flying - If you had to give a kite a name, what would you name it?

Bird Watching - Make your best bird impression – either by mimicking a call, or strutting around!

Juggling - Name something you can juggle (Or, name something you absolutely should not juggle!)



Kite Flying

Kite flying is a great low impact hobby sport that is perfect for a moderately windy day at the beach or park. Not only is it fun to fly kites, but there are many great kite designs out there that you can make yourself, with your club, or with your family!

Background

Kite flying is an ancient recreational pastime. It first became popular in China around 2800 years ago, where they were made out of silk and bamboo.

Over the next centuries, the sport spread to Japan, Korea, Thailand, Myanmar, India, and Northern Africa – each culture designed their own kites, and made them out of different materials.

In some countries, such as India and Afghanistan, the sport of kite fighting developed, and is still performed today. Fighter kites are usually small, diamond shaped, and don't have tails – they are traditionally made of lightweight paper and bamboo. They have a 'cutting line' tied to part of the kite's flying line – or, part of the line is dipped in a mixture of ground glass and glue! This is called Manja, and is dangerous for people to handle, and for any birds that might get in the way.

The objective of kite fighting is to cut your opponents line. In some Asian countries, kite fighting festivals are held, with hundreds, sometimes thousands of kite fighters participating – the winner of the festival is the person flying the last kite remaining. In Afghanistan, the kite fighting festival called *Gudiparan Baz* was banned during the rule of the Taliban. Kite fighting is also very popular in India and Pakistan.



Lahore kite festival

Kite fighting is also done in North America. For more information, visit the website of the North American Fighter Kite Association - <http://nafka.net/>, or http://en.wikipedia.org/wiki/Kite_fighting.

However, you don't have to engage in kite fighting to enjoy the beauty and health benefits of flying a kite! Most people simply look for that perfectly windy day, and set out to set their kite free!

How To Fly Your Kite

First – choose the type of kite you want to fly. Different kites are designed for different conditions.

There are many types of kites to choose from: (from <http://en.wikipedia.org/wiki/Kites>)

- Arch kite (rotary two-anchor rainbow arch) and (static two-anchor rainbow arch)
- Bow kite
- Bowed kite
- Cellular or box kite
- Fighter kites
- Foil kite
- Indoor kite
- Inflatable single-line kite
- Parafoil
- Kytoon
- Miniature kite
- Rogallo Parawing kite
- Stunt kite
- Styrofoam kites
- Tetrahedral kite

The most common shapes in North America are the delta, diamond, dragon, box, and parafoil. If it's a fairly windy day (8 – 25 mph), choose a box or parafoil kite; if less windy (6 – 15 mph), choose a delta, diamond, or dragon.

Find a good place to fly your kite. Ideally, you want someplace like a park, with wide open spaces, without obstacles on the ground (like rocks, tree stumps, etc.), and no power lines! Beaches are great too – but be mindful of other people using public areas! Don't try flying a kite in poor weather.

Stand with your back to the wind. Hold your kite up by the bridle point and let the line out. If there is sufficient wind, your kite will go right up. Let the kite fly away from you a little, then pull in on the line as the kite points up so it will climb. Repeat this until your kite gains the altitude necessary to find a good steady wind." If you are flying a kite in light wind, make sure you bring a partner to hold the kite up a few feet away from you – and start running!

For tips on how to fly different types of kites, and tips on turning and moving with your kite, visit http://www.expertvillage.com/video/3985_revolution-kites-flying.htm for some useful online videos!

If you are trying stunt kite flying, there are also some great videos at http://kitesandpuppets.ca/index.php?main_page=index&cPath=24_33.

Parts of a Kite: *(from <http://www.planemath.com/activities/flykite/kiteteachers.html>)*

Frame - sticks or poles which keep the kite stiff so it doesn't collapse in the wind. The spine is the backbone of the kite, while struts or spars are side or cross sticks which keep the kite open.

Kite covering - the material (usually fabric, paper or plastic) used to catch the wind; also called the kite face or sail.

Tail - streamers or bows added to the kite to keep it stable and oriented to the wind.

Line - the string which holds the kite in the wind; the string which keeps you connected to your kite.

Bridle - connects the kite to the flying line so that the kite is positioned at a proper angle to the wind.

Kite - a tethered object that relies on wind for lift.

Warnings

- Avoid power lines. If the kite gets tangled in an electric wire, do not attempt to get it.
- Don't attempt to climb a tree to get a lost kite – you can always make another!
- Never fly kites during a thunderstorm - don't attempt to copy Benjamin Franklin.
- Don't fly your kite if the wind is too strong for the kite to handle. It might get destroyed!
- You should be aware of the weather during your flying time. Do not fly your kite if the upcoming weather is going to be rainy or stormy. If you don't want to be caught out in it, neither does the kite.
- Watch out for small children while making the kite. Babies and infants can easily suffocate with plastic bags. Also make sure they don't swallow any clippings or small pieces of plastic.
- Be careful of letting out the string too fast. Your kite is more likely to go places it shouldn't go (and get tangled up in things) if you give it too long a "leash."



Activities - Make Your Own Kite!

Brooxes' Box Kite - detailed plans included at the end of this chapter.

Simple Kite (Courtesy of "wikiHow.com - The How-To Manual That Anyone Can Write or Edit")

Things You'll Need:

Paper
String (thick)
Pipe cleaners / sticks
Scissors
Colored pencils (optional)

- Get a piece of paper (any color), and cut a diamond shape from it.
- To cut a diamond shape on the paper, cut the 4 corners off. It should be in the shape of a square.
- Take a stick or a pipe cleaner and lay it on the paper horizontally.
- Repeat step 3 but this time lay it across the paper vertically.
- Tie the two sticks or pipe cleaners together. Make it as tight as possible.
- Pierce 2 holes in the diamond-shaped paper. On the inside corner where the two sticks cross, thread a thick string.
- Using the other end of the thick string, do the same. Then tie the string when both of the ends of the string are threaded through.
- Tie a long and strong string onto the sticks or pipe cleaners to form the tail. You can add small strips of paper to the end of this tail string for added buoyancy and weighting. It also looks more complete.
- Color the kite if you wish.
- Find a breeze or some light wind and fly your kite.

Suggestions:

- You can color with pencil or even use stickers. Write your name on it in case it blows away!
- Keep away from water.
- Do not color with pen or marker unless you are sure that these will not create holes or bleed through to the other side and weaken the paper.
- This kite will tear easily so make sure the wind is gentle and light; do not attempt to fly it in medium - high winds.

Make a Kite out of a Plastic Bag (Courtesy of "wikiHow.com - The How-To Manual That Anyone Can Write or Edit")

Things You'll Need:

- Plastic bag
- Scissors
- Tape
- Length of string (30cm)
- 2 flexible sticks, long enough to run the length of the bag

Insert images

- Fold the plastic bag in half.



- Cut out the kite shape. Cut off the bottom of the bag. Cut as closely to the base of the bag as possible, but be sure to cut off the bottom. Cut the bag in the middle. Cut from the base to the center of the plastic bag. Then cut a slanting cut that goes up to the folded part of the bag.



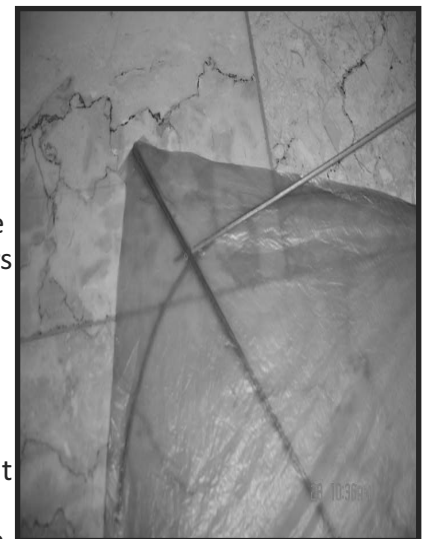
- Open the bag out flat. You should have 2 irregular pentagons.

- Cut a stick to the length (top to bottom) of the kite.



- Tape the stick vertically to the center of the kite. Tape the top end (at the tip of the kite) first. Before you tape the bottom part, stretch the plastic a little and then tape the stick onto the bottom.

- Tape another stick to the left, on a slanting position. Bend the stick carefully to make a bow. Tape the other end to the right. Keep the taping very tight. Cut the extra plastic in strips and tie together. Make it 4 feet in length (see the photo). You could use different colors as shown here (red and white).



- Tape the tail to the bottom. It depends on you what color should be taped at the bottom of the kite. Use a pointed item to make a hole at the intersection where the two sticks meet, as well as at the bottom. Cut a piece of string 1 foot (30 cm) in length. Push one end of the string to the intersecting sticks at the other side of the plastic. Tie firmly.

- Do the same with the other end. Now you have the "bridle". Make a knot with a hole in the bridle on the same level as the intersection of the sticks. Check the alignment by pulling the string to one side to see if the knot is next to (not above or below) the intersection. When you are outside, hold the bridle string between your thumb and finger, so that the kite tries to fly from your hand. Start in the middle of the bridle and gradually move your fingers up toward the intersection. At one point, the angle of attack will be right and the kite will fly best, so this is where you want to tie a loop into the bridle line. This loop needs to move up or down depending on the wind speed, so you have to adjust the location for each flying session.
- Tie the rest of the string to the loop and fly it! To fly, simply throw the kite and pull the string as if you are fishing. Extend the string while doing this. You may need to give it some help to get into the air by running a little. If so, check that the ground ahead is free of obstacles as you are likely to be looking up as you do this and not concentrating on the ground!



Suggestions

- If the kite is not flying well, attach more tail or remove some.
- You can use different kinds of string, such as twine (get the thinnest sort possible), fishing line, or craft string. Do not use heavy string.
- This design is very lightweight. Any light breeze will make the kite wobble and fly. If the kite is not flying well and wobbles or dives, you should check the bridle if it is aligned.
- The wind is usually stronger higher up, so if you can let out more string and have someone help launch it for you, it will rise faster and get into the good air.
- You don't want to fly in the "wind shadow" of buildings or trees - they make "bumps" in the wind that can make your kite dive or twist. Smooth wind is best. The best place to fly a kite is a wide, windy place with no obstacles above.

Make a Box Kite - see the plans at the end of this chapter. *Reprinted with permission, courtesy of the American Kiteflyers Association - <http://www.aka.kite.org/>.*

Resources:

For more kite plans, visit <http://www.blueskylark.org/zoo/>
 American Kite Flyers Association - <http://www.aka.kite.org/>
 National Kite Month - <http://www.nationalkitemonth.org/>
 Kites on Wikipedia - <http://en.wikipedia.org/wiki/Kites>
 Gomberg Kites, with more flying tips - <http://www.gombergkites.com/howgen.html>

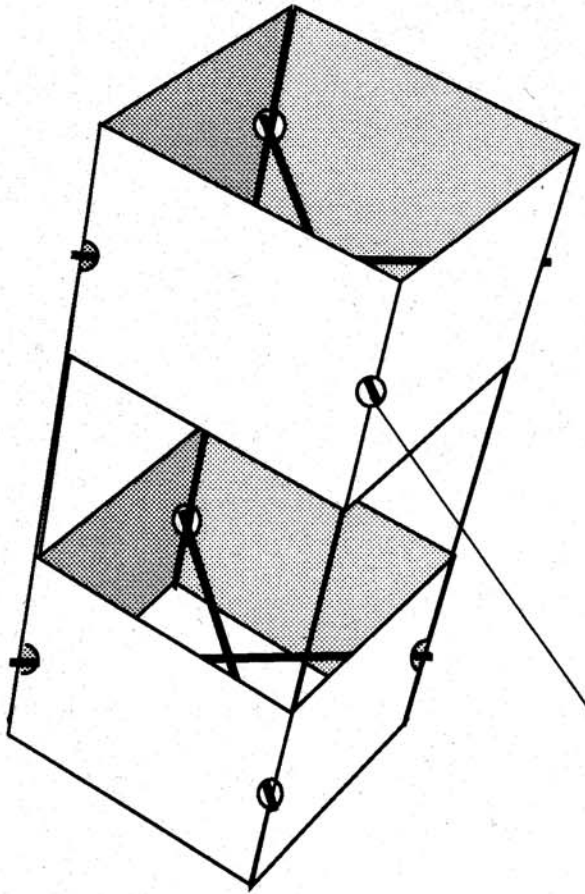
brooxes basic box kite

by Brooks Leffler

ages 10 - adult

wind range light to moderate (5 - 12 mph)

use 20 - 30 lb flying line



MATERIALS & TOOLS

- 1 large plastic kitchen garbage bag
(13 gal size, 2 ft by 2 ft 5³/₈ in)
- 4 - 3/16" x 36" hardwood dowels
- 4 - 3/16" x 20 1/2" hardwood dowels
- 8 pieces clear vinyl tubing, 1/4" ID x 1 1/2" long
- 2 garbage bag ties or wire twist-ties
- 8" strong string
- Heavy plastic packing tape 2" wide
- 3 ft metal straightedge or yardstick
- Sharp knife
- 3/16" punch or drill
- Felt-tip permanent markers

CONSTRUCTION

1. Lay the plastic bag out flat and smooth on a table you can cut on. Without folding the plastic, fold a 24" piece of tape over the open end of the bag to seal it from edge to edge.
2. Find the center of the bag each direction by folding it carefully in half each way and creasing it along the fold.
3. Using the straightedge and knife, cut the bag lengthwise along the center crease so you have two double-thickness pieces 12" high by 29 3/8" wide.
4. Cutting through both layers, trim 1/4" off the closed long edge of each piece.
5. Smooth out one of the pieces and find the center again by folding it in half top to bottom, creasing the fold as before. Repeat for the other piece.
6. Place a 25¢ piece over the center of the plastic (where the creases cross). Cut carefully around the coin through both thicknesses of plastic. Center the coin

over the middle of each side edge of the piece and cut half-circles there too. Now the flattened piece should look like Figure 1. Repeat with the other piece. These are the *sails* of your kite.

7. Punch or drill a 3/16" hole 3/8" from one end of each piece of vinyl tubing, as in Figure 2.

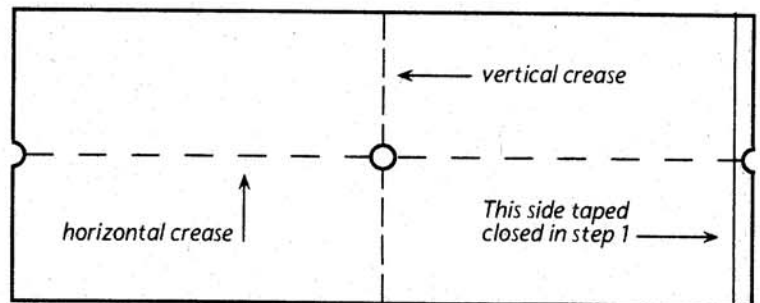


Figure 1

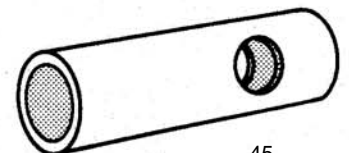


Figure 2

8. Make a mark 6" from each end of each 36" dowel. Insert the end of a dowel through the punched hole in a vinyl tube and slide the tube down to the mark. Repeat for each end of each 36" dowel. Twist the tubes so they both point the same way.
9. Cut 8 pieces of tape 3" long, and 8 pieces 2" long.
10. It helps a lot in this step if someone can help you by holding the sail flat and smooth. Lay one of the 36" dowels over the vertical crease on the *inside* of one sail. Attach the stick by placing one end of a 3" piece of tape, sticky side up, under the edge of the sail, and folding it over the sail and the dowel so the stick can't slide up or down. Line up the stick with the crease and tape it to the other edge of the sail with a 2" piece of tape. See Figure 3. Attach the other sail to the other end of the stick the same way. Repeat for the other three sticks.

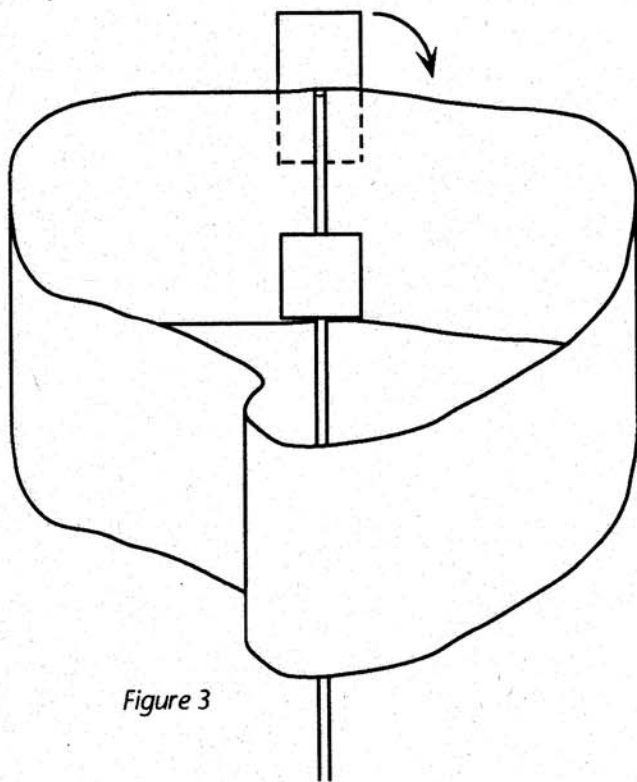


Figure 3

11. Twist the vinyl tubes so the long ends point in. These will be the sockets for the sticks that hold the kite open, called *spreaders*. If you want to decorate your kite with felt-tip markers, now's the time to do it. Make decorations big and bold so they're not lost in the sky.
12. Tie the ends of the 8" piece of string together with a loop knot, and connect it around the top front vinyl tube as shown in Figure 4.

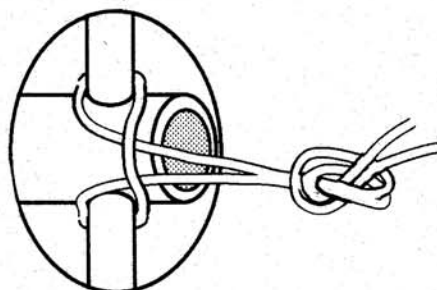


Figure 4

13. Inside one sail, insert one end of one of the short dowels into a vinyl tube socket and the other end into the socket on the other side of the sail. Likewise, place another short dowel between the other two sockets in the same sail. **CAREFUL!** The last end will be very tight—you'll have to bend the sticks, and it's easy to break one! Now install the other two spreaders—carefully.
14. After the spreader ends are all seated, place a bag tie around the crossing of each set of spreaders and tighten it.
15. Check and straighten all connections so nothing is twisted and the kite is square.
16. Attach your flying line to the string loop, stand with your back to the wind, have a friend walk the kite out 50 - 100 feet, and let 'er go!

FLY SAFELY!

*Wear gloves to avoid string burns.
Don't fly near trees, power lines, buildings,
traffic or airports.
Don't fly when it's wet or stormy.*

Bird Watching / Birding

Bird watching is another great low impact outdoors activity. It can be as simple as taking time out from your day and watching birds in your own backyard – or plan a day long event with your club or family and combine bird watching with a hike through a conservation area!

What you will need:

1. Binoculars (choose binoculars that are light-weight, 7x – 8x magnification – those with higher magnification are usually heavier, and you may have them around your neck for long periods of time! Also make sure they have a wide, comfortable strap).
2. Field Guide
3. A notebook and pen / pencil to record the birds you've 'watched'
4. Appropriate clothing for the weather
5. Comfortable shoes
6. Refreshments, including water (if you are going on a hike a well – recommended!)

The best time to bird watch is in the early morning. Once you have your binoculars, field guide, and notebook, etc, head out to a park, conservation area, or your own backyard!

You may not see any birds right away – instead, you may have to listen for bird calls, and watch for movement in trees, bushes, or even on the ground. Once you spot movement, bring the binoculars up to your eyes – don't try to find birds through the binoculars first!

Look closely at the bird you've found – **how big is it? What do its feathers look like? What colour and shape is its beak?** Once you've noted these details, try and find it in your field guide, and mark it down in your notebook!

To find different birds, visit other habitats: forests, mudflats, lakes, rivers, fields/meadows. Eventually, you may wish to plan travel even further to places which will host birds you are not likely to see near your home.

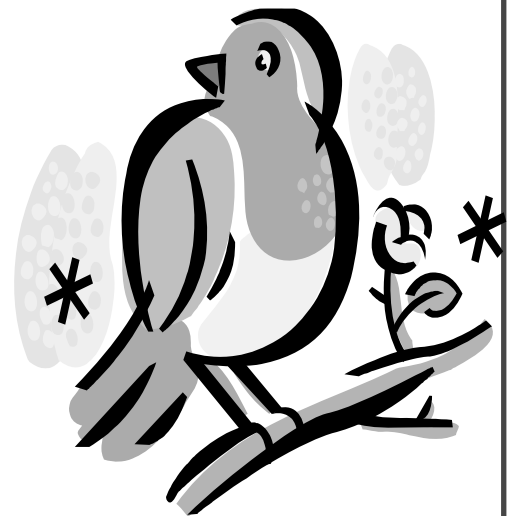
Begin to create your "life list". This is a list of every species of bird you have seen. Eventually, you might progress to creating various other lists: yard lists, month lists, year lists, state lists, etc. Get into the habit of studying the birds' habits, calls, and field marks before birding. This way, you will be ready to identify a particular bird the instant you see it.

(Adapted from <http://www.wikihow.com/Bird-Watch>, accessed Feb. 11, 2008)

Where to Watch Birds:

For some great maps of birding areas in Ontario, visit the **Ontario Birding Homepage**, <http://www.web-nat.com/bic/ont/RBRGraphicInterface.html>.

Possibly the best place to birdwatch in Ontario is in Price Edward County. It has the highest concentration and abundance of migratory birds anywhere on the Canadian side of Lake Ontario.



What Seeds Attract What Birds?

(from <http://www.bird-feeder-and-bird-house-guide.com/bird-seed.html>)

If you decide to start birdwatching in your backyard, you should think about what birds you want to attract. There are a variety of wild bird feed mixes for sale, or you can make your own!

Black oil sunflower

- Attracts many types of birds, including grackles and starlings.

Cracked Corn

Blue Jays, Wrens, Doves, Grosbeaks, Juncos, Pigeons, Towhees and Woodpeckers

Fruit (such as apple or orange halves)

- Blue Jays
- Cardinals
- Grosbeaks
- Doves
- Juncos
- Woodpeckers
- Orioles

White Millett

- Doves
- Cardinals

Peanuts

- Blue Jays
- Brown Thrashers
- Cardinals
- Chickadees
- Starlings
- Finches
- Flickers
- Juncos
- Nuthatches
- Titmice
- Towhees
- Woodpeckers

Suet

- Great for attracting woodpeckers – you can buy suet (fat that forms on the kidney of a cow) that's mixed with birdseed – or a suet feeder for about \$5.

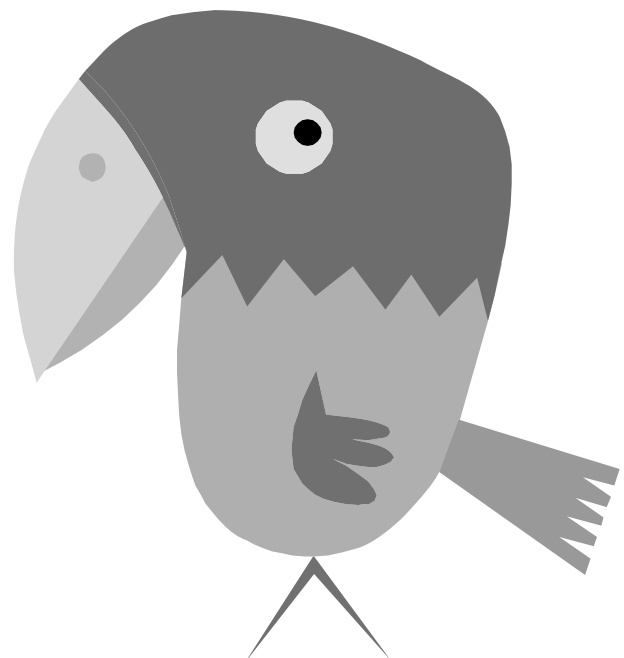
Other Things to Look for to Help You Identify Birds:

Many field guides will help you identify birds based on other criteria.

- Is the bird alone, or in a flock?
- How is the bird moving - is it walking or hopping?
- Is the bird looking for food on the ground, on the trunk of a tree, or in the bushes?
- How does it fly - is it flapping its wings often, or is it soaring?
- Is the bird moulting?
- What is the bird eating?

Did You Know...

'Birding' is slightly different than 'Bird Watching' because Birders also pay attention to the sounds birds make!



Activities

Take the American Birding Association photo quiz - <http://americanbirding.org/photoquiz/index.html>

Make a Bird Feeder

You'll need:

A clean, empty, plastic 1 L pop bottle, or a clean, empty paper milk carton

String

Wire

Bird seed

Scissors

- Cut a hole about 1/3 of the way from the bottom of the bottle or carton big enough to allow the birds access to the seed, but not too big – we don't want the seed to fall out!
- Make a few small holes at the bottom of the carton or container – to let rainwater drain away.
- Wrap one end of the string or wire around the top of the bottle, just under the cap. If you're using a carton, punch a hole in the top so you can weave the wire / string through it.
- Fill you feeder with birdseed, and hang it from a tree, fence, or wash line.

Code of Birding Ethics - Digging Deeper

Prior to running your birdwatching meeting, hand out the Code of Birding Ethics included at the end of this chapter. Have members come to the meeting prepared to present a short speech on one aspect of the code and why they think it's important.

Birding Practice

Materials needed:

Printouts of pictures provided, preferably glued onto cardstock

Field guide – preferably enough copies so that 2-3 members can share

Notebooks / scrap paper

Pens / pencils

- Before the meeting, tape the bird pictures on the walls around the room.
- Divide members into groups of 2-3. Provide each group with a field guide.
- Have members look at the pictures, and describe the features of each bird (environment, beak shape, markings, overall shape etc.)
- Then, have them try and identify the birds using their field guide

Solutions:

1. Chickadee
2. Junco Hymelas
3. Cedar Waxwing
4. Mourning Dove
5. Grackle
6. Male House Sparrow
7. Female Northern Cardinal
8. Starling

Code of Birding Ethics (from <http://americanbirding.org/>, accessed Feb. 2008)

Everyone who enjoys birds and birding must always respect wildlife, its environment, and the rights of others. In any conflict of interest between birds and birders, the welfare of the birds and their environment comes first.

1. Promote the welfare of birds and their environment.

- a. Support the protection of important bird habitat.
- b. To avoid stressing birds or exposing them to danger, exercise restraint and caution during observation, photography, sound recording, or filming.
 - Limit the use of recordings and other methods of attracting birds, and never use such methods in heavily birded areas, or for attracting any species that is Threatened, Endangered, or of Special Concerns, or is rare in your local area;
 - Keep well back from nests and nesting colonies, roosts, display areas, and important feeding sites. In such sensitive areas, if there is a need for extended observation, photography, filming, or recording, try to use a blind or hide, and take advantage of natural cover.
 - Use artificial light sparingly for filming or photography, especially for close-ups.
- c. Before advertising the presence of a rare bird, evaluate the potential for disturbance to the bird, its surroundings, and other people in the area, and proceed only if access can be controlled, disturbance minimized, and permission has been obtained from private land-owners. The sites of rare nesting birds should be divulged only to the proper conservation authorities.
- d. Stay on roads, trails, and paths where they exist; otherwise keep habitat disturbance to a minimum.

2. Respect the law and the rights of others.

- a. Do not enter private property without the owner's explicit permission.
- b. Follow all laws, rules, and regulations governing use of roads and public areas, both at home and abroad.
- c. Practice common courtesy in contacts with other people. Your exemplary behavior will generate goodwill with birders and non-birders alike.

3. Ensure that feeders, nest structures, and other artificial bird environments are safe.

- a. Keep dispensers, water, and food clean and free of decay or disease. It is important to feed birds continually during harsh weather.
- b. Maintain and clean nest structures regularly.
- c. If you are attracting birds to an area, ensure the birds are not exposed to predation from cats and other domestic animals, or dangers posed by artificial hazards.

4. Group birding, whether organized or impromptu, requires special care. Each individual in the group, in addition to the obligations spelled out in Items #1 and #2, has responsibilities as a Group Member.

- a. Respect the interests, rights, and skills of fellow birders, as well as people participating in other legitimate outdoor activities. Freely share your knowledge and experience, except where code 1(c) applies. Be especially helpful to beginning birders.
- b. If you witness unethical birding behavior, assess the situation, and intervene if you think it prudent. When interceding, inform the person(s) of the inappropriate action, and attempt, within reason, to have it stopped. If the behavior continues, document it, and notify appropriate individuals or organizations.

- *Group Leader Responsibilities [amateur and professional trips and tours].*
- c. Be an exemplary ethical role model for the group. Teach through word and example.
- d. Keep groups to a size that limits impact on the environment, and does not interfere with others using the same area.
- e. Ensure everyone in the group knows of and practices this code.
- f. Learn and inform the group of any special circumstances applicable to the areas being visited (e.g., no tape recorders allowed).
- g. Acknowledge that professional tour companies bear a special responsibility to place the welfare of birds and the benefits of public knowledge ahead of the company's commercial interests. Ideally, leaders should keep track of tour sightings, document unusual occurrences, and submit records to appropriate organizations.

Birding / Bird Watching Resources:

Ontario Birding Homepage - <http://www.web-nat.com/bic/ont/>

Prince Edward County Website - <http://www.pec.on.ca/other/birds.html>

American Birding Association - <http://americanbirding.org/>

Canadian Birding Associations / clubs - <http://www.web-nat.com/bic/society.html>

Attracting Birds to your Backyard - <http://www.howtoattractbirds.com/>

http://www.canadianliving.com/life/green_living/attract_birds_and_butterflies_to_your_garden.php

Royal Society for the Protection of Birds - <http://www.rspb.org.uk/>

For more great birding related crafts, visit – <http://www.rspb.org.uk/youth/makeanddo/activities/index.asp>

Books:

National Audubon Society Field Guide to North American Birds. New York: Alfred A. Knopf Inc. 1994

Kress, Stephen W. The Audubon Society handbook for birders. New York : Scribner, c1981.

Finlay, J. Cam, ed. A bird-finding guide to Canada. Toronto : M&S, c2000.

Peterson, Roger Tory. A Field Guide to the Birds. Boston: Houton Mifflin Co, 1980.



Image: Alan D. Wilson

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Image from www.naturespicsonline.com, <http://creativecommons.org/licenses/by-sa/2.5/>)

4







Image: Paul Carter



Juggling

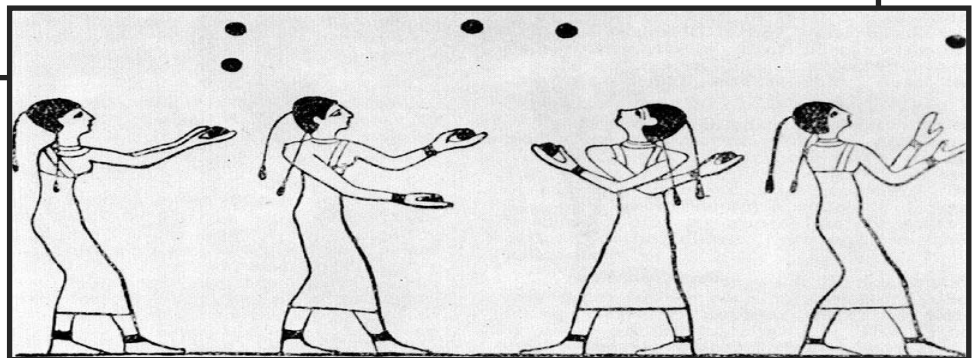
Not only is juggling good, low-impact exercise – but it will help develop your hand-eye coordination, and dexterity, too! It has the added bonus of giving you experience performing in front of a crowd.

History of Juggling

It is unknown exactly how old juggling is – however, the picture shown here is from an Egyptian tomb from 1700 BC! Juggling is an old past time, but one that is cross-cultural, too – the ancient civilizations of China, India, Greece, South America (the Aztecs) and Polynesia all practiced juggling. It was widely practiced in Europe as well, but during the middle ages became the object of scorn, and was looked down upon.

When the modern circus was created in the 1700s, jugglers were one of the first acts to be included.

In the late 19th and early 20th century, vaudeville theatres opened and also featured jugglers. The popularity of juggling waned, until the 1950s, when people started juggling for sport.



There are many **factors** that influence the juggling performance: (from <http://en.wikipedia.org/wiki/Juggling> accessed Feb. 2008).

The Kinds of Objects

juggled: for example, there is ball juggling, club juggling and rings, as well as diabolo, devil sticks and cigar box manipulation. People juggle handkerchiefs, chainsaws, knives and flaming torches (we don't recommend you try this in your 4-H Club!), and many other objects!

The Method of juggling: The best known form involves throwing and catching objects in the air without touching the ground – this is called toss juggling. Bounce juggling involves objects (usually balls) deliberately bounced off the ground. Contact juggling involves manipulating the object in constant contact with the body.

Performance style. This may include the gentleman juggler - using everyday objects such as hats, canes, plates, wine bottles and cigars; comedy Juggling - the juggling skill is secondary to the comic character and jokes of the performer; sport themed - the performers dress in sporting attire and juggle sports equipment such as

tennis rackets, footballs, or even snooker balls; traditional circus style - presenting pure skill with precision, skill and panache. Cultural extensions of the traditional circus style include: Chinese circus - using mainly rings and badminton rackets, fantastic costumes, concentrating on numbers juggling; Russian folk - colourful costumes and characters, unique props with acrobatics.

Number of objects juggled. There is a common distinction made in juggling between trick juggling and numbers juggling. In trick juggling, the main aim is to perform exceptionally skilful and impressive manipulations with the objects juggled. Numbers juggling, by contrast, has the single-minded goal of juggling as many objects as possible.

Number of jugglers. Juggling is most commonly performed by an individual. However, multiple-person juggling is also frequently performed by two or more people.

How to Juggle:

Here are some tips on how to start juggling, courtesy of Colin E. and the Internet Juggling Database. For best results, visit the website for animated diagrams and videos on how to juggle! You can also visit www.youtube.com and search for juggling for other examples. Or, consider finding someone in your community who already knows how to juggle to come in and give a demonstration! This will help the visual learners in your club.

There are several juggling clubs in Ontario - you may want to start by contacting one in your area. To find one, visit the Internet Juggling Database - <http://www.jugglingdb.com/> - and follow the link on the main page to worldwide juggling clubs. Or, you can try <http://www.juggling.org/>.

1. The Throw

Take just one ball and cradle it in the palm of your hand. With your elbows close to your sides and your arms extended in-front of you at about waist height, toss the ball repeatedly from one hand to the other. Ideally each throw should peak at about eye level, with the throw coming from slightly towards the centre of the body and the catch slightly towards the outside. Repeat this throwing and catching action a number of times until you feel comfortable with it. As you make each catch, let the ball fall into your hand, cushioning its landing and in the same circular motion send it on its way again."

Practice this move until you are relaxed, and aren't rushing "the throw".

2. The Exchange

Take two balls, one in each hand. Using the same technique we learnt in lesson one, throw one of the balls to the other hand. Now here's the tricky bit, the hand which the ball is heading towards is already occupied, before we make the catch we must make a space for it! Here's how it is done...

At the point when the first ball reaches its peak and starts its descent, throw the second ball just

inside the arc of the first using the technique learnt in lesson one. You should find that the balls land in your hands one after the other and that they have exchanged places.

Practice this move until you are confident - again, don't rush!

3. The Double Exchange

Pick up all three juggling balls. Place two in one hand and one in the other. Starting with the hand that holds two balls throw one of these balls in an eye level arc, as described in the first point, as the ball peaks perform an exchange as per the second point. Now as the second ball peaks perform an exchange again and finish by catching the third ball leaving two balls in one hand and one in the other once more.

Once you have performed the double-exchange a few times you will start to really understand the process of three ball juggling. Most of the time there is only one ball in the air, and it is this ball on which you should focus your eyes and your concentration. As the ball descends towards its destination, it is exchanged for the ball in that hand, which then becomes airborne and the focus of attention. Once you start to get the feel for this, there will be no stopping you.

4. Juggling!

Once you have performed a few double-exchanges it is easy to see the next step, the triple-exchange ... followed by the quadruple, quintuple and ... whatever 'tuple' six is. By this point you should hopefully try to stop thinking of what you are doing as a series of exchanges, but as a single pattern, a juggling pattern. In juggling terms what you are doing is called the three cascade and it is the most basic of all juggling patterns. However, that does not mean it is a simple, or in any way an inferior juggling pattern. Quite the contrary, it is the most important of all juggling patterns and forms the cornerstone for nearly all the others!

Now that you have the cascade under your belt, let's see if we can improve your foundations,

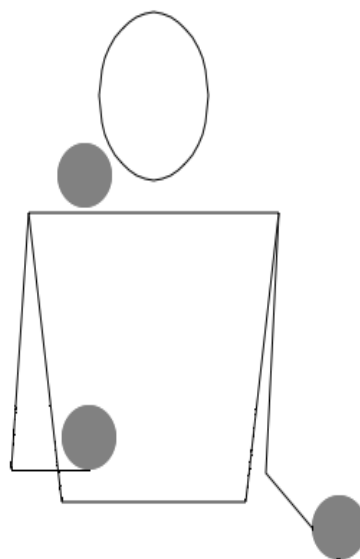
make the pattern flow in the way its name implies. The cascade should be relaxed - with practice the throws are brought down to a slightly below eye level, allowing the pattern to speed up slightly. This is the shape of pattern you should be aiming for.

(From <http://www.jugglingdb.com/compendium/startjuggling/learntojuggle.html?page=0>, accessed Feb. 2008)

Alternate Juggling Directions (Courtesy of <http://www.wikihow.com/Juggle>, accessed Feb. 2008)

1. Toss one ball for a while to get the feel of juggling. Start passing one ball from one hand to the other. Also practice self (throws you catch with the throwing hand). The ball should come to height or higher. Your hands should not move very much, is a good thing to keep your elbows at your hips.
2. Practice scooping. This is a technique to make juggling smooth: Scoop, or dip your hand, before tossing the ball. Dip your hand only shallowly. Practice scooping and tossing from one hand to another, so that arc does not rise above eye level.
3. Take one ball in each hand. Toss ball A, and when it reaches the top of its arc, toss ball B. Practice until it is comfortable.
4. Juggle three balls. Try to make three passes in a row.
5. First hold two balls in right hand and one in left-hand. (Vice versa if you are left handed) Begin with passing from the right hand. (Again; vice versa if you are left-handed)
6. Throw the ball to left hand and in the moment ball 1 is at the peak throw ball 2 (the only one in left hand) under ball 1 to right hand.
7. At the moment ball 2 is at the highest point (at this point you should also catch ball 1 in the left hand) throw ball 3 under ball 2. When ball 2 is in the right hand just catch ball 3 and this should be it. Try to make those three passes as many times as you can.
8. Try to juggle four and five as explained in steps before. Learn to juggle two in one hand, then do two in your left hand and two in your right hand at the same time. You are juggling four! Juggling five balls is just like juggling three, but you have to move your hands a lot quicker.

The steps above are juggling basics. For many more videos on juggling, visit the Internet Juggling Database, <http://www.jugglingdb.com/videos/>



Activities:**Make Your Own Juggling Balls**

To make some great beginner juggling balls, fill 3 balloons with flour or sand, and tie them off. Or, in case of latex allergies, modify 3 tennis balls by cutting a small hole into each, and filling almost all the way with sand, flour, or beans – tape up the whole afterwards with duct tape. You should still be able to squeeze the tennis balls.

Juggling Competition

Once members have had a chance to practice juggling, hold a juggling competition to see who can juggle the longest! As a prize, you can pick up beanbags or juggling sets from hobby stores fairly cheaply - or make your own, as described above!

Resources:**Websites:**

The Internet Juggling Database - <http://www.jugglingdb.com/>. This has some great animated tutorials!

Wikipedia - <http://en.wikipedia.org/wiki/Juggling>

For alternate instructions on how to juggle, visit:

WikiBooks, at http://en.wikibooks.org/wiki/Learning_to_juggle

Juggling Information Service - www.juggling.org

Books:

McGill, Ormond. *Balancing magic and other tricks*. New York : F. Watts, 1986.

Pipkin, Turk. *Be a clown!* New York : Workman Pub., c1989.

Tips from a 4-H Juggler

Practice, Practice and practice some more. The most important thing is to **keep going for it**. As for getting started, start juggling things up in the air - first one, then two, then three. Focus on keeping the balls (apples, whatever you can't break) at the same height everytime you throw them up. It's important to keep a good ryth. You want a continuous motion, and to keep a constant speed. It will gradually come to you. I always reccommend fairly big objects to start out with when juggling (like a tennis ball as it has more surface area and will allow you to catch it easier and will be visible in the air).

Once you make it up to three items, keep a motion going. You will start out by placing two balls in your right hand, one in your left. Throw the first ball in the air (from your

right hand). Try not to throw the ball to high, so that you have control. Work on throwing the ball a little bit above the top of your head. The more height you give yourself, the more time you have to catch it. As soon as it is up, throw the second ball (from your LEFT hand), but as your throwing it, throw it a little to the right so that it will not interfere with the first ball (from your right hand) that will be falling back down. By this time your left hand should be open to catch the first ball that was thrown. Throw the third and final ball from your right hand up in the air immediately once you catch the second ball, throwing it slightly to your left, so that it will not interfere with the second ball you have thrown up. By this time the second ball that you have thrown with your LEFT HAND should fall back into your right hand. Keep repeating this sequence...

Courtesy of Patrick Oberle

Winter Sports

The wind is blowing, the snow is falling, and many people just feel like staying indoors -but not your 4-H Club! There are many fun winter sports and activities that will keep everyone active in the wintertime. Just make sure that everyone is dressed appropriately for the weather, and that you have somewhere warm to go afterwards (preferably with hot chocolate).

For snowshoeing, contact a local outdoor centre to arrange for a group snowshoeing session. Some ski resorts also offer snowshoeing.

If you want to arrange your own trip at a conservation area or trail system, some outdoor outfitters such as Mountain Equipment Coop and Trailhead often rent snowshoes.

For the curling meeting, contact your local curling club to arrange for a demonstration, and to book some time for your club. To find a club near you, visit the Canadian Curling Association website, at <http://www.curling.ca/index.asp>, call 1-800.550.2875, or email info@curling.ca

Other Winter Sports to Try:

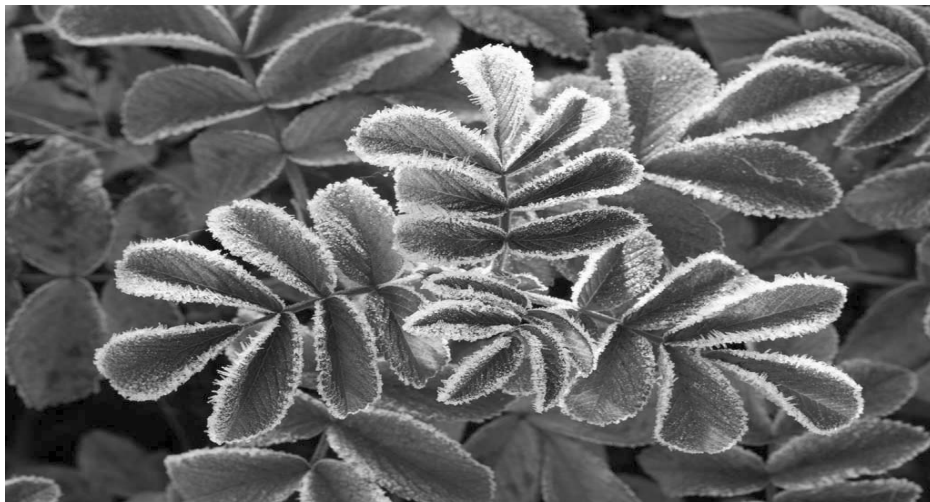
- Skiing - cross country and downhill
- Tobogganning
- Snowboarding
- Skating - speed and figure
- Ringette
- Snowball Fight - Last One Standing! <http://www.lastonstanding.ch/newsEN.html>

Roll Calls:

Snowshoeing - Name something you should bring with you when going snowshoeing.

Curling - Do your best 'hurry hard!' yell!

Shelter Building - Name one other thing besides shelter you'll need to survive in the cold.



Snowshoeing

Several authors claim that “if you can walk, you can snowshoe”! Snowshoeing has changed from being an essential survival skill (although it is still essential in some areas), to a mainly recreational pursuit. It is done for fun all over the world (where there is snow, at any rate). For some people, it’s also a competitive sport - snowshoe races are held, including the 100 km “Iditashoe”

History of the Snowshoe

The basic snowshoe was invented between 4,000 and 6,000 years ago in Central Asia. However, it developed into the form we recognize today in North America by Native North Americans. The Inuit in the north developed 2 kinds of snowshoes – one a triangular shape, and the other circular. The Cree, Iroquois and Plains Indians developed their own styles of snowshoes, which were longer and narrower.

The snowshoe was quickly adopted by Europeans in North America, particularly for use in the fur trade, and within the military. By the late 1700s, snowshoe clubs began to be formed, and snowshoeing became a recreational activity.

Today’s snowshoes are made from aluminum and lightweight materials, rather than the traditional white ash and rawhide, which are heavier and require waterproofing.

There are three main types of snowshoes:

- Aerobic
- Recreational
- Mountaineering

Since they are easier to rent, you will likely use recreational snowshoes for your club.

How to Choose Your Snowshoes

Your snowshoes should be large enough to support your weight. The general rule is that for every .45 kg (1 pound) of weight, there should be 6.5cm of snowshoe surface area (or 1 square inch) per snowshoe.



Traditional snowshoe - image katpatuka - <http://artlibre.org/licence/lal/en/>

Before Heading Out

Depending on how far you intend on going, there are some basic preparations you'll want to make before starting your snowshoeing adventure!

- Wear layered clothing - this will protect you from the cold, but will also give you options in case you get overheated and need to remove a layer! Snowshoeing can be good aerobic exercise.
- Snowpants, or other waterproof pants
- Sunblock and sunglasses - on sunny days, the snow can reflect the sun right in your face, and you can get a sunburn even in winter!
- Water
- Waterproof shoes or boots (that are comfortable!)
- A map of the area and a compass - just in case you get lost

Snowshoeing Technique

There's nothing too tricky about the basic snowshoeing step. You can walk or run using a light step. Lead with your heel down, rather than with your toes, and keep your feet wider apart than normal - this will prevent you from tripping over your own snowshoes! Use a rolling motion from heel to toe, as this is the most comfortable and traction-grabbing. Keep your weight over your heels, especially when you are going downhill. Take nice, wide strides!

Many modern snowshoes have a sharp 'talon' built into the snowshoe, right under where your foot comes down - this will help prevent you from sliding backwards when the snow is slippery.

You may want to appoint a few people in your group as 'trail-breaker' - they take turns walking ahead of the group and 'stamping' down the snow, to make it easier for everyone to follow. It's hard work though, so have everyone take turns!



Image - Josh Eckles, <http://creativecommons.org/licenses/by/2.5/>

Other Snowshoeing Moves (From Joque, Jim. *Snowshoeing 101: Techniques With a Short Learning Curve*. www.snowshoemag.com/pdfmag/snowshoeing101.pdf, accessed February 2008)

Getting Up

If you happen to fall while snowshoeing, "roll over onto your front, put one knee up and push yourself up to a half kneeling position. Then raise yourself back to a standing position by using your knees to brace your hands/arms".

Turning Around

Do a step turn - "lift one snowshoe and place it at a 90-degree angle in front of the other shoe (forming a "T" with your snowshoes). Then shifting your body and bringing the other snowshoe back alongside, making a half-turn. Do it again to make the full turn."

Going Uphill

If you are planning on snowshoeing up and down hills, you may want to consider bringing ski poles with you - they will improve your balance and help distribute your weight.

There are several techniques you can use for going up hills - one of the most common is the herring bone step.

“Face uphill with your snowshoes turned out at about a 45% angle. By placing your weight to the outside of each snowshoe as you ascend, you will be able to dig into the snow and gain greater traction as you climb.” You can also try side-stepping up the hill.

Going Downhill

“Down-hilling involves walking down a gradual slope with snowshoes level to the horizon, keeping knees flexed, and putting weight directly on the shoe with some shift to the heel depending on the angle of the slope. Keep your body level and do not lean forward or back”. You can also side-step down hills!

Activities:

Do some snowshoeing warm-ups! Snowshoeing can be strenuous aerobic exercise, depending on how far you are going, and whether it’s up and down hills. Be sure to warm up first by doing some quick games to help everyone get used to their snowshoes. Try playing a quick game of hide and seek, or do the Hokey-Pokey!

Digging Deeper - The Origins of the Snowshoe

Ask senior members to use the resources listed here (and any others they find) to research the origins of the snowshoe, and do a short presentation to the club on their findings. They might also focus on the different types of snowshoes (traditional and modern), and the benefits of each.

Digging Deeper - Make your Own Snowshoes

This is a more in-depth activity - but there are plenty of books and websites that provide plans to make your own snowshoes! Here is a listing of several plans that range from easy to difficult:

Websites:

http://www.geocities.com/otc_scouts/shoes.html

<http://www.motherearthnews.com/Do-It-Yourself/1981-11-01/Make-Your-Own-Snowshoes.aspx>

<http://kudu.net/outdoor/winter/gear/snowshoes/>

<http://www.gottagoitsnows.com/survival/002.html>

Books:

Gilpatrick, Gil. How to Make Snowshoes and Snowshoe Furniture. Maine: 2001.

Small Woodworking Projects. Connecticut: Taunton Press, 1992

Snowshoeing Resources:

Snowshoe Racing - The United States Snowshoe Association - <http://www.snowshoeracing.com/>

<http://www.adventurecorps.com/way/snowshoe3.html>, accessed Feb. 2008

http://www.esnowshoes.com/snowshoe_research_technique_basics.php

Joque, Jim. Snowshoeing 101: Techniques With a Short Learning Curve. www.snowshoemag.com/pdfmag/snowshoeing101.pdf, accessed February 2008

Edwards, Sally and McKenzie, Melissa. Snowshoeing. Human Kinetics Publisher, 1995.

Griffin, Steven. Snowshoeing. Stackpole Books, 1998.

McDougall, Len. The Snowshoe Handbook. Buford Books, 2000.

Olmsted, Larry. Snowshoeing, A Trailside Guide. WW Norton & Company, 1997.

Prater, Gene and Felkley, Dave (Editor). Snowshoeing, From Novice to Master:

Mountaineers Books, 2002.

Savignano, Phil. Snowshoeing. Globe Pequot Press, 2000.

Walter, Claire. The Snowshoe Experience. Storey Publishing, 2004.

Zwosta, Marianne. The Essential Snowshoer, A Step by Step Guide. McGraw-Hill, 1996.

Curling

Did you know that over 754,000 people in Canada are curlers? An even greater number of people watch the sport.

To promote curling, the Canadian Curling Association has developed an educational program entitled 'Getting Started in Curling'. We are pleased to provide the student workbook for this program, courtesy of the Canadian Curling Association. It contains all the basics of curling, as well as games and activities.

However, for more in-depth information, we suggest that before your club meeting you visit their website to explore all of the great resources they have collected. You can also purchase the teacher's guide as a companion to the student workbook for a small fee - contact the Canadian Curling Association at 1-800.550.2875, or email info@curling.ca to get your copy!

Activities:

The student workbook included in this project, courtesy of the Canadian Curling Association, has several activities that can be used to help members learn how to curl!

Curling Demonstration - before setting out to curl, visit the Canadian Curling Association website, and view their flash introductions on how to curl - http://www.curling.ca/learn_to_curl/how_to_curl/flash.asp. Or, contact a local club and see if you can arrange for an in-person demonstration!

Resources:

Websites

The Canadian Curling Association - <http://www.curling.ca/index.asp>

Curling on Wikipedia - <http://en.wikipedia.org/wiki/Curling>

Glossary - http://en.wikipedia.org/wiki/Glossary_of_curling_terms

The World Curling Association - <http://www.worldcurling.org/>

Books

Clark, Doug. *The Roaring Game: The Sweeping Saga of Curling*. 2007

Weeks, Bob. *Curling for Dummies*. Mississauga: John Wiley & Sons Canada, 2006.



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Getting Started in Curling

Workbook

YOUR FIRST END



This resource is a collaboration of the National Coaching Certification Program and the Canadian Curling Association.
The Getting Started in Curling Teaching Manual is a component of Tim Hortons' Kids Curl and the Canadian Curling Association's Your First End programs.



National
Coaching
Certification
Program



CANADIAN
CURLING
ASSOCIATION
CANADIENNE
DE CURLING



CANADIAN CURLING ASSOCIATION
ASSOCIATION CANADIENNE DE CURLING

1660 Vimont Court, Cumberland, Ontario, Canada, K4A 4J4



Welcome!

You may not have tried curling before but, once you do, you'll find that it's an exciting sport. Curling is a great way to hang out with friends while having fun and being active.

Curling is also a competitive sport, with tournaments that can bring you across Canada, around the world—even to the Olympics. But, first you'll have to learn some of the skills and strategies to help you play the game.

So enjoy the program your teacher is going to present to you. You'll be shown all you need to know about curling, including how to correctly throw and sweep a rock!

If you like the sport of curling, ask your family to call your local curling club, where you can play regularly. Your whole family can enjoy the sport with you, or it can be something just for you and your crew!

Have fun and welcome to the sport of curling!

Dear Parent(s),

This program introduces young students to the exciting sport of curling. Your school believes that the students will benefit from the physical activity, strategic thinking and team building aspects of this sport.

Should you wish to share any feedback regarding this program, please do so at www.curling.ca/survey/gettingstarted.

The Canadian Curling Association

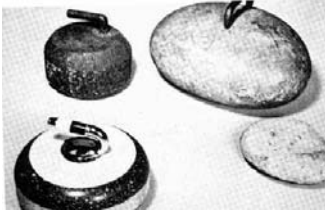


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THE ORIGINS: A BRIEF HISTORY OF CURLING



Originating with either the Scottish or the Europeans, curling dates back a long ways, with its earliest known stones (called “kuting stones”) coming from the 16th century. In fact, the stone that most agree is the oldest in existence has the year 1511 carved into its side (along with the name of its owner, St. J.B. Sterling). These early kuting stones were as small as 2 kg and as large as 10 kg. Usually, instead of handles, they had small niches scraped into them for the fingers to grip and hold on to – picture a modern-day bowling ball with a flat bottom and that’s a lot more awkward to throw!

Around the mid 17th century, curling stones with handles began to appear, and they came in all shapes—ovals, squares, hexagons, even cones! They varied in weight too, with one stone weighing 47 kg. You guys are lucky because today’s stones are granite and round, which makes them easier to control, and they only weigh 18 kg.—just enough to get the impressive bicep, but not so much that you also get the hernia.

Scottish settlers and General Wolfe’s soldiers brought the game to Canada around 1760. They had a problem though, since they couldn’t very well traipse off to the tiny Scottish island of Ailsa Craig (where all curling stone granite was mined up until the early 20th century) every time they needed a curling stone! Instead, these determined curlers used the only resources available to them – they melted cannonballs to make their stones (or “irons” as they were called). In Ontario, this same inventiveness led to the development of a curling stone made out of a hardwood block with an iron ring around its middle, termed the striking band.

Attempting to propel a large granite stone down a slippery ice surface creates some challenges for a curler’s footing. In the early days, holes or footholds were hacked into the ice. Later, metal cleats called *crampits* came into use; however they caused too much damage to the playing surface. Metal footholds, or *trackers*, were then attached to the ice, which led to the modern rubber hack—now used throughout the world.

The sport has been historically popular in Canada, with the oldest curling club, the Royal Montreal Club, established in 1807. The first club in Ontario was formed in 1820 in Kingston, and the third oldest club in Canada was formed in Halifax, Nova Scotia in 1824. But the greatest growth in the sport of curling happened as the game moved west of the Great Lakes. In 1876, Winnipeg formed its first curling club, in 1880 Alberta and Saskatchewan formed clubs, and in 1895 curling reached British Columbia. Today, over two-thirds of the country’s curling clubs are located in the four western provinces.

The game faced its single biggest change when Canada’s harsh winters inspired the creation of indoor curling facilities. This improvement in playing conditions and the development of “artificial ice” resulted in an extended playing season, a growth in the number of clubs, and more people participating in the sport. In the late 1950’s, Canada had over 1,500 curling clubs, many of which were in small rural communities throughout the country. Today, there are over 1,200 clubs throughout every province and territory in the country, with over 1.5 million Canadians using them to curl each winter.

Canada runs several curling competitions, including: the Canadian Men’s Curling Championship, or *Brier*, which has been held every year since 1927 (except 1943-1945), the Canadian Women’s Championship, which began in 1961, and the Canadian Junior Curling Championships, which started in 1950 for men and 1971 for women. Internationally, Canada has won more world titles than any other nation, including twenty-three men’s championships, eight women’s world titles, seven world junior men’s and four world junior women’s championships.

In July 1992, the International Olympic Committee formally approved curling as a sport to be included in the Winter Olympic program and, since 1998, the sport has had full medal status. With this platform, Canadians have been able to demonstrate their shining curling skills to a world audience, winning gold and silver medals in the 1998 Games and silver and bronze medals in the 2002 games. Most recently, in the 2006 Torino, Italy Winter Games, Canada brought home both a bronze and a gold. This sport, which is so exciting to play and to watch, is only becoming more competitive as its popularity rages across the world. Even with so many talented competitors, Canada continues to win Olympic medals, making it clear – Canadians just love to curl!

Hey Mister DeeJay!
Pretend that you are the sports
announcer for a radio station called
WCRI. Speak clearly as you read the
text above, using inflection and tone to
make it sound exciting.

USE YOUR NEW KNOWLEDGE

Thought you could avoid it? Nope!

Use the information in "The Origins: A Brief History of Curling" to complete the following sentences.

- a) In the 16th century, curling stones were referred to as _____ stones.
- b) The oldest curling stone belonged to _____ and was dated _____.
- c) Curling stones are most commonly made from granite mined from the Scottish island named _____.
- d) Scottish settlers and General Wolfe's soldiers brought the game to Canada in the year _____, approximately.
- e) The oldest curling club in Canada is the _____, which was formed in the year _____.
- f) Canada has over _____ million curlers.
- g) _____ is the country that has won the most world curling titles.
- h) The Canadian Men's Curling Championship is called the _____.
- i) Curling became a full medal Olympic sport in the year _____.
- j) In 1998, Canada won _____ and _____ medals at the Olympics in Nagano, Japan.

CURLING GLOSSARY

A glossary is a list of words and their meanings that can be used to help you understand a new subject. This glossary explains some curling terms. Whenever you come across a word in this workbook that is written in *italics*, you can find its meaning here. (You'll even find answers to some of the questions!)

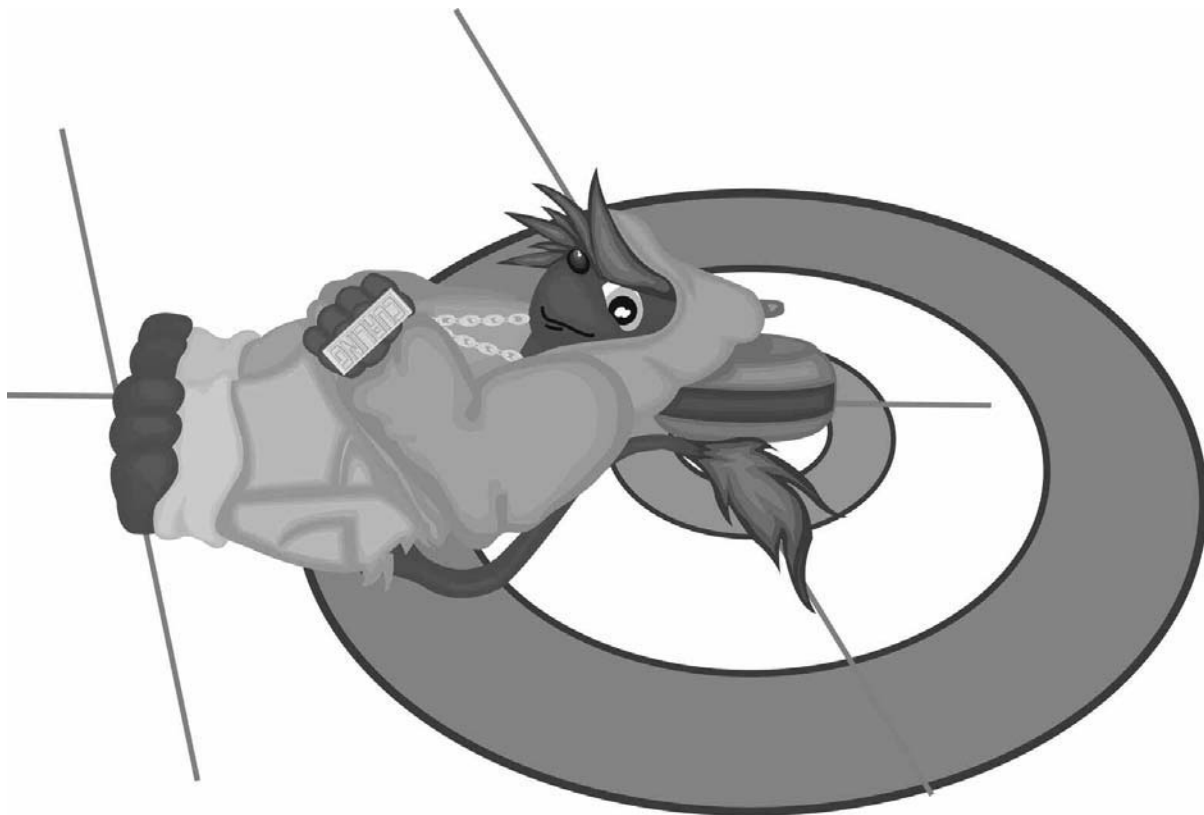
Note: The sport of curling generally uses Imperial measurements for length. As such, some curling terms are commonly acknowledged by an Imperial reference (4 foot etc.). Where this is the case, you will see Imperial terminology alone. Any other measurements, however, are listed in the common curling format (Imperial) as well as in Metric.

- BACKLINE** The line across the ice at the back of the house. Stones that go completely over this line are removed from play.
- BITER** A stone that just touches the outer edge of the circles.
- BLANK END** An end during which no points have been scored.
- BONSPIEL** A curling competition or tournament.
- BRIER** The name of the Canadian Men's Curling Championship.
- BRUSH/BROOM** A device used to sweep the ice that is in the path of a moving stone. It is also used as a balance device during the curling delivery, with the fabric side facing up.
- BURNED STONE** A stone in motion that has been touched by a member of either team, or any part of their equipment. Burned stones are removed from play.
- BUTTON** The circle at the centre of the house.
- CLOCKWISE TURN** The rotation given to the handle of a stone that makes the stone turn in a clockwise direction and "curl."
- COUNTER** Any stone in the rings or touching the rings (a position that can count as a point).
- COUNTER-CLOCKWISE TURN** The rotation given to the handle of a stone that makes the stone turn in counter-clockwise direction and "curl".
- CENTRE LINE** A line running down the middle of the ice, from one hack to the other.
- CURL** The amount a rock's path "bends" while traveling down the sheet of ice.
- DOUBLE TAKE-OUT** A take-out shot that removes two of the opponents' stones at one time.
- DRAW-WEIGHT** The momentum required for a stone to reach the house (or circles) at the distant end of the sheet of ice. A skip who wants this kind of shot will often tap the ice where they want the shot to go.
- END** A portion of a curling game that has been completed when each team has thrown eight stones and the score has been decided.
- FREE GUARD ZONE** The area, not including the house, between the hog line and the tee line.

- FREEZE** A precise, draw-weight shot that makes the delivered (thrown) stone come to rest right up against a stopped (stationary) stone.
- GUARD** A stone that is placed in a specific position so as to protect another stone.
- HACKS** The footholds at each end of the ice from which the stones are thrown in a balanced, flatfoot delivery.
- HAMMER** The term used to identify which team gets to throw the last stone of an end - a status that is generally considered to be an advantage.
- HEAVY** A stone delivered with greater force than necessary.
- HIT** See take-out.
- HOG LINE** A line 33 feet (10 metres) from the hack at each end of the ice. Delivered stones must either touch a stone that is in play or be completely over this line in order to remain in play.
- HOUSE** Also called the target, it is made up of four, coloured, concentric circles, which are referred to as: button, 4 foot, 8 foot and 12 foot.
- LEAD** The first player to deliver a rock for his or her team.
- LIGHT** A stone delivered with less weight than was required to successfully complete a shot.
- PEBBLE** A fine spray of water applied to a sheet of curling ice before play starts. It creates small bumps on the ice, making it easier for curling rocks to glide down the ice.
- RINGS** The circles in the house towards which play is directed.
- SECOND** The curler who delivers the second pair of stones for his/her team in each end.
- SHEET** The playing surface that a curling game takes place on.
- SHOT ROCK** At any time during an end, this is the stone closest to the button.
- SIDE LINE** The line that is the boundary of the curling rink. Rocks touching this line are "out of play".
- SKIP** The player who determines the strategy and directs the play for his/her team. The skip also delivers the last pair of stones for his/her team in each end.
- SLIDER** Slippery material that is glued to the bottom of a shoe, or else slipped on over the sole of the shoe, to make it easier to slide on the ice. If players don't have one, they can use tape instead.
- SLIDING FOOT** The foot the curler uses to slide when they are throwing the stone (curling delivery). The left foot is the sliding foot for a right-handed person and the right foot is the sliding foot for a left-handed person.
- SPARE** An alternate or substitute player.
- STEALING AN END** Scoring during an end in which your team did not have the advantage of hammer.

- STRATEGY** Knowing all of the different kinds of curling shots and when to play them.
- SWEEPING** The action of moving a broom or brush back and forth in the path of a moving stone.
- TAKE-OUT** Knocking a stone out of play by hitting it with another stone.
- TEE LINE** The line that passes through the centre of the house, parallel to the hog line and to the backline.
- THIRD, VICE-SKIP OR MATE** The third player on a team to throw their stones (two per end). Generally, this player acts as the skip when the skip is delivering his/her stones and assists with strategy decisions. For this reason, this player is sometimes called the Vice-Skip.
- TOURNAMENT OF HEARTS** The name of the Canadian Women's Curling Championships.
- TURN** The way the rock is rotated just before the release. This will start it "bending" in one direction or the other as it travels down the ice.
- WEIGHT** The amount of force given to the stone during the delivery.

Note: A complete glossary of curling terms can be found at www.curling.ca.



SAY WHAT?!

Match the terms in the left column with their best fit in the right column.

Blank End

Protector

House

Competition

Bonspiel

Third player

Vice-Skip

Force

Brush

No points

Take-out

Playing surface

Sheet

Closest

Guard

Sweeping

Weight

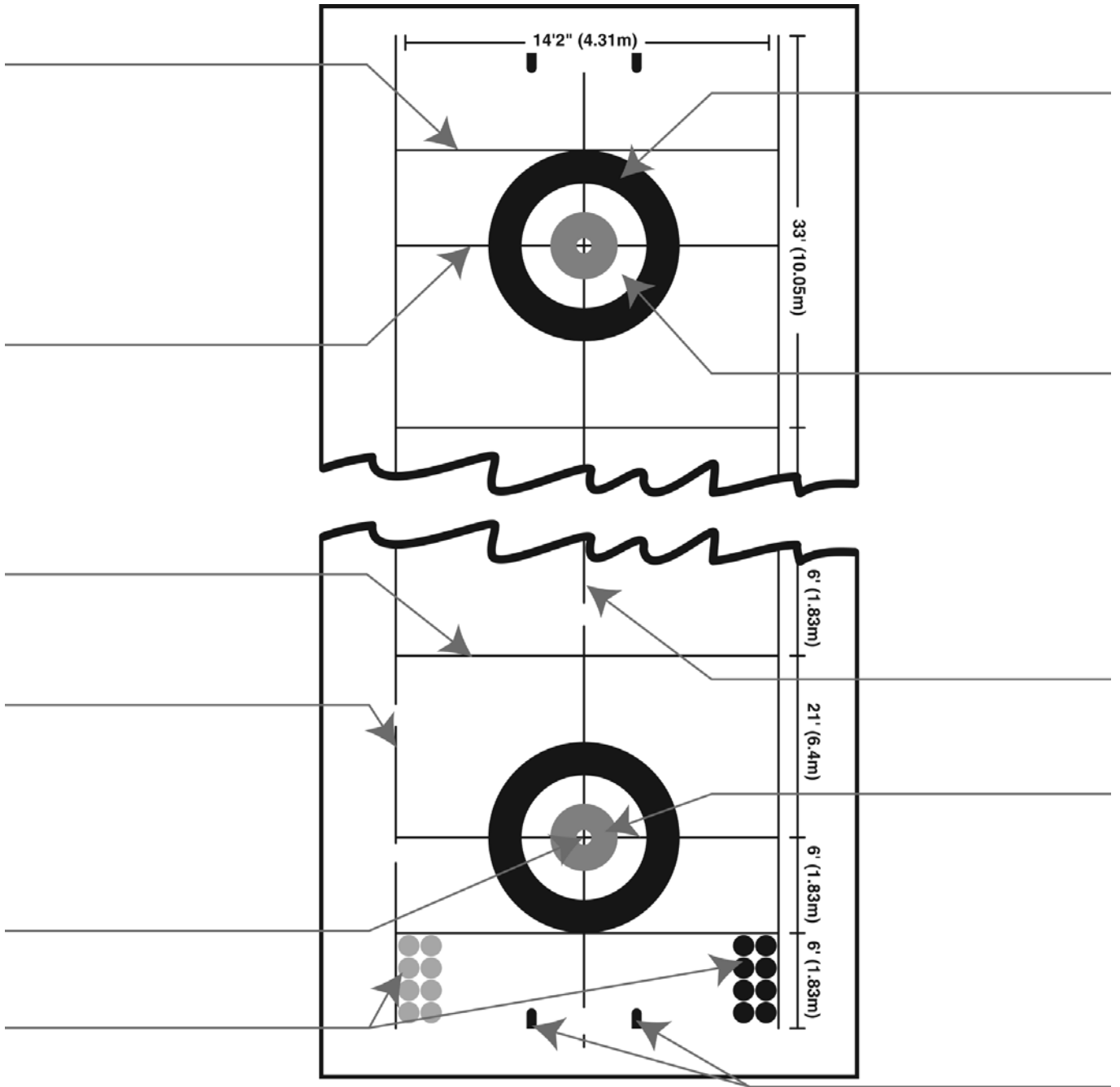
Target

Shot Rock

Eliminate

WHAT'S THAT?!

Use the terms and definitions in the glossary to label this illustration of a *sheet* of curling ice



EVERYONE HAS A POSITION

There are four members on a curling team and each delivers two stones, in this order:

- 1) lead
- 2) second
- 3) third (also called the vice-skip)
- 4) skip

The *skip* is responsible for the strategy, and calls the shots for all the players. She/he stands in the *house* at the end opposite to the delivering end (where curlers throw their shots from) and directs the play. When it is her/his turn to deliver, the *third (vice-skip)* takes over skipping duties. The two teams competing against each other take turns delivering stones until all 16 stones have been thrown. The *lead* and the *second* are responsible for *sweeping* stones delivered by their teammates, and they can either sweep on opposite sides or the same side of the stone. The *third* takes over one of the *sweeping* positions when the *lead* or *second* is delivering his/her stones.

Sweeping/Brushing, is an important skill that is used to clean the ice of frost, dirt and debris. Clearing this away reduces the friction between the stone and the ice surface, which allows the stone to continue its forward movement (momentum) for longer and to curl less.



LADIES AND GENTLEMEN... PLACES, PLEASE

For the scenarios outlined below, indicate where each of the players would be positioned on the ice. Use (1) to indicate the *lead*, (2) to indicate the *second*, (3) to indicate the *third* (or *vice-skip*), and (4) to indicate the *skip*.

Example: It is your team's first *rock* of the *end*, where does everyone belong?



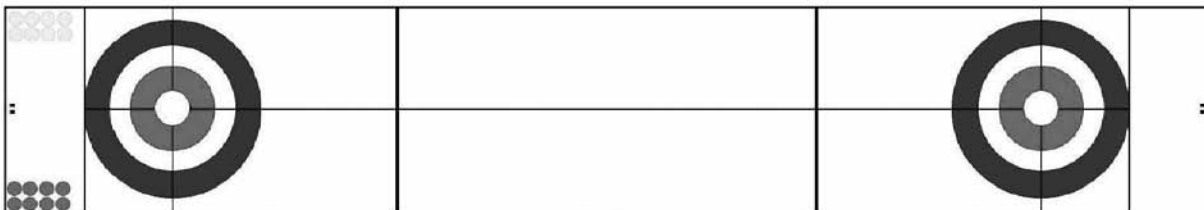
a) It is your team's 2nd *rock* of the *end*, where does everyone belong?



b) It is your team's 3rd *rock* of the *end*, where does everyone belong?



c) It is your team's 6th *rock* of the *end*, where does everyone belong?



d) It is your team's 8th rock of the end where does everyone belong?



e) The opposition is throwing their 5th rock of the end, where does your team stand during their shot?



f) The opposition is throwing their 8th rock of the end, where does your team stand during their shot?



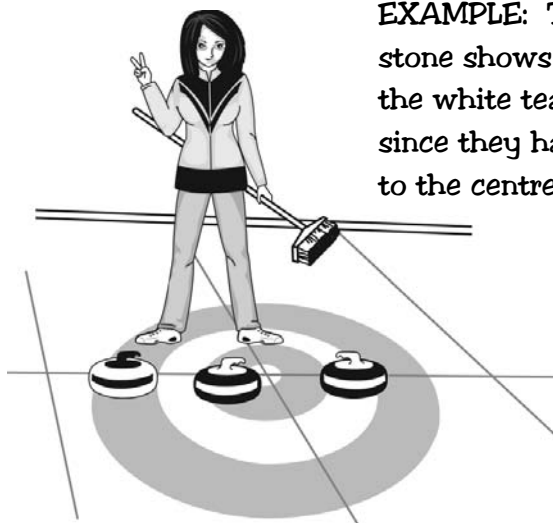
GAME OBJECTIVES & SCORING

A full-length game is usually 10 *ends*, but young curlers often play games of four, six or eight. The teams take turns delivering their stones; each player throws two stones during an *end*. The objective is to complete each *end* with one or more of your stones closer to the centre of the *rings* than your opponent's stones.

In each *end*, one team or the other will have *hammer*. Generally considered to be an advantage, *hammer* refers to the team that will be throwing the last stone of an *end*—in other words, the team that will have the last chance. At the beginning of the game, *hammer* is determined by winning a coin toss. Throughout the game, it goes to whichever team did not score in the last *end*. If no team scores (i.e. there is a *blank end*), the team that had *hammer* in the *blank end* will keep *hammer* in the next *end*. Because having *hammer* is supposed to be an advantage, if the team that does not have it scores in an *end*, then it is considered to be very well-done and called *stealing an end*.

Once all the stones have been delivered in an *end*, the *thirds* determine which teams' *rocks* are closest to the centre of the *rings*. A stone must be in, or touching, the *rings* in order to count. One point is scored for every stone that is closer to the centre than any opposition stone. So, only one team scores in any *end*—the one team closest to the button! If there are no *rocks* counting, then no points are awarded and that is called a *blank end*.

A team would be doing well if they were able to score two or three points on any *end* but, on some rare occasions, a team will get all eight of their *rocks* inside the *house* and closer than any of the opponent's *rocks*. When this happens, it is called an eight-ender, and the team scores eight points!



EXAMPLE: The handle of the curling stone shows the team colour. Here, the white team would score two since they have two stones closer to the centre than the black team.

The score board used in most curling clubs has three rows with numbers. The middle row shows the score, while the top and bottom rows show the *end* in which the scoring occurred. To find out how many points your team has, read the number above/below the last *end* played.

When neither team scores in an *end* (a *blank end*), this is indicated by hanging that *end*'s number in a designated area of the scoreboard (the area will say *blank end*) or over the score "15". The number "15" is used because it is impossible to score 15 points in one *end*, so it is obvious that a number hung there refers to a *blank end*. The number should be hung on the line of the team that had *hammer* in that *end* (i.e. the team that threw the last stone).



A QUIZ TO PROVE YOU WERE READING

Yellow			4	5											1
SCORE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Red	2	3			6										

- If you count both teams, how many stones are thrown in an *end*?
- If you count both teams, how many stones would be thrown in an eight *end* game?
- Can both teams get points in one *end*?
- What does a stone have to be touching in order to count?
- What is the *button*?
- How many points did Yellow score in the fourth *end*?
- Which of the ends played resulted in no points (was a *blank end*)?
- The tag for the *first end* (1) is hanging on the Yellow team's line. What does this tell you about who had *hammer* in the *first end*?
- Who won the game, Yellow or Red? What was the final score?



COUNT 'EM UP

Outlined below are the results of some ends that have been played. Use this information to fill in the scoreboard with the events that occurred in each end.

a) After the coin toss, the yellow team has *hammer* in the first end.

End #1 - Yellow team scores one point.

End #2 - Red team scores two points.

End #3 - Yellow team scores two points.

End #4 - Yellow team scores one point.

End #5 - Red team scores three points.

End #6 - Neither team scores any points.

End #7 - Yellow team scores two points.

End #8 - Red team scores two points.

Yellow															
SCORE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Red															

i. Which team won the game? _____

ii. Which end did the yellow team *steal*? _____

iii. Which team has *hammer* after the *blank end*? _____

b) After the coin toss, the red team has *hammer* in the first end.

End #1 - Red team scores three points.

End #2 - Yellow team scores two points.

End #3 - Yellow team scores one point.

End #4 - Red team scores two points.

End #5 - Red team scores one point.

End #6 - Yellow team scores two points.

End #7 - Red team scores one point.

End #8 - Red team scores one point.

Yellow															
SCORE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Red															

i. Which team won the game? _____

ii. How many points did the red team *steal*? _____

iii. Which team had *hammer* in the 3rd end? _____



c) After the coin toss, the yellow team has *hammer* in the first *end*.

End #1 - Red team scores one point.

End #2 - Yellow team scores three points.

End #3 - Neither team scores any points.

End #4 - Red team scores two points.

End #5 - Yellow team scores one point.

End #6 - Red team scores two points.

End #7 - Yellow team scores four points.

End #8 - Red team scores one point.

Yellow															
SCORE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Red															

i. Which team lost the game? _____

ii. What is the maximum number of points a team can score in one *end*? _____

iii. Which team had *hammer* in the 7th *end*? _____



CAN YOU FIND THESE WORDS?

Find the listed words in the puzzle below.

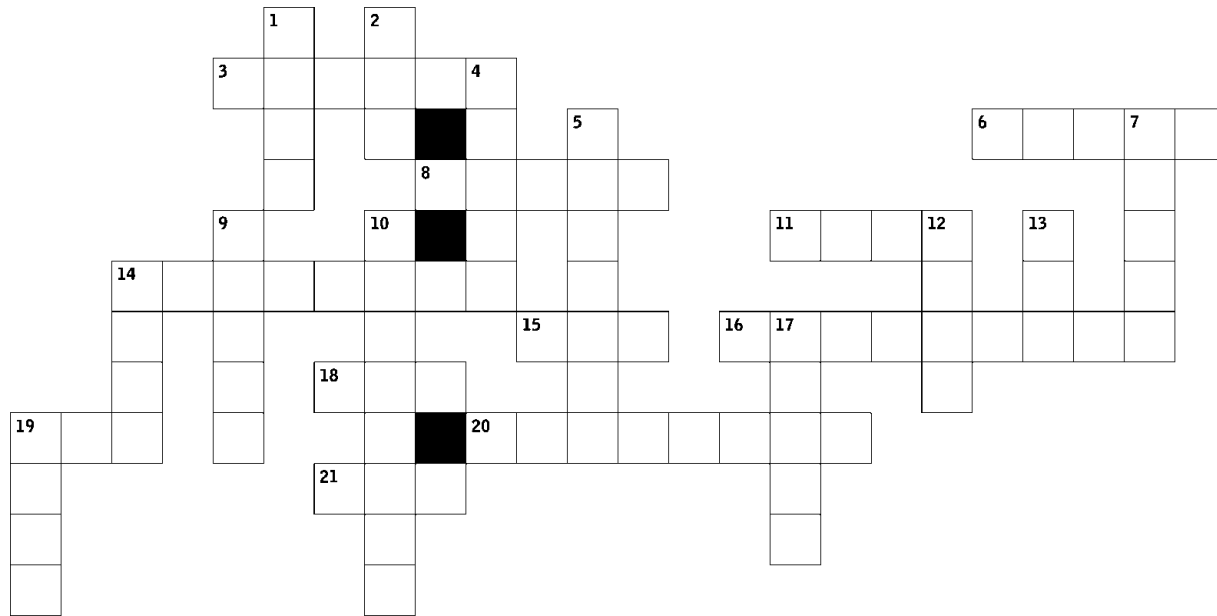
Words can be written forwards, backwards, vertically and diagonally.

e	l	y	p	b	d	w	b	p	k	t	e	d	w	a
c	z	i	v	n	o	r	a	c	d	o	l	e	b	b
i	k	e	o	a	u	n	a	r	k	h	b	l	r	s
s	c	c	e	s	e	h	s	j	d	s	b	i	o	p
x	e	e	h	r	i	h	k	p	z	u	e	v	o	a
s	t	e	a	m	f	t	v	v	i	c	p	e	m	r
e	q	u	i	p	m	e	n	t	u	e	b	r	t	e
n	o	t	t	u	b	e	q	r	t	s	l	y	i	y
s	h	e	e	t	y	q	l	i	d	u	l	e	a	d
b	p	e	e	w	s	i	h	k	c	o	r	i	s	s
e	r	q	j	t	n	w	e	i	g	h	t	s	d	g
m	k	i	o	g	p	l	r	l	b	d	g	u	r	e
a	h	n	e	i	l	a	i	w	u	n	n	i	r	f
g	e	r	d	r	a	u	g	n	i	r	n	e	c	n
q	h	o	g	e	y	b	b	r	e	k	e	c	i	v

- | | | | | | |
|----------|-----------|-------|--------|-------|--------|
| Bonspiel | Draw | Heavy | Pebble | Sheet | Team |
| Brier | End | Hit | Play | Shot | Tee |
| Broom | Equipment | Hog | Rings | Slide | Turn |
| Brush | Freeze | House | Rink | Spare | Vice |
| Button | Game | Ice | Rock | Skip | Weight |
| Curling | Guard | Lead | Rule | Stone | |
| Delivery | Hack | Line | Second | Sweep | |

WHAT'S WITH THE EMPTY BOXES? FILL 'EM UP!

Use the clues to complete this puzzle.



ACROSS

3. The person who throws rocks after the lead.
6. The target or circles.
8. This is what the sweeper uses.
11. Several of these make up a game. Once all eight have been played, sixteen rocks will have been thrown.
14. What the skip uses to try and outsmart the opponents.
15. The opposite of HERS is _____.
16. Having good _____ is the same thing as having good manners on the ice.
18. If your team has more points, you _____!
19. When your skip wants a draw shot, he will often _____ the ice, where he would like the shot to stop.
20. The skip holds the broom in the house. One player is delivering a rock. The other two players are called the _____.
21. This is the name of the line that runs across the ice in the middle of the house.

DOWN

1. One penny is also called a _____.
2. If a rock doesn't go over the hog line, it is called a _____.
4. When the ice is not clean, it is _____.
5. If rocks don't cross this line, they are removed from play.
7. After an end, two red stones are closest to the button. The red team would get a _____ of two.
9. Rocks that are thrown with just enough weight to reach the house are called _____.
10. When you throw a rock from the hack, it is called a balanced, flatfoot _____.
12. You eat it out of a bowl, and crackers go with it.
13. A kind of shot that knocks the opposition's rocks out of the house.
14. This person is the team leader.
17. These are what make the rocks curl.
19. What you put on the bottom of your sliding foot, if you don't have a slider.

PULLING IT ALL TOGETHER

Test your overall knowledge of the game; answer the following true or false questions.
Information on the inside of the back cover might come in handy, as well.

a) The <i>skip</i> is the team leader. He/she directs the play.	true	false
b) It is not good etiquette to distract the opposition while they are delivering.	true	false
c) The <i>third</i> delivers the first two stones in each <i>end</i> .	true	false
d) Each player delivers three stones in each <i>end</i> .	true	false
e) Right handed people must use the left <i>hack</i> , and left handed people must use the right <i>hack</i> .	true	false
f) When there is no score in an <i>end</i> it is called a <i>blank end</i> .	true	false
g) Curling rocks do not travel in straight lines, but bend to the right or left, depending on which turn is applied.	true	false
h) When delivering a stone, the fabric side of your brush is down.	true	false
i) Curling ice is different from skating or hockey ice because of the pebbled surface.	true	false
j) It is not a rule violation if you accidentally touch your own stone while <i>sweeping</i> it.	true	false
k) The sweepers should be standing near the sidelines and close to the <i>tee line</i> while waiting for their teammate to deliver his/her stone.	true	false
l) The <i>third</i> is responsible for measuring stones, if necessary, and for marking up the score.	true	false
m) If your team wins the toss you must deliver the first stone.	true	false
n) A rock cannot be removed from the <i>Free Guard Zone</i> until the 5 th rock of the <i>end</i> .	true	false
o) A rock is out of play if it touches the <i>backline</i> .	true	false
p) If a stone is touched while it is moving, the brushers should stop it immediately.	true	false
q) It is okay to celebrate loudly when your opponent misses.	true	false
r) A rock is out of play if it touches the <i>sideline</i> .	true	false
s) A team can score a maximum of 9 points in an <i>end</i> .	true	false
t) A <i>skip</i> is responsible for hanging the score.	true	false
u) Brushers should stand between the <i>hog lines</i> while the opposition is throwing.	true	false
v) A coin toss usually determines who has <i>hammer</i> in the <i>first end</i> .	true	false
w) The <i>skip</i> throws the last two stones of the <i>end</i> .	true	false
x) A thrower must release the stone before the back edge of the stone crosses the far edge of the <i>hog line</i> .	true	false
y) A team that scores in one end has the <i>hammer</i> in the next <i>end</i> .	true	false

BASIC RULES EVERY CURLER SHOULD KNOW

- A coin is tossed by one individual on each team. This decides which team will deliver the last stone in the *first end*.
- Curlers should stand along the sides of the playing area when not involved in delivering or brushing.
- After brushing, curlers should walk along the sides of the *sheet* to return to the delivering end.
- *Leads* and *seconds* should position themselves between the *hog lines* and well to the side of the playing surface when their team is not delivering. Only *skips* and *thirds* are allowed to stand in the *house area*.
- All curlers should remain outside the *house area* until the *thirds* have agreed on the score.
- The scoring team's *third* is responsible for posting the score.
- Teams may not remove an opposition stone if it is in the *Free Guard Zone* until the fifth stone of the *end*.
- The team who scores in one *end* delivers the first stone of the next *end*.
- If a stone is touched by a brusher while it is moving, that brusher must alert everyone of the infraction when the stone has come to rest.
- A *skip* can only brush an opposition's stone once it has crossed the *tee line* of the playing end.
- When throwing a stone, the curler must clearly release it before it entirely passes the *hog line* closest to the throwing end.
- To be considered as "in play", all stones must be over the *hog line* at the playing end of the ice (*consult rule book for exceptions).
- A stone is out of play if it touches the sideline, or if it completely crosses the back line at the playing end.

Curler's Code of Ethics

I will play the game with a spirit of sportsmanship.

I will conduct myself in an honorable manner, both on and off the ice.

I will never knowingly break a rule but, if I do, I will divulge the breach.

I will take no action that could be interpreted as an attempt to intimidate or demean my opponents, teammates or officials.

I will interpret the rules in an impartial manner, always keeping in mind that the purpose of the rules is to ensure that the game is played in an orderly and fair manner.

If I am found in violation of the code of ethics or rules of the game, I will humbly accept any penalty that the governing body of curling, at any level, deems appropriate.



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DE CURLING



Winter Shelter Creations

While not an official 'sport', building snow shelters is a great physical team building activity.

There are several types of shelters to choose from, such as the:

- Quinzee
- Snow Cave
- Igloo

Activities:

Build a Quinzee *(Adapted from The Outdoor Living Curriculum, developed by Manitoba Agriculture, Food & Rural Initiatives, with the assistance of the Canadian 4-H Council Resource Network - used with permission).*

Materials needed: Lots of snow, shovels, and a tarp.

Time: 3 to 5 hours

Special note: Quinzees require a fair bit of work to complete so make sure the group starts well before dark. If built properly a quinzee will be much warmer to sleep in than a tent.

Instructions:

The quinzee hut is possible because temperature differences exist within the layers of snow. By mixing snow of different temperatures you create a sintering process that causes even powdered snow to harden.

1. For a quinzee with an inside diameter of 2 metres, mark off a circular area that is at least 3 metres in diameter (allowing for the walls).
2. Now mix up the snow within your circle to get it sintering. Start piling snow on top of this area by using snow that is from outside of the circle. As you shovel, alternate flipping the snow over so that it gets well mixed (one shovel full right side up, the next gets thrown on upside down...). Your pile should get to about 1.8 metres high.
3. Flatten off the top to give it a dome shape, but don't pack down the snow. Poke a couple dozen 30 - 45 cm long sticks through the top and sides of your snow pile. These will be your guides to wall thickness when you start digging it out.
4. Now wait to let the sintering process begin. Depending on the outside temperature it could take between one and three hours. The colder it is, the faster it will harden. Make yourself something hot to drink, cook dinner or go on a short hike to pass the time and keep warm.



5. Now it's time to dig. You should be in waterproof clothes and someone else should help to move away the debris you shovel out. Trade off regularly, the person inside doing the digging has the toughest job. Start off by making a small opening at ground level. As you progress inwards, start slanting upwards so that the sleeping platform is slightly raised. This will allow the coldest air to flow down and out while you are sleeping. Keep hollowing out until you reach the ends of the sticks you poked through earlier. When finished the walls should be at least 30 - 45 cm thick and you should have a dome shaped ceiling. Smooth the ceiling as much as possible to prevent dripping.
6. You will get a thin crust of ice build up on the inside, due to condensation, making the snow airtight. You will need to make, and keep clear, a ventilation hole in the ceiling. Also, don't shut the door up too snugly, allow some air to circulate through it. You can use a backpack as the door.
7. Scoop out a shelf or two on the inside wall for candles. Poke a stick part way through to suspend your candle lantern.
8. You may also want to make a windbreak out of snow around the entrance. This will keep brisk winds out as well as to help prevent drifting snow from burying your doorway. Just as a precaution you should keep your shovel or other digging utensil inside with you at night in case you have to excavate your way out in the morning.
9. It is also a good idea to bring along a small tarp or tent fly to cover the quinzee in case of wet rain or snow. Throwing tarps over the roof of your quinzee during a rain storm will greatly increase its chances of making it through the night. Just make sure your ventilation hole is not obstructed.
10. A tarp or ground sheet is also required for the floor. Set this down and put your thermal pads and sleeping bags on top. These shelters are perfect for two or three people. If you have more in your group then you can build two adjoining quinzees with a small opening connecting them. There are many easier and quicker snow shelters that can be made for one individual.

Safety considerations: If you do decide to sleep in the quinzees, it is recommended that you have a nearby building that is heated. Without proper sleeping bags and clothing, sleeping in a quinzee can be a very cold experience. Allow participants to start in the quinzee with the option of moving to an indoor space. You want to keep the experience positive and fun.

Follow up Questions:

- What was it like to build a quinzee?
- Did your group work together effectively? How?
- Did you sleep in your quinzee? What was it like? Did you feel safe? Did you feel warm?
- Would you make a quinzee again someday?

Build an Igloo (Courtesy of <http://www.wikihow.com/Build-an-Igloo>, accessed Feb. 2008)

Building an igloo is energetic work - not something for the faint-hearted. Grab some friends and have plenty of energy bars and hot drinks on hand.

A fact not well understood and appreciated is that an igloo represents true arch building. It requires no scaffolding in building and it exerts no outward thrust. In the ordinary keystone arch used by builders, a temporary structure must be erected to hold the walls up until the keystone is fitted in position, and the base must be buttressed against an outward thrust. This is not the case with an igloo. There is no outward thrust, and the top keystone is not necessary to hold the structure up. It is doubtful whether such an arch could be built of brick or stone without scaffolding, but with the snow blocks it is a simple matter.

What You'll Need:

Snow shovel
Ice Axe / Pick
Hand shovel
Hand-held ice saw
Proper clothing
Lots of clean snow and cold temperatures

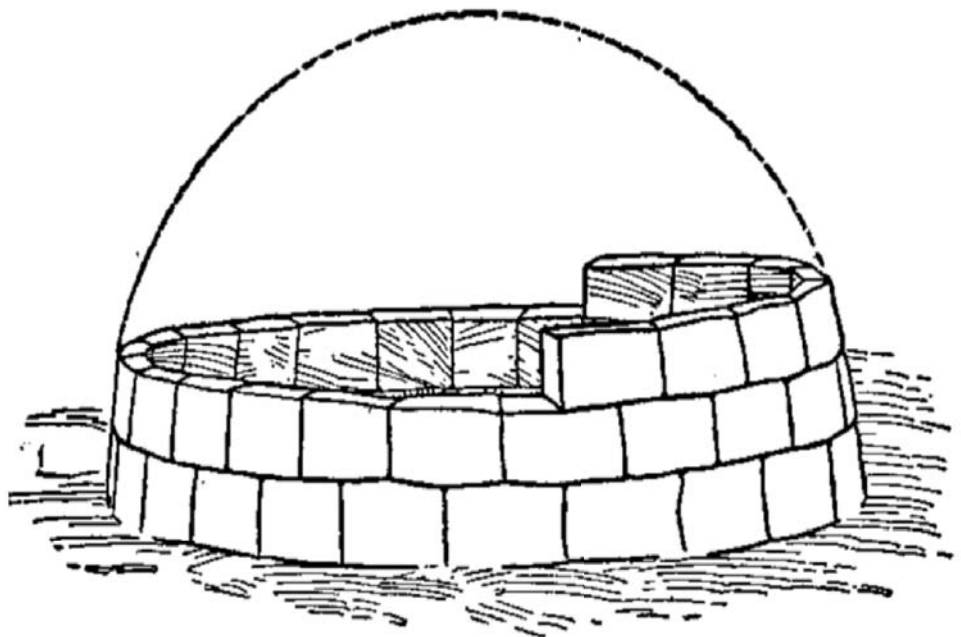
1. Make some block molds as it is best to use even sized blocks. Nail together four old boards into a rectangular box shape without a top or bottom. You'll need at least two different sizes of these. The first one should be about 12" long, 6" high and 4" or 5" wide, and the second one should be a bit smaller, say 10" x 5" x 3" or 4".
2. Find a large open spot with lots of snow. Clear a flat space in the snow on the ground and mark out a circle shape, trying to keep it as perfectly round as possible.
3. Use your molds to make snow blocks by placing the larger four-sided mold onto a flat board and tightly pack snow into it, forcing or ramming in as much as you can.
4. Sprinkle a little water on the snow, if it is too dry, to make to make it easier to pack it together tightly.
5. Hold the mold a little way up in the air, once it is completely packed, and tap the top or sides of it sharply to release the snow block. As one person makes the snow blocks, another can start building the igloo.
6. Stack bricks in a circle. Form a row of the large blocks around your circle. Make the joints smooth and even, as there is no mortar for binding the blocks together. If necessary force loose snow in to fill up the cracks and crevices as the igloo is built.



Tips and Warnings:

- Be picky about your snow. It must be packable. Also, if there was a frost just before the snow and the bottom layer is slushy, it won't be comfortable to sit inside the igloo.
- If you build it on a gentle slope, then the entrance hole can ramp up slightly into the cave. This will allow the cool air to 'fall out' through the entrance and the warmer air to stay inside.
- Smooth out the inner dome walls as much as possible and carve longitudinal grooves inside to allow the melting snow to flow outside without dripping on you.
- For added strength, drip water over the top of the igloo at night before going to sleep. This will allow the water to freeze and will make the walls stronger.
- Poke a small hole near the top, and then light a candle inside the igloo and let it burn. the heat from the candle will partially melt the inside of the igloo, and then it will refreeze into ice, making your igloo stronger.
- Make the joints smooth and even, as there is no mortar for binding the blocks together. If necessary force loose snow in to fill up the cracks and crevices as the igloo is built.
- Don't build an igloo alone! Snow is heavy and can collapse.
- Never build a fire inside an igloo - this will put you at risk for smoke inhalation and cause the snow to melt!

7. Form a second layer of the large blocks on top of the first, laying each block above of the joint of the ones underneath, thus staggering the blocks.
8. Stack additional layers on top, each time moving the brick in slightly so that the walls will dome inward. Note: The first course of the snow blocks should be thicker than the others, and the thickness of the walls gradually decreases toward the top. However, a wall made of 6" blocks throughout will hold up a snow house perfectly, if its top is no more than 6 or 7 feet above the ground. If a higher house is needed, the walls should be thicker at the base and well up toward the middle.
9. Continue building layers, or courses, of snow blocks with each layer having a slight slant at the top toward the center of the circle so that the walls will constantly curve inward. The building is best continued with one person inside the structure and one on the outside to ensure an even inward slant, gradually making a dome. The blocks are self-supporting from



the time the first snow blocks are put down until the last course is laid making it quite safe.

10. When you've domed up and in as far as you can, you will need to cap it with a single piece. This will require the help of two or more people.
11. Cut a cap brick that is close in size, but definitely larger than the hole on top of your igloo. Two people should lift the brick up and set it on top of the igloo. One person should get inside the igloo and trim the cap as needed until it fits snugly into the hole.
12. Fill in the cracks and holes with snow and pack it in as tightly as possible.
13. Build an arched entrance tunnel in the same manner as the main hut.
14. Get in out of the cold and enjoy your igloo.

Resources:

Websites:

Igloos on Wikipedia - <http://en.wikipedia.org/wiki/Igloo>

Instructions on how to build a snow cave - <http://www.pbs.org/wgbh/nova/denali/extremes/survcave.html>.

Instructions on how to build an igloo - <http://www.pbs.org/wgbh/nova/denali/extremes/survigloo.html>, and <http://www.primitiveways.com/igloo.html>

Books:

Davenport, Gregory. Surviving Cold Weather. Pennsylvania: Stackpole Books, 2002.

Yankielun, Norbert. How to Build an Igloo. 2007.

Games, Games, Games!

The games presented in this section are all based on traditional games from a variety of different cultures. Although they aren't what we might think of as a 'sport', they develop hand-eye coordination, social interaction, and strategy – and they are suitable for people of a range of ages and abilities.

There also a great option to fall back on in case your original activity is rained out!

Games Covered in this Section:

Since focussing on only one game probably won't fill a meeting, this section has been divided into 2 main topics - Traditional Board and Table Games, and Dice and Tile Games. Within each of these topics, there are at least 3 games covered, as well as a listing of resources on where to find more. Card games are not covered, as members are likely the most familiar with this type of game.

Suggestions on how to organize these meetings:

This is a great opportunity to get your senior members or junior leaders involved. Prior to running this meeting, have them learn the rules to one or two of these games - or learn about another one on their own! Have them come to the meeting prepared to teach it to the younger members.

Setting up 3 games stations (or however many you require) to showcase each of the games is a good way to organize the activities - depending on how many members you have in your club, they can spend an equal amount of time at each station, and then rotate so that everyone experiences each new game.

An alternate way to organize the meeting is to teach the games to the members, and have them vote on which they like the best - then hold a tournament!

One general activity that could be used for this section is to have the members come up with an idea for a board, table or dice or tile game. Have each group or individual present their idea. Then, as a group decide on which game the Club will create and play!

A note on the section on Mah Jong: for simplicity's sake, the basic Cantonese rules for Mah Jong have been included as they are easier to learn. However, there are many more variations of Mah Jong, and more rules for even the Cantonese version. You may want to have members first learn the basic rules addressed here, and if they are interested in learning more, gradually introduce more variations. Check the resources section for sources of more Mah Jong rules!

Other Games to Explore:

Roll Calls:

Board & Table Games:

What is your favourite board game?

What makes a game fun to play?

Dice and Tile Games:

Name a material you could use to make a pair of dice.



Traditional Board and Table Games

You guessed it - board games are games played on a board (and not because you are 'bored' when you play them, as the common joke goes)! However, the shape and complexity of the board varies wildly from game to game. Some have a specialized board carved or made out of wood - but others can be made with whatever materials are on hand, the board scratched into the earth or snow, and playing pieces made from sticks, stones or shells.

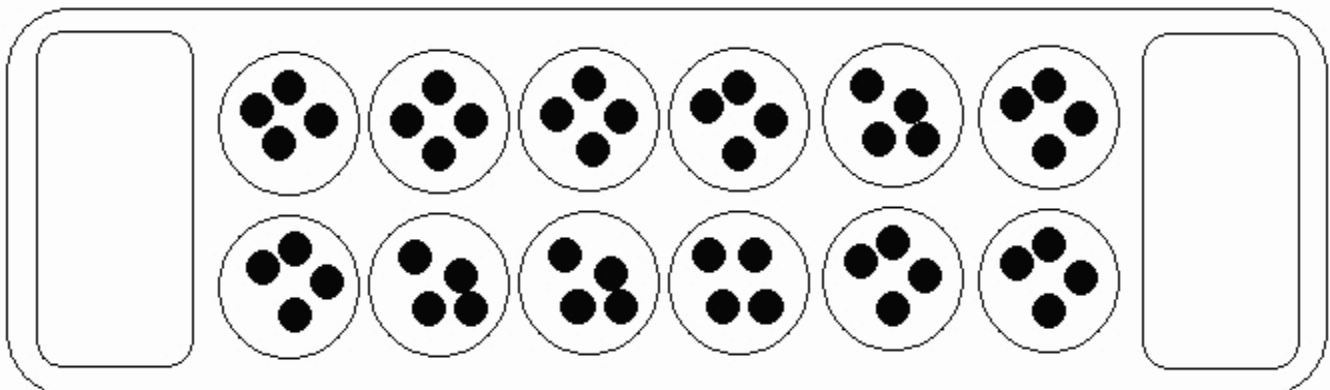
Mancala

Mancala has been played for thousands of years – probably because it can be played using rocks, bones, seeds, shells, or whatever happened to be around!

Mancala boards have been excavated that show that the ancient Ethiopians, Egyptians and Sumerians played the game. Mancala spread throughout the world, from Africa, to India, South America, the Caribbean, Indonesia and the Phillippeans.

There are many names for Mancala – in Africa, it is mainly known as Wari, but also Warri, Awari, Awele, Owari, and Wouri - each with a slightly different board!

The mancala board consists of 2 or 4 rows of shallow depressions, with larger depressions on either end (mancalas) to hold the counters – these can be seeds, dried beans, stones, or any manner of small, round items.



Mancala Board - http://commons.wikimedia.org/wiki/Commons:GNU_Free_Documentation_License

How to Play: (adapted from <http://www.wikihow.com/Play-Mancala>, accessed Feb. 2008)

1. The objective of the game is for each player to try to collect as many playing pieces as possible before one of the players clears their side of all the playing pieces.
2. Set up by placing the mancala board in between the two players with the long rows going horizontally. The row of six cups in front and closest to each player are theirs.
3. Each person has a mancala (larger scoring cup). Your mancala is to the right of you.
4. Place four playing pieces in each of the twelve cups.
5. Play the game by choosing who will go first and then the players will alternate turns. On a turn, the player will pick a cup, out of the six cups, on that player's side of the board.
6. Once a cup has been chosen the player will pick up all the playing pieces in that one cup and distribute them one by one in the next cups, in a counter-clockwise direction, trying to avoid putting any playing pieces in the other player's cups.
7. An example is if there are four playing pieces in your cup that you have picked, you are to drop one piece into each of the next four cups in a counter-clockwise direction, not putting any pieces in the opponent's cups.
8. Placing the playing pieces on your side and ending in a cup, it could end up with the last playing piece placed in your own mancala, then you get to go again.
9. When the last playing piece is put in an empty cup on your side, you get to take all the playing pieces from the other player's cup directly opposite of that cup. All the playing pieces taken including the playing piece that landed in the empty cup are placed in your own mancala.
10. The game ends once one of the players no longer has any playing pieces in the cups directly in front of them. The player with the most pieces in their mancala wins the game!

Tip!

Once you've chosen which playing pieces to move by touching the pieces or the cup they are in, you can't count them!

Activities:

Build your Own Mancala Board! For directions, see the insert at the end of this chapter - reproduced with the permission of the author.

Resources:

Mancala on Wikipedia - <http://en.wikipedia.org/wiki/Mancala>

The Online Guide to Traditional Games - <http://www.tradgames.org.uk/games/Mancala.htm>

Bell, R.C. Board and Table Games from Many Civilizations. London: Oxford University Press, 1969.

The Online Guide to Traditional Games

[Home](#)

[Board Games](#)
[Pub Games](#)
[Table Games](#)

Make A Mancala Game

[Lawn Games](#)
[Game Index](#)
[About](#)

This is the best way that I have found to make a 2-rank, 12-cup Mancala board out of egg-boxes. I have experimented with different methods and game pieces. There are other websites with similar instructions but most results are not quite so satisfactory or straightforward.

What you will need

- 2 x "6 cup" egg boxes. Make sure that you choose egg-boxes that have reasonably high dividers between the cups.
- Scissors
- Clear sticky tape
- Some dried seeds. Smooth beans/pulses are best - avoid rough/knobbly dried seeds like chickpeas. I used dried haricot beans.

Instructions



- For each box, cut off the retaining strip down each side
- Cut off the lids and then cut each lid in half.
- For each box, cut off the tops of the two middle prongs level with the sides of the box.
- Discard the four prong tops and the 2 retaining strips.

- Pair up the 4 lid halves so that when each pair is put together as shown, the holes are covered by the other half.
- Tape the 2 pairs together.





- Tape the two cup halves together length-wise. Eggboxes with a triangle at either end (as shown) are great - just do a cross of tape across the middle square that is formed at the join and then stick 2 more strips either side.
- You need four seeds in each cup.

Now, you can decorate the game, if you wish with poster paint or maybe glue and glitter - I will leave it to your creative imagination.

The board will fold in half for storage. The trays either end can be taped to the ends of the game but it is probably better to keep them separate. For versions of Mancala where the trays are not part of the game play, such as Oware, you may prefer to put the trays in front of each player rather than at the ends. When being stored, one can be put inside the other.

[Information about Mancala](#)

[Rules of Mancala](#)

 *jm at*
tradgames.org.uk

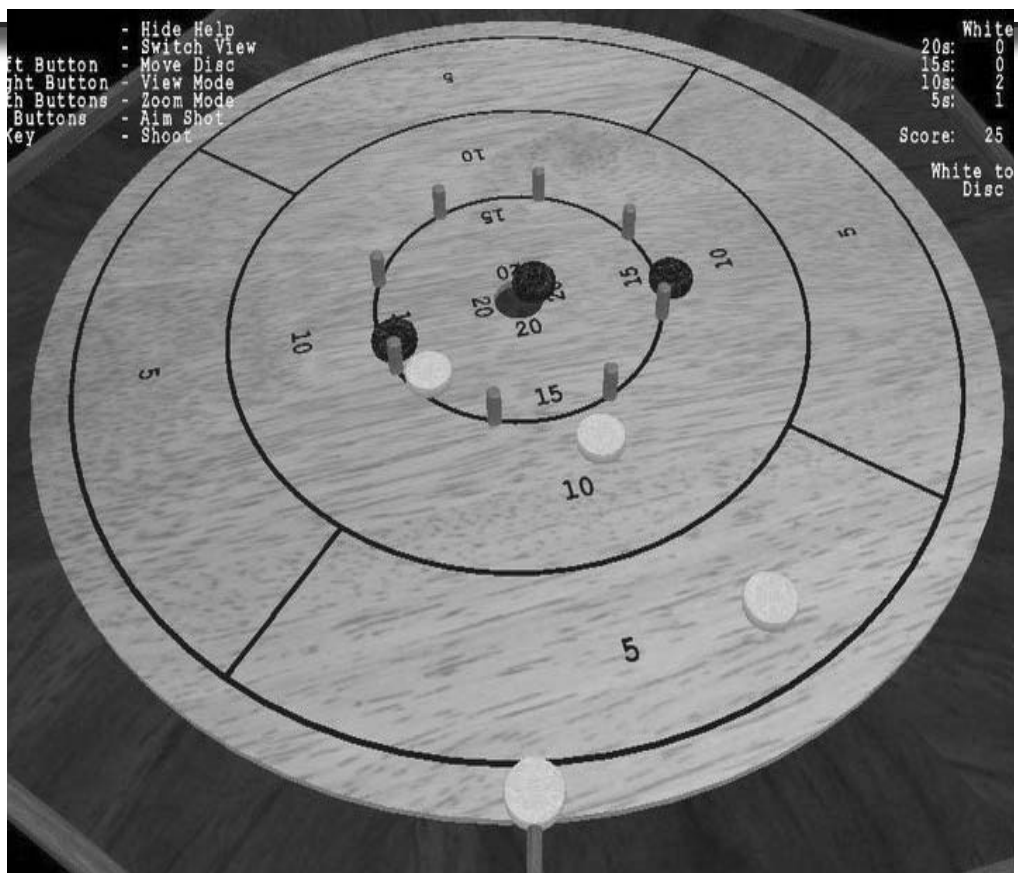
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by James Masters.

Crokinole / Pichenotte

Crokinole, also known as Pichenotte in French Canada, is a Canadian game! It has a distinctive board, and is similar in some ways to curling. It is also related to the old English game of Squails.

The oldest known commercially made crokinole board was made in 1876, and is in the collection of the Joseph Schneider Haus Museum in Kitchener, Ontario - but older, homemade boards have also been found.

The World Crokinole Championship tournament has been held annually on the first Saturday of June since 1999 in Tavistock, Ontario



Circular Crokinole Board. Image: Christopher Corkum, <http://creativecommons.org/licenses/by-sa/2.5/>

Did You Know?

Croquignole is french for a small, hard biscuit that resembles the game's playing pieces!

How to Play:

2- 8 players can play crokinole at one time, although 2 - 4 players is the most common set-up.

For four players:

1. Each player has 6 playing pieces (each player has a different colour). The first player puts their playing piece on the outer ring of their quarter of the board, and flicks the piece towards the centre of the board, aiming for the very centre.
2. The next player on the left repeats the motion - but also aims to knock the first player's piece into the 'gutter'!
3. Every player takes turns in this way until everyone is out of playing pieces, then the score is counted.

Scoring

- A piece that lands in the central recess is 20 points, and is counted as soon as it lands there, not at the end of the round.
- At the end of each round, discs in the inner ring count 15 points, the middle ring 10, and the outer ring 5. Discs in the gutter are 0!
- Discs resting on the line of a ring are considered outside of that ring.
- Once the points are added up, the difference between players / teams counts as the score - for example, if player A scored 50, and player B scored 80, player A would have a score of 0 and player B a score of 30.

Other Rules & Strategy:

- Players must keep their hands off the board unless it's their turn to play.
- Players must aim to knock the other players discs into the gutter - if there are no other discs on the board, then players can aim directly for the centre of the board.
- At the end of each round, no discs can be moved until the score is agreed upon.
- The main object of the game is to keep your opponent's score as low as possible, rather than scoring high yourself!

Bell, R.C. Board and Table Games from Many Civilizations. London: Oxford University Press, 1969.

The Crokinole Board

If there are industrious woodworkers in your club, they may want to try making a crokinole board!

The board itself traditionally has 8 sides, and is 27" in diameter. The gutter ring on the outside is 1" wide, the outer, middle and centre rings 3 1/2" wide each, and the central depression 1 3/8" across, and 1/8" deep. There's usually a raised lip or wall around the board to prevent the discs from falling to the floor.

Resources:

Traditional Board Games Online, <http://www.tradgames.org.uk/games/Squails-Crokinole.htm>

Crokinole on Wikipedia - <http://en.wikipedia.org/wiki/Crokinole>

Bell, R.C. Board and Table Games from Many Civilizations. London: Oxford University Press, 1969.

Where to buy Crokinole Boards:

Mr. Crokinole - Stratford, Ontario - <http://www.crokinole.com/> - 1-877-727-9055

Backgammon

Games resembling backgammon exist in many ancient cultures, including those of Egypt, Persia, Byzantium and Rome.

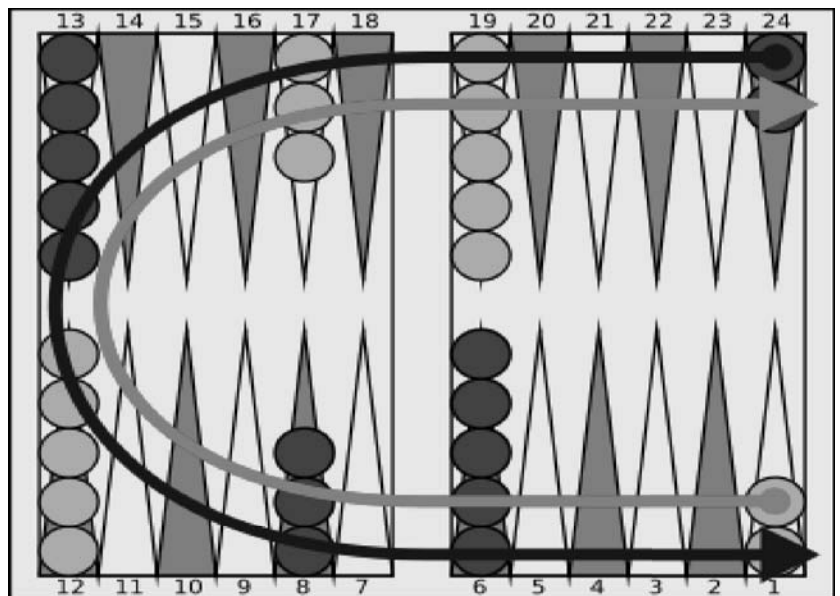
Backgammon is basically a 'race' game - the player who gets all their pieces to the other end of the board is the winner.

Did You Know?

In 1254, French King Louis IX banned his subjects from playing a game similar to backgammon, because gambling on the game was such a problem!

How to Play:

- The backgammon board is set up with four sets of six triangles, or **points**. Each point is numbered, 1-24. The two groups of 6 points on either side of the board are separated by the **bar**.
- To set up the board for a traditional game of backgammon, each player puts 2 checkers on the 24 point, 3 checkers on the 8 point, 5 on the 13 point and 5 on the 6 point (the numbers of the points are reversed depending on what side you are on). Points 1 - 6 are called the inner board, and 7 - 12 the outer board.
- There are several versions of backgammon, but generally each player sets his or her markers up on the points on the points closest to the opposing player (starting at the 24th point) - the goal is to use dice to move all the markers from this starting point to the table closest to you (points 1-6), and then off the board.
- When the dice are rolled, players can either combine the total shown on the dice to roll one marker, or move one marker the count of one die, and another the count shown on the second die. If doubles are rolled, each die is played twice - for example, rolling two 3's means that four markers are moved 3 spaces.
- As the markers move around the board, a player cannot place more than 5 markers on any one point, and cannot put their markers on a point already occupied by the opposing player. **However** - if a player moves a piece onto a point occupied by only one of the opposing player's markers, this knocks the opposing player's marker



off the board and onto the **bar** - this is called a **blot**. While a player has a marker on the bar, they can't move any other pieces until the piece has been returned to one of the points 18-24.

- To get your marker of the bar, you roll both dice and one of the numbers you roll must correspond to an empty point on points 18-24. For example, if you roll a 2, and the 23 point is empty, you place your marker there and it rejoins the play.

The Doubling Cube (Adapted from http://boardgames.about.com/cs/backgammon/ht/doubling_cube.htm, accessed March 200

1. When players play to win a certain number of games, each game is worth a certain number of points. They usually start with a value of 1 point per game.
2. The doubling cube makes the games more interesting, and speeds up play. It is a 6 sided die, marked with the numbers 2, 4, 8, 16, 32, and 64. At the beginning of the game it is placed in the middle of the bar and is not controlled by either player.
3. "When a player feels he or she has the advantage, that player can choose -- before he or she rolls the dice -- to offer a double.
4. The opposing player can turn down the offer, but concedes (i.e. loses) the game by doing so.
5. If the opposing player accepts the offer, the value of the game doubles (e.g. from 1 to 2, from 2 to 4, from 4 to 8, etc.).
6. When a player accepts a double, he or she takes control of the doubling cube and is the only player who can make the next offer of a double.
7. Some players use 'beavers': when a player is doubled, he or she may immediately redouble (beaver) while maintaining control of the cube. The original doubler can accept or refuse, as with a normal double.
8. Some players use 'automatic doubling': if the first roll is doubles, the value of the game becomes 2 points. The cube remains in the middle (no player has control of it)".



Resources:

Websites:

Backgammon on Wikipedia - <http://en.wikipedia.org/wiki/Backgammon>

Backgammon on About.com - <http://boardgames.about.com/cs/backgammon/ht/backgammonsetup.htm>

Backgammon on the Open Directory Project - http://www.dmoz.org/Games/Board_Games/Abstract/Race_Games/Backgammon/

Backgammon and Mathematics in Plus Magazine - <http://plus.maths.org/issue15/features/doubling/index.html>

Books:

Bell, R.C. Board and Table Games from Many Civilizations. London: Oxford University Press, 1969.

Molyneux, J. du C. Vere. Beginning Backgammon: Strategy and Tactics for Winning Play. First Lyons Press, 2002.

Billiards

Billiard related games, such as pool and snooker, evolved from a game played in medieval Europe called 'grounds billiards'. This game was played on an outdoor court - at one end, a hoop was placed on the ground - at the other end, an upright stick. We don't really know what the rules were for ground billiards, but experts believe a series of balls were knocked around the court using mallets.

In the 1400s in Europe, people began playing ground billiards on table tops, and the game developed into the one we are familiar with today.

The most popular billiard games today are Snooker and Pool - since most people are familiar with how to play pool, some basic snooker rules are included here!

Snooker

Table Set Up

The Snooker Table: At one end of the table (the baulk end) is the so-called baulk line, which is 29 inches (74 cm) from the baulk cushion (the short cushion at the baulk end). A semicircle of radius 11½ inches (29.5 cm), called the D, is drawn behind this line, centred on the middle of the line. The cushion on the other side of the table is known as the top cushion.

Balls: Snooker requires 22 unnumbered balls of different colours - 15 red balls, 6 balls of different colours and one white ball (the cue ball). Each ball has a different point value: red=1, yellow=2, green=3, brown=4, blue=5, pink=6, and black=7.

The six colours should be on their spots on the table. Looking from the Baulk of the table (i.e. with the curved line of the D facing you) their positions are as follows:

- right to left along the Baulk line: yellow, brown, green;
- on the centre spot: blue;
- on the nearer of the two far-end spots: pink;
- on the farther of the two far-end spots: black.

The fifteen reds are placed in a triangle between the pink and the black, base parallel to the top of the table, the apex red being as near to the pink as possible without touching it.

How to Play Snooker *(adapted from <http://www.wikihow.com/Play-Snooker>)*

Similar to pool, the snooker game takes place on a felt-covered table with 6 pockets, a cue stick and a set of balls.

The object of snooker is to score a higher number of points than your opponent by **potting** the balls, i.e. sinking the red and the coloured balls alternately into the table pockets.

A coin is tossed before the game starts to decide who goes first. The first player has to cause the cue ball to contact a red ball.

If the first player makes a successful stroke by potting the ball, they may continue by potting one of the coloured balls and then a red ball in sequence until they fail. Then, the other player gets a chance to pot a red then a coloured ball in sequence until they fail.



Image: Neil Rickards, <http://creativecommons.org/licenses/by/2.0/>

The game continues as long as there are still red balls on the table. As long as there are red balls on the table, all the potted coloured balls return to their original position on the table.

Once there are no longer red balls on the table, the players have to pot the lowest value to the highest value coloured balls in sequence. From that point on, the coloured balls are no longer put back in their original position.

The snooker game ends when there are no longer balls on the table. The winner is the player who had scored the highest number of points.

Fouls:

If a foul is committed, the player who committed the foul does not receive any points for that turn, and the other player is awarded penalty points. Fouls include:

- failing to hit any other ball with the cue ball
- first hitting a ball “not-on” with the cue ball
- potting a ball “not-on”
- potting the white (in-off)
- hitting a ball other than the white with the cue
- making a ball land off the table
- touching a ball with something other than the tip of the cue
- playing a “push shot” - a shot where the cue, cue ball and object ball are in simultaneous contact
- playing a “jump shot”, which is where the cue ball leaves the bed of the table and jumps over a

- ball (even if touching it in the process) before first hitting another ball
- playing a shot with both feet off the ground

Snookered!

A player is snookered when balls not due to be hit are obstructing the balls the player is aiming for and they cannot make a direct stroke in a straight line.

Resources

Websites:

For a full set of Snooker rules, visit the website of the World Snooker Association at

http://www.worldsnooker.com/about_the_rules.htm

Snooker on Wikipedia - http://en.wikipedia.org/wiki/Snooker_rules

Snooker Hangout - <http://www.snooker-hangout.com/index.htm>

Books:

Everton, Clive. Better Billiards and Snooker. London : Kaye and Ward, 1975

Williams, Ken. Snooker. London : A. & C. Black, c2002.

Dice and Tiles

Mah Jong

Mah Jong is a Chinese game, in which four players draw a hand of 13 tiles, and through rounds of discard or exchange, try to make a matched hand before their opponents, and to get the highest scoring hand at the table.

Chinese oral tradition has it that Mah Jong evolved from a card game, first played a thousand years ago. "Legend has it that a fisherman devised it to distract his fellow sailors from yearning to return to shore whenever they were hit by rough seas".

From Lo, Amy. The Book of Mah Jong. Boston: Tuttle Publishing, 2001.

Mah Jong Tiles

The sound of a Mah Jong game is very distinctive, mainly because of the sound the Mah Jong tiles make as they are set up, exchanged and discarded. The main goal of the game is to obtain a winning hand, which consists of matched sets of 3 tiles, and one pair called the **Eyes** of the hand.

There are 136 standard tiles in a Mah Jong set, which are divided into **Common** tiles, and **Honour** tiles. There are also an additional 8 optional **Flower** tiles.

Note: many Mah Jong sets come with their own set of rules, which also identify which tile is which - you may want to consult your set of rules before you get started to familiarize yourself with the tiles, or consult the resources at the end of this section!

Types of Mah Jong Rules

Although a Chinese game in origin, Mah Jong is played all around the world by many different cultures. As a result, many variations of rules have developed, including Western style Mah Jong, Shanghai, Taiwanese, and Japanese.

The most straightforward style of Mah Jong is Cantonese - the basic rules for Cantonese Mah Jong are listed below.

Common Tiles

There are three suits of Common tiles - the Circle tiles, the Bamboo tiles (the number 1 bamboo tile is represented by a bird), and the Character tiles.



Left - a four of circles, a four of bamboo, and a four of characters.

A Note on Player Positions

Each player calls the player on their right the **Lower House**, the player on their left the **Upper House**, and the player across the table the **Opposite House**

Honour Tiles

The Honour tiles consist of the Dragons (green, red and white - shown below), and the Winds (north, south, east and west).



To win, players want to match up their tiles - by getting 3 or 4 of the same tile, or 3 or 4 in a sequence. The winning hand will also have a matched pair.



Mah Jong set - including playing chips. Image Immanuel Giel, http://commons.wikimedia.org/wiki/Commons:GNU_Free_Documentation_License

How to Start Play:

The four players sit around the table. All tiles are face down in the middle of the table (except for one of each of the wind tiles - north, east, south and west).

Three dice are thrown, and the total roll used to assign the 'winds'. The wind rotates each round. The player that cast the dice takes the total roll and starts counting the players off - they count themselves as number one, the player on their right as number two, and so on until the total number of the roll is reached. The last player counted takes the first tile on top of the pile of 4 wind tiles (which had been stacked face down). The player that selects the East Wind tile chooses their seat - the player with the South Wind tile sits to their right, the player with the West Wind tile sits opposite the table from the East Wind player, and the North Wind sits to their left.

Each round is awarded a **prevailing wind** - the first round is the East Wind, the second the South Wind, the third the West Wind, and the fourth the North Wind. There is a special marker in most Mah Jong sets that is used to record the prevailing round for each round.

Once the winds and seats are chosen, the players mix up the tiles, and then build the **Wall** - each player building a wall of 17 double stacked tiles (18 if the flower tiles are used). Once each player has their wall built, all players gently push their walls together to form a square.

To choose a dealer, the East Wind player rolls the dice, and counts the players off again, going counter clockwise - the last player counted is the **First Dealer**.

The dealer uses the last roll of the dice, and starts counting off the stacks of tiles, starting with the stack on the far right of their own wall. Once they finish counting, they separate the first five stacks from the rest of the wall, and takes the first four tiles from the first two stacks (the sixth and seventh stacks). The tiles are then dealt in a counter clockwise motion, with the player on the dealer's right taking the next four tiles, and so on. The last round players will take only one tile, to make a total of thirteen.



Image: Joe Mabel, http://commons.wikimedia.org/wiki/Commons:GNU_Free_Documentation_License

Once players have thirteen tiles, they arrange them upright in a row facing themselves. It's a good idea to arrange any matched tiles together to keep track of hands.

Rounds of Play

Once the game is set up, the Dealer starts the play by discarding a tile they don't want face up in the middle of the table, and taking the next tile from the wall.

After the Dealer plays, the player on their right may choose to take a tile from the wall, or select the tile from the middle just discarded by the Dealer, if doing so will make a sequence (3 matching or sequential tiles). This is called a **Sheung**. The matching tiles must then be displayed face up. The player then discards a tile and play continues as usual.

At any time during the game, if any of the other three players discard a tile that would make a player's pair of tiles into a triplet, they can declare a **Pung** - which means the discarded tile is added to that player's hand with the matching tiles face up, that player discards a tile, and play continues with the player to the right of the player that declared the Pung. However, the Pung must be declared as soon as the tile is discarded - the player cannot wait until their usual turn.

Four of a kind in Mah Jong is called a **Gong**. If a player draws a tile from the wall that makes a Gong within their hidden hand, they can keep it concealed. Otherwise, it's added to the triplet that's already revealed on the table. If a Gong is made by picking up a tile discarded by another player, it must be

declared and revealed - and play resumes by the player on the right of the player who declared the Gong. As with other plays, the player must then draw a makeup tile from the wall, and discard a tile.

To Declare a Win

A winning hand is usually 14 matched tiles (unless a hand has one or more quadruplets). When a player matches all 13 tiles in their hand, they may either draw the **Winning Tile** from the wall, or by declaring a win by taking a tile discarded by another player - this should be done when the tile is first discarded by the player. A win is called a **Sik**.

Basic Scoring

There are many variations in scoring - these are only some of the basic scoring rules. Often players set the scoring rules prior to the start of the game.

- Once a win is declared, players total up the points in their hands - or the number of **Fans**.
- One fan is awarded for a hand with only sequences in more than one suit.
- Each dragon triplet is awarded one Fan.
- Each triplet of the prevailing wind is awarded one Fan - and a triplet of the player's house wind also is awarded a Fan.
- An extra Fan is awarded if the player drew the winning tile from the wall.
- If Flower tiles are used, scoring is as follows - if you have no flowers in your hand you get 1 bonus point, and 2 points for 2 bonus tiles of your seat (for example, if you have a pair of the symbol 3 flower and you are west wind, you get 2 bonus points for your hand).

In some variations of Mah Jong, the remaining players pay the winner based on the difference between the number of Fans each player has earned.

Activities:

View a Tutorial: To view an online tutorial on Mah Jong, visit YouTube at <http://www.youtube.com/watch?v=ooY4YIz0WNQ>. Or, if the link doesn't work, go to www.youtube.com and do a search for Mah Jong.

Play Mah Jong Online -go to <http://www.world-series-mahjong.com/references.htm> to play a practice game of Mah Jong. Be cautious when you're searching for online Mah Jong games, however - some games called "Mah Jong Solitaire" are only basic tile matching games, and there are also many websites that encourage players to bet real money on online games - AVOID THESE!

Host a Mah Jong Tournament! In many households, playing Mah Jong is synonymous with having good times (and good food) with friends and family!

Digging Deeper - Different Rules. If you are spending more than one meeting on Mah Jong, once members have an idea of the rules, have the senior members research different types of Mah Jong (Western, Japanese, Taiwanese) and teach these versions to the club.

Resources:

Websites:

Mah Jong on Wikipedia - http://en.wikipedia.org/wiki/Mah_jong

The Real Mah Jong - <http://ourworld.compuserve.com/homepages/pagrosse/realmah3.htm>

Books:

Hammer, Marcia. Learn to play mah jongg : from beginner to winner. New York : D. McKay Co., 1979.

Lo, Amy. The Book of Mah Jong. Boston: Tuttle Publishing, 2001.

Dice Games

Dice games have been played by human beings for thousands of years - however, it hasn't always been dice in their current form used in these games! Ancient games used animal bones, bundles of sticks, shells, and stones before the invention of dice.

The ancient Sumerians used 6 sided dice. Dice traditionally have dots to represent numbers because people have been using them before there was a standard way to write numbers.

Dice games are also traditionally used for gambling. In ancient China, they used pottery bowls to contain the dice throw to prevent people from cheating! In the excavation of Pompeii, archaeologists found lead dice that had been weighted to land on a certain side.

Games to Try

Fifty

This game is played by two or more players. Each player takes turns throwing the two dice. Rolling doubles scores 5 points - unless you roll a six, which is worth 25, and double three, which resets your score to 0! The first player to reach a score of 50 wins the game.



Rotation

There are 11 rounds in this game. Two or more players take turns rolling two dice. In the first round, they try and roll a total of 2 - if they are successful, they score 2 points. In the next round, they try and roll a 3 - if successful, they score 3 points. The game continues with the point goal increasing each round. The player with the highest score after the eleventh round wins.

Ship, Captain, Mate and Crew

(Adapted from <http://members.aol.com/dicetalk/rules/battlshp.txt>, accessed March 2008)

This game requires 3 - 6 players, 5 dice, a dice rolling cup, and a piece of paper and pencil to keep score.

The object of the game is to be the first player to reach 100 points; or to score the highest number of points in ten rounds of play.

To start, each player rolls the dice to determine the order of play. The lowest roller goes first. Play proceeds clockwise.

Each player has up to three rolls of the dice for his or her turn.

- The first player begins his turn by rolling all five dice. If his cast does not produce at least one 6, he recasts all five dice for his second roll.
 - If his first cast produces a 6, the player has his ship. He sets aside the 6 and recasts the four remaining dice for his second roll. (A player who rolls more than one 6 on his first roll counts only one 6 as his ship, and recasts all other 6's.)
 - If the player's first cast produces both a 6 and a 5, the player has his ship and his captain. He sets aside the 6 and the 5 and recasts the three remaining dice for his second roll.
 - If his first cast produces a 6, a 5, and a 4, the player has his ship, his captain, and his mate. He is then ready to take on his crew. He sets aside the 6, 5, and 4, and may take the sum of his two remaining dice as the number of members in his crew. Or, he may choose to recast the two dice for his second roll.
 - Note that the player who rolls a 5 or a 4 on his first cast, but does not roll a 6, cannot count
- the 5 or the 4 as his captain or mate. He or she must recast all five dice for his second roll. He may not collect his captain until he has his ship. Likewise, he may not collect his mate until he has his captain.
 - Once a player has set aside his ship, captain, and mate, he is ready to take on his crew. A player who collects his ship-captain-mate trio on his first roll may take up to two additional rolls of the two remaining dice to pick up his crew, keeping whichever die or dice he wishes from these two casts. Any dice cast in the third roll must be kept.
 - Once a player chooses to roll again for a higher number of crew members, he or she must accept the total of his later cast.
 - In some instances, a player will not be able to produce a ship, captain, and mate in his three casts. In such a case, the player may not take on a crew and scores zero for that round.
 - After the player has finished his or her turn, they score one point for each crew member (excluding the captain and mate) and enters this total on the tally sheet as his score for the round. He then passes the dice to the player to his left.
 - The player with the most points after ten rounds of play wins the game. If two players are tied after ten rounds, a one-round playoff determines the winner. Or, players may determine before the game begins that the first to reach 100 points is the winner. A round is completed even if a player has already reached 100 points. The highest total over 100 points then wins the game.

Stack

(Adapted from <http://members.aol.com/dicetalk/rules/battlshp.txt>, accessed March 2008)

Getting Started:

To begin, choose a set of colored dice. Each set contains 14 dice. You must use the dice set you have chosen for the entire round. To determine who will go first, each player rolls one die. The higher number goes first (1's equal 10 points and are the highest value of the die, see scoring). The play rotates clockwise. The Object is to win the game with the highest score.

Setting Up:

Choose a flat surface roughly 2 feet in diameter. Everyone shakes and drops all of their dice onto the center of the playing surface. Drop your dice gently to avoid the "dice everywhere effect". The dice should land flat and the dice colors should be mixed up. If the dice land congested, spread them apart so they do not touch each other. Bring in the dice which have traveled too far on the drop.

The First Play:

Starting with the player who won the toss, the player may use any one die from their set of dice. (Hint: use your higher values first). Stack the chosen die on top of the matching number of any opponent's dice (for example, 6 is place on top of a 6 facing up with the 6 still showing, etc.) Once a die is picked up it must be played. After the player has removed his or her hand from the die the players turn is over and the play stands. Once stacked it cannot be moved or relocated. You cannot stack directly on top of your own color, although you can have two of your color dice in a stack.

The Stacks:

A stack can be two, three or four dice high. A stack cannot be five dice high. Stacks with your color on top are your potential points. When a player places the fourth die on a stack, the stack becomes the property of that player and she or he may remove it from the playing surface. The

stack remains their points for the rest of the round. Points are not totaled until the round ends (see two ways to end the round).

Rolling is an Option:

During any turn, rather than stacking immediately, the player may roll the die they have chosen to play. they must then stack that die no matter what value comes up. If there is no place to stack the die rolled, their turn is over. You may use the rolling option on as many turns as you wish. Do not roll your die into a stack and knock it over, for if you do so there is a penalty (see penalties).

Penalties:

- 1) If a player rolls a die into a stack and knocks it over, he or she loses a turn and must roll a die and subtract the amount shown from their score. Afterwards return the die to its original number and rebuild the fallen stack(s). If the stack(s) cannot be rebuilt the player loses an additional 10 points.
- 2) If a player picks up an opponent's die by mistake she or he loses a turn. If the player also mistakenly rolls the opponent's die, the opponent has the option to keep the new number or return it to it's original number.
- 3) If a player goes out of turn, he or she loses a turn. A turn is lost on the turn of the penalty.

Ending the Round:

- 1) A round tentatively ends when a player stacks his or her last unstacked die. This player should inform the opponents that she or he is about to go out. When a player has gone out, the opponents have one remaining turn each regardless of how many dice are still unstacked. When the opponents have taken their last turn, the round has completely ended and it is time to count your score.
- 2) When a player stacks on an opponent's last unstacked die, therefore indicating the end of the game, the opponent and the player who stacked are out of the round. the remaining players

get to use their last turn.

There are advantages and disadvantages to stacking on someone's last die. The advantage is you eliminate the other players chance to score more points. If you lead in points this strategy works well. The disadvantage is that you are out of the game as well and eliminate your last chance to score points. If you are behind in points, look for another option if possible.

Winning the Game:

Stacks with your color on top are your points, combine them for your total score. Use a scrap of paper to keep a tally of everyone's points. Play complete rounds of Stack until a player is determined to have the highest score over 200 points. The player with the highest score becomes champion.

Point Structure:

10 Points - [1]

6 Points - [6]

5 Points - [5]

4 Points - [4]

3 Points - [3]

2 Points - [2]

Scoring:

Only the top number on a stack counts as points

$$5 + 6 + 10 = 21 \text{ points}$$

"Left over, unstacked dice have no value".

Resources:

Websites:

The International Bone Rollers Guild - <http://members.aol.com/dicetalk/d6games.htm>

<http://www.historyforkids.org/learn/games/dice.htm>

Books:

Bell, R.C. Board and Table Games from Many Civilizations. London: Oxford University Press, 1969.

Dominoes

(from <http://en.wikipedia.org/wiki/Dominoes>, accessed March 2008)

Dominoes were first made using ivory or other animal bone. The game's name comes from the pieces' resemblance to Venetian Carnival masks known as domini, which were white with black spots. These masks were so named because they resembled French priests' winter hoods, being black on the outside and white on the inside. The name ultimately derives from the Latin dominus, meaning "lord" or "master."

"The oldest domino sets have been dated from around 1120 BC. Modern dominoes, as most of the Western world knows them, however, appear to be a Chinese invention. They were apparently derived from cubic dice, which had been introduced into China from India some time in the distant past. Each domino originally represented one of the 21 results of throwing two dice. One half of each domino is set with the pips from one die and the other half contains the pips from the second die. Chinese sets also introduce duplicates of some throws and divide the dominoes into two classes: military and civil. Chinese dominoes are also longer than typical European dominoes. Over time Chinese dominoes also evolved into the tile set used to play Mah Jong, a game which swept across the United States in the early to mid 1920s."

The early 18th century witnessed dominoes making their way to Europe, making their first appearance in Italy - and the use of dominoes spread over the western world, with each culture adding its own traditions to the game of dominoes.

Games to Try:

Blind Hughie

Two to five players can play this game - you'll need a "double six" set of dominoes (a set containing 28 tiles).

Each player starts with five dominoes dealt face down in a straight row. The first player turns over the domino on the left of their row and puts it in the middle, face up. The next player turns over their left hand tile, and if they can match an end to the domino in the middle they do so - otherwise it's placed on the right end of their row of dominoes, face up.

This continues until the first player discards all their dominoes in the middle. If playing for money or chips, the losing players "pay" the winner the number of pips on the dominoes left in their hands. If no-one can discard all their dominoes, the player with the lowest hand (lowest number of 'pips') is paid the difference between their hand and each opponent's.

Basic Draw Game

(from <http://en.wikipedia.org/wiki/Dominoes>, accessed March 2008)

In draw games, a certain number of dominoes are dealt to the players, with the first player playing a

domino face up in the middle of the table. The next player must try to match a domino in their hand with the domino/es already played. If they cannot match any ends in their hand, players take part in the **bone election**, drawing from the boneyard when they have no matching. The boneyard is the remainder of the dominoes not in the players' hands, which are arranged face down on the table.

The "bossman" then reshuffles the bones before the final deal. In this case, the player with the highest double must lead by playing that double. If no player has a double, the heaviest bone is played. Playing the first bone of a hand is sometimes called setting the first bone, leading the first bone, downing the first bone, or posing the first bone, and the bone so set, led, downed, or posed is called the set, the lead, the down, or the pose. Dominoes aficionados often call this procedure smacking the bone down. After the first hand, the winner of the previous hand is usually the leader for the next.

After the final shuffle the bones are dealt, each player in turn draws the number of bones required (7). The stock of bones left behind is called the boneyard, and the bones therein are said to be sleeping. The player with the highest double leads with that double and, if no player has a double, the hand is reshuffled and redealt.

The next player, and all players in turn, must play a bone with an end that matches one of the open ends of the layouts. Play continues until one of the players goes out (and calls "out!" or "domino!") and wins the hand. Or until all the players are blocked and no legal plays are left. This is in some areas referred to as a lockdown. If all the players are blocked, or locked out the player with the lowest hand wins.

Chicken Foot

(From http://en.wikipedia.org/wiki/Chicken_Foot_%28Domino_Game%29, accessed March 2008)

This game requires a set of double six dominoes. It consists of 7 rounds. A score sheet should be set up with seven score columns for each player. A score keeper should be picked to keep score, and to keep track of which double domino started each round. All dominos are face down in the center. Each player picks 7 dominos at random to make their hand.

The First Round

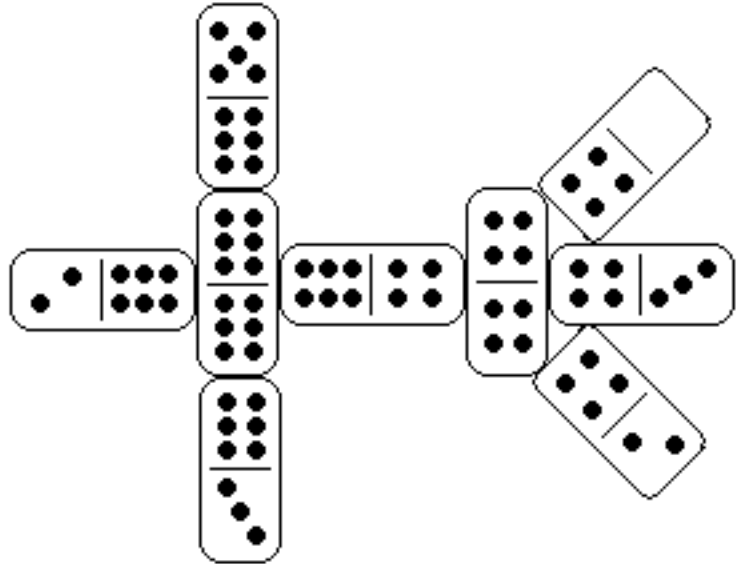
The player with the double 6 lays it down in the center of the playing area. If no player has the double 6 then the player with the next highest double plays it. The player to the left of the player who led the double 6 plays any domino in their hand with a 6 on it on one of the four sides of the double 6, with the played domino's 6 against a free side of the double 6.

The next player plays another 6 on a remaining side until all four sides are filled. If a player cannot play because they do not have a 6, then the player draws one domino from the "bone yard" and either plays it because it has a 6 or calls "Pass". No other plays can be made until all four sides of the double are filled. Once all four sides are filled, the player to the left of the last person to fill the 6 can play any domino in their hand that matches an exposed end of a played domino. If a player is unable to match any exposed dominos, they must draw one domino from the bone pile and either play it if possible or call "Pass". If no dominos remain to draw from, the player simply calls "Pass".

Chickie

Any time a player plays a double on an exposed domino where the double is the same number as the exposed domino, the player calls "Chickie (Number)". For example, if a player played a double 4 on the end of a 6/4 domino they would lay it long side against the end with the 4 and call "Chickie Fours". No other dominos can be played until three more 4's are played against the double 4.

The three dominos played against the double 4 are played on the long side opposite the side originally played. The end result will look like a chicken foot with the double 4 having one domino laid perpendicular to one side, and three more dominos on the opposite side, the middle being perpendicular and the other two at 45 degrees to perpendicular. Any player who does not have a 4 must draw a domino from the bone pile and either play it if it has a 4 or call "Pass". Once all three 4's are played, the next player may play any domino in their hand on any exposed end that matches. Play continues until a player is out of dominos or no player can make a legal play.



An example of "Chickie Fours".

Ending a round

A round is over when either one player plays the last domino in their hand or no players can make a legal play. This situation can occur if someone chickie's a number that no longer has three remaining free dominos to play on it.

At the end of a round, each player adds the spots on the dominos in their hand and adds this to their score. The score keeper crosses out the double that lead the round and the next round begins with the highest double left. When all 7 rounds are played, the player with the lowest score wins.

Strategy

Since the object of the game is to have the lowest score, it is in your best interest to get rid of your high value dominos and at the same time, prevent your opponents from playing theirs. To this end, one strategy is to try to keep high value exposed ends covered which prevents opponents from chickie-ing them. Another strategy is to horde low value dominos and try to use up a particular number which you have the double for. Once you know that there are no longer three free dominos to complete the chickie, you control when the round ends by playing the chickie. This is especially good when you also have that number as your last domino. It also pays to keep the double blank since it adds no value to your score. Like poker, watching for looks of desperation on your opponents faces can clue you in to who has the big doubles.

Resources

Websites:

Dominoes on Wikipedia - <http://en.wikipedia.org/wiki/Dominoes>

Domino Plaza (features many more domino games) - http://www.xs4all.nl/~spaanszt/Domino_Plaza.html

Dominoes on Game Cabinet - <http://www.gamecabinet.com/rules/DominoGames.html>

Books:

Lugo, Miguel. Competitive dominoes : how to play like a champion New York : Sterling, c1998

Water Sports

Please note: for all activities that occur in or around the water, you must have someone with their **current lifeguard certification present**. If you rent time at a public pool or rowing club, they may provide one, but please be sure. It's a good idea before planning a water related activity to review the skills and abilities of your members, so that you can make adjustments for those who might not have much experience in the water.

There's nothing like spending time on the water on a hot day. Luckily, the topics covered in this chapter - water polo, water basketball, canoeing and dragon boat racing - can all be done at least to some extent in an indoor pool as well, providing the facility is set up for it.

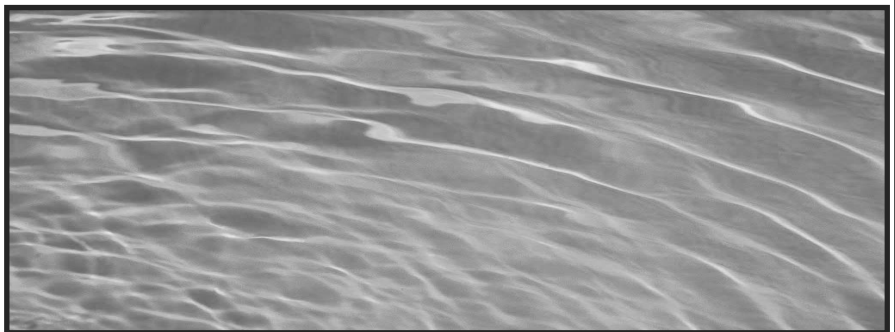
Each of these topics does require pre planning before your meeting. Both water polo and water basketball require special equipment (nets and balls), and you will need to find a pool (preferably a public one) to run your meeting. You should also make sure that all your members have at least a basic knowledge of swimming skills - those that do not should be provided with lifejackets or other flotation devices.

Both canoeing and dragon boat racing require that you find a club that is willing to help with your meeting, by providing a facility, some of the materials (namely boats and paddles), and hopefully, a demonstration! However, if a demonstration is not available, these chapters do include sources for online tutorials that will demonstrate techniques to the members, as well as providing the enclosed tip sheets.

The best way to arrange for a Dragon Boat Racing session is to contact a Dragon Boat Racing team in your area. To find a team, visit <http://www.paddlesup.ca/teamlinks.html>, or visit www.canada411.com and look up "paddling centres". Your local recreation centre or rowing club may be able to put you in touch with a venue and an expert as well.

Other Water Sports to Explore:

- Kayaking
- Rowing
- Biribol (water 'volleyball')
- Swimming Aerobics
- Surf Lifesaving
- Underwater Hockey
- Raft Building



Roll Calls:

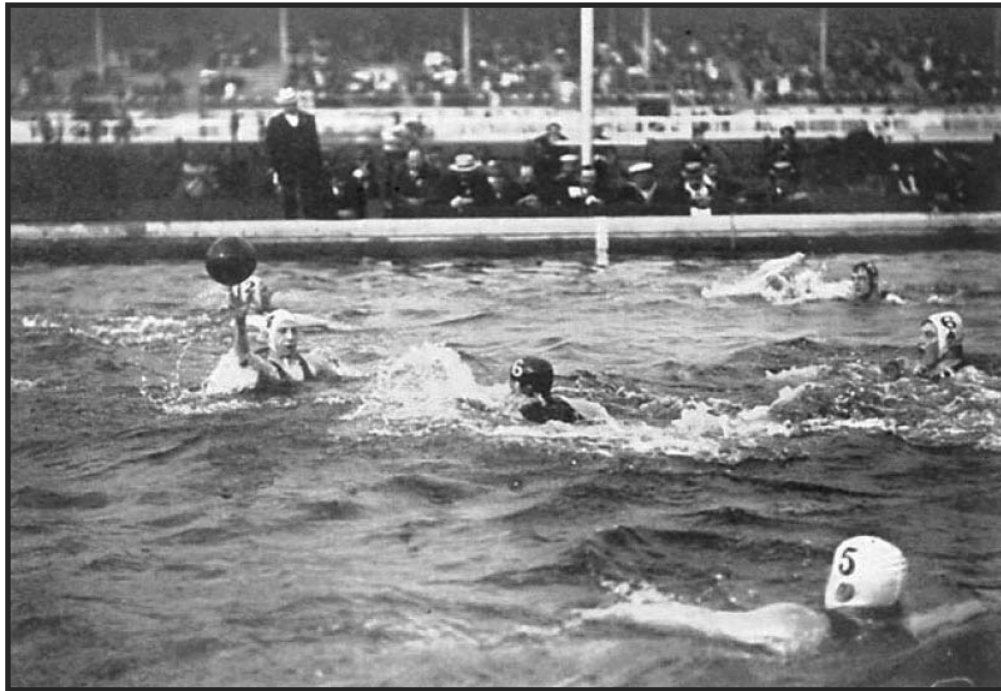
Water Polo - name one safety tip you should remember when playing water sports.

Canoeing - name a song you could sing while canoeing.

Dragon Boat Racing - make your best dragon's roar!

Water Polo

Water polo “combines speed, endurance, accuracy and team spirit.” The first game similar to today’s water polo was played in 1840, and it is the longest running team sport in the Olympics – men’s water polo was first played in the Olympics in Paris in 1900.



Water Polo Game, 1908

What You’ll Need:

Water polo is usually played in a pool 25 meters long. Some safety equipment is recommended, including mouth guards and goggles - and teams should wear different coloured swim caps (with goalies wearing red ones). You’ll need a ball, which doesn’t necessarily have to be a water polo ball, but should be waterproof!

A few extra volunteers on hand will make this game run smoothly - ideally, you should have a **referee**, **goal judge**, (ideally one at each goal line - they also throw the ball back in when it goes out of play), **timekeeper**, and **secretary** to record players’ stats (optional for a casual game). The referee and timekeeper should both have a whistle - the referee may stop play at any time in the case of fouls etc.

How to Set Up the Goals / Goalkeeping:

You can purchase water polo nets at some pool supply stores - but if you’re having your meeting at a public pool, they may have nets you can use. The distance between the goal posts should be 3 metres wide, and the top of the net should be .90 metres high above the water. If you don’t have access to an official water polo net, you can purchase pool noodle sets that include connectors that will allow you to set up a pool noodle net close to the real thing!

During play, the goalkeeper should stay within his / her team's half of the pool, but can shoot at opponents' goal as long as he / she is in their half. If they cross their half of the pool, the other team gets a free throw.

How to Play:

Divide everyone so there are 7 players on each team, no more than 6 reserves for each team.

A traditional water polo game runs four periods of 7 minutes each - players switch ends at the beginning of each period, and get a 2 minute break in between.

To start the game players line up on their goal lines, one metre or so apart & one metre from every goal post. The referee blows the whistle and throws the ball into the centre of the pool. Players must stay in the water without touching the bottom (except the goalkeeper) or supporting themselves in anyway. Players are always in motion, either by swimming or treading water. If there are some weaker swimmers in your group, you may all want to try playing water polo by riding water noodles!

Goal Scoring: after a goal is scored, players line up behind the half-distance line – the team that did not score gets possession, but must pass to another player on the team when the ref blows the whistle.

A goal is scored when it passes fully over the goal line and between the posts – it can be scored with any part of the body except for a clenched fist, and must have been played by 2 or more players before the goal.

If the ball passes over the goal line (but not between the posts), after last being touched by the defending team, the opposing team is awarded a corner throw.



Image Juan Fernandez, <http://creativecommons.org/licenses/by-sa/2.0/>

Water Polo Positions and Terms

Left winger – passes to the centre forward – is a fast swimmer, blocks the other team's right guard.

Centre forward – in front of the opposing goal – throws at the goal, draws opposing player so other teammates can shoot, or blocks other team's centre guard.

Right winger - passes ball to player with the best chance of scoring, or throws himself – blocks other team's left guard.

Right guard – blocks other team's left winger

Goalkeeper – guards the goal.

Centre guard – blocks the other team's centre forward & directs the offensive.

Left guard – blocks the other team's right winger & helps with offense.

Dribbling – “The player opens his arms and pushes the ball forward, protecting it from opposing players”.

Fouls:

There are two categories of fouls:

Ordinary foul – Any minor action against the rules – a free throw is given to opposing team, from spot where the foul took place

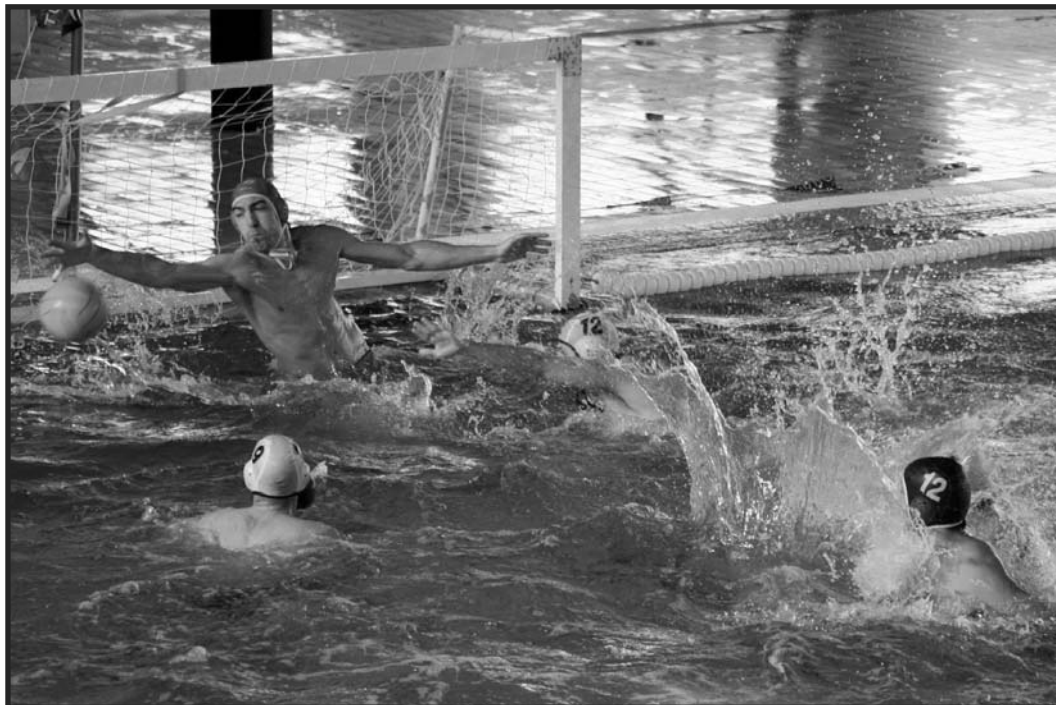
Major foul – any physical action made against opposing player / official, unsportsmanlike behaviour. This results in a free throw or penalty shot (if took place in process of shooting / near goal).

The following actions are considered fouls:

- to advance past the goal line at the start / restart of the game
- to hold on to / push off from the goal posts
- to take an active part in the game when standing on the floor of the pool
- to hold the ball underwater when tackled
- to strike the ball with a closed fist
- to touch the ball before it reaches the water when thrown by the referee
- to interfere with a player's movement unless they are holding the ball
- to touch the ball with both hands at the same time
- to push an opponent (major)
- to be within 2 meters of the opponents' goal line unless actually in process of scoring / shooting.

A team can only have possession of the ball for **35 seconds** without shooting at the opponents' goal - after this, the other team gets possession.

If the ball is sent out of play, the opposing team gets a free throw from the approximate area that the ball left play.



For a more extensive list of rules and regulations, consult the resources at the end of this section.

Image Juan Fernandez, <http://creativecommons.org/licenses/by-sa/2.0/>

Activities:

Warm Up! This will help your participants limber up before the game, and give you an idea of swimming abilities. Have members do several laps of front crawl down the length of the pool, or do 5 minutes each of 'egg beater' and treading water.

Egg Beater: To do the egg beater, use your legs only! Your legs below the knee should do most of the work - your left leg should move in a circular motion clockwise, and your right counter clockwise - but stagger them so your feet don't collide!

Treading Water: To tread water, use both your arms and legs to keep yourself afloat. Keep your head up. Move both your arms in a wide span in a motion underneath and horizontally to the surface of the water. Keep your knees bent, and move your legs in a 'treading' or kicking motion.

To make these warm ups even more challenging, have members sing a song while treading water / doing the egg beater. Or, for another mild warm up, have everyone do a rousing round of 'Swimming, Swimming, in My Swimming Pool'!

Throwing Practice: practice throwing the ball back and forth while treading water. Or try water balloons!

Organize a Water Polo tournament / game between your club and another club in the area!

Resources:

Websites:

<http://www.jmuwaterpolo.com/rules/>

http://sdsd.essortment.com/waterpolorules_rvnq.htm

http://en.wikipedia.org/wiki/Water_polo

Books:

Fortin, Francois. Sports: the Complete Visual Reference. NY: Firefly Books Ltd. 2000. Pp.84-87

White, Jess R. White, PED. Sports Rules Encyclopedia, 2nd Ed. Leisure Press, Champaign, Illinois, 1990, pp 658-76.

Canoeing

History (from <http://www.canoe.ca/AllAboutCanoes/> - accessed Feb. 2008)

“Canoes were developed over the course of thousands of years by the native peoples of North America. The word ‘canoe’ originated from the word ‘kenu’ - meaning dugout. These seagoing boats were used by the Carib Indians of the Caribbean islands, and were made of large tree trunks which were shaped and hollowed, and were strong enough to travel between the islands.

North American Indians are responsible for creating the more well-known version of the canoe - a frame of wooden ribs covered with the lightweight bark of birch trees, and sometimes elm or cedar trees. These boats, which have remained virtually unchanged in design for thousands of years, proved to be ideal for travelling the numerous streams, rivers and lakes of North America”. The use of the canoe by the Native Americans and the Voyageurs played an essential part in the development of the fur trade.

Though traditionally made out of birchbark, modern canoes are now also made out of fibreglass, aluminum, fiberglass, and even kevlar!

What You'll Need:

Canoes - enough to fit 3 members in each. Often, conservation areas and canoe clubs rent these out.
Paddles
Lifejackets
Bailing bucket and other emergency supplies

Getting Started: How to Sit in a Canoe:

Canoes can be tricky to balance. Getting in without tipping is usually the first challenge. Depending if you are entering the canoe from a dock, or from a beach, this will affect how you get in. To enter from a dock, have one of your shipmates stabilize the canoe by holding it alongside the dock. To get in, place your paddle across the width of the canoe where you want to kneel. Lean over the paddle, stabilize yourself with both hands on the length of the paddle, and draw yourself in. To help your shipmates to get in safely, keep your paddle across the width of the canoe, and help balance it by distributing your weight using the paddle. To enter from a beach, the process is essentially the same, but the person stabilizing the canoe from the outside can wade into the water and take position at the bow or stern, placing each leg alongside, and holding the canoe with their inner thighs and grasping the gunwhale with their hands to make sure it doesn't tip.

The most stable position is to kneel at the bottom of the canoe, rather than using the seats.

Parts of the Canoe: (from <http://en.wikipedia.org/wiki/Canoe#Shape>, accessed Feb. 2008)

The Keel

This is the curved, pointed part that runs along the length of the bottom of the canoe. The keel on a canoe improve directional stability (the ability to ‘track’ in a straight line) but decrease the ability to

turn quickly. Consequently, they are better suited for lake travel, especially when traveling on open water with crosswinds. Conversely, keels and “Vee”-bottoms are undesirable for whitewater because often quick turns are required.

Rocker

Curvature of the hull profile that rises up at the bow and stern is called “rocker”. Increasing the rocker improves maneuverability at the expense of tracking. Specialized canoes for whitewater play have an extreme rocker and therefore allow quick turns and tricks. Rocker also has an immense effect on the stability of a Canadian canoe. By lifting the ends of the craft out of the water, rocker puts more of the wider center section of the boat into the water, contributing significantly to the overall stability of the craft. 35 mm rocker at each end makes all the difference to how safe a novice will feel in a canoe.



Gunwales

Modern cedar-strip canoes have gunwales which consist of an inner and outer parts called “inwales” and “outwales”. These two parts of the gunwale give rigidity and strength to the hull. The inwale will often have “scuppers” or slots cut into the inwale to allow water to drain when the canoe hull is turned upside down for storing.

Basic Canoe Strokes (from <http://www.gregcons.com> - used with permission, and <http://en.wikipedia.org/wiki/Canoe>).

The Forward Stroke: This is what most people think of as paddling a canoe – the blade of the paddle is brought forward, and straight back through the water.

The J Stroke - This stroke is used to make the canoe go in a straight line when paddling solo. The paddle goes into the water, is pulled back, and turned, like a letter J, at the end of the stroke.

Inside Turn with J Stroke - This stroke is a modification of the J Stroke used to turn towards the paddle side. To increase your turn, start the stroke out from the canoe and draw in towards the canoe before following through with the rest of the J stroke.

The Underwater Stroke - The underwater stroke is used for paddling a straight course and is very useful against strong winds or running rapids. As you move the paddle forward, rotate the grip of the paddle in the palm of your upper hand. Then you are ready for the next power stroke without taking the blade out of the water. If you do it slowly and carefully, there is no sound from the paddle, making it possible to sneak up on wildlife and get a close view.

The Box Stroke Pivot - The Box-Stroke Pivot is used to make a quick turn while the canoe pivots on

the pivot point, using the basics, the stern draw and the bow pry. Starting in towards the canoe with a stern draw, you then knife the paddle through the water to the bow of the canoe. Then you continue with a bow pry (pushing the paddle away from the canoe), until the paddle is far enough away from the canoe in order to make another effective stern draw, after knifing the paddle back to the stern of the canoe. To turn towards the paddle side, reverse the direction of the steps and repeat until you are in the desired direction.

The pry stroke begins with the paddle inserted vertically in the water, with the power face outward, and the shaft braced against the gunwale. A gentle prying motion is applied, forcing the canoe in the opposite direction of the paddling side.

The push-away stroke has an identical purpose to the pry stroke, but is performed differently. Instead of bracing the paddle against the gunwale, the paddle is held vertically, as in the draw stroke, and pushed away from the hull. This is more awkward and requires more force than the pry, but has the advantage of preventing damage to the paddle and canoe due to rubbing on the gunwale. It also uses force more efficiently, since the paddle is pushing straight out, instead of up and out.

To view animations showing some of these strokes, visit http://www.gregcons.com/canoe/techniques_strokes.htm.

Activities:

Arrange for a demonstration by an expert - visit <http://www.orca.on.ca/>, email info@orca.on.ca, or call 416-426-7016

Field Trip! To enhance your club meeting, visit the Canadian Canoe Museum in Peterborough, Ontario! <http://www.canoemuseum.net/>, or call 1-866-34-CANOE to arrange a group visit. Can't get there in person? Their website also offers 'virtual tours'.

Digging Deeper - have members research the origins of the canoe. A great place to start is the Canadian Museum of Civilization Website - <http://www.civilisations.ca/aborig/watercraft/wainteng.html>, or their virtual exhibit, <http://www.civilization.ca/hist/canoe/can00eng.html>.

Digging Deeper - plan a canoe trip for your club!

Play Online Games! The Virtual Museum of Canada has several online games celebrating North American Indigenous Games, including the canoe and kayak. You'll need Flash player installed on your computer and Internet access - visit http://www.virtualmuseum.ca/Exhibitions/Traditions/English/teachers_corner.html (you can access textual information by following the canoe / kayak link - or for the activities, follow the Flash Activities link).

Resources:

Websites:

<http://www.bobfoote.com/technique.htm>

<http://en.wikipedia.org/wiki/Canoe>

<http://www.canoekayak.ca/>

<http://www.orca.on.ca/> - Ontario Recreational Canoeing and Kayaking Association. This organization offers a variety of programs and courses in canoeing and kayaking. You can also order additional resources by contacting them.

<http://www.canoekayak.com/canoe/>

Books: Jennings, John. The canoe : a living tradition. Toronto: Firefly Books, 2002.

Dragon Boat Racing

Dragon Boat Racing originated in Southern Central China 2500 years ago, on the banks of the Yangtze river. The Dragon Boat, which is a very long, wooden, narrow boat, was during annual festivals and celebrations to venerate the Chinese Water Dragon deity – particularly during the summer agricultural festival. Originally, Dragon Boat racing teams would sometimes get into violent altercations, by throwing rocks at each other, or hitting each other with bamboo poles! Happily, this violent tradition has not been passed down to present-day racing.

Today, Dragon Boat Races are also traditionally held to mark the date of death of famous Chinese poet, Qu Yuan.

The best way to arrange for a Dragon Boat Racing session is to contact a Dragon Boat Racing team in your area. To find a team, visit, or visit www.canada411.com and look up “paddling centres”. Your local recreation centre or rowing club may be able to put you in touch with a venue and an expert as well.

Dragon Boat Racing Basics

(Material adapted from http://www.dragon-boats.com/dbnet/Dragon_boat_training_recommendations.htm#1, accessed February 2008 - courtesy of Ramsay Drummond-Young, www.dragon-boats.net www.lively-dragon.com).

Before racing, make sure you warm up! This should include stretches, and a 5 minute paddling warm up. If you are practicing in a pool, you can practice “pool paddling”, which consists of having the paddlers sit alongside the pool with slimmed down paddles.

PADDLING COMMANDS

SIT UP – All paddlers in the boat should be sitting up in the same position with their paddles held in the same position. This gives a common start point for all team members in the boat. When the next command is given all paddlers are making the same coordinated movements. This gives the team a faster response time, organized with no confusing movements - and almost as important, you look good as a team, when you look good you feel good!

Common sit up positions are paddles in the relaxed position, parallel over the water pointed at 90 degrees to the side of the boat. Another is to sit with your paddles pointing forward to the front of the boat at about a 45 degree angle (like a chevron). On the water side, your hand should rest on the paddle shaft which is on the gunnel rail. This puts the paddle closer to the paddles up position reducing response time and simplifying the movement from sit up to paddles up.

PADDLES UP - paddles above the water ready to take a stroke. Commonly used for starting the movement of the boat in a non-race situation.

TAKE IT AWAY - command to start paddling.

LET IT RUN - paddling stops and boat coasts to a stop on its own.

HOLD THE BOAT - bringing the boat to a full stop with the use of the paddles.

READY, READY - race command in a start situation for paddles to be placed in position for the first

stroke.

SERIES - a combination of strokes during a race, often a set of 10 or 20 strokes that are quicker and more forceful.

PADDLING BASICS

Dragon Boat racers paddle - they don't row! The technique that will be discussed is based on flat water sprint canoe style used by the two time International Dragon Boat Champions - The Canadian Men's Dragon Boat Team. There are six key parts to the dragon boat stroke. When done properly, a boat flies; executed improperly, the boat will feel sluggish and heavy.

The first three components set up the stroke, while the last three are considered to be the work-phase part of the stroke. The six components are called: **rotation, reach/extension, catch, pull, exit, and recovery.**

Rotation

The image some coaches use to help paddlers picture rotation is that a pole is inserted through the head, along the spine, and then anchored to the dragon boat seat. Another way of achieving full rotation is to present your back to the shore, or have your chest facing your partner. Full rotation, or twist as it is sometimes called, allows for maximum reach/extension.



Dragon Boat Race, Image by Dirk Ingo Franke

Reach/Extension

This position in the stroke is crucial in maximizing the length of the stroke. The position of the outside paddling arm is equivalent to pulling a bow and arrow. The outside shoulder should be dropped slightly and also extended forward. The torso leans forward for additional extension.

A proper reach position is the foundation of a proper dragon boat stroke. The reach position is the extended position with the paddle a few inches above the water before the driving it into the water. This reach position determines the length of a stroke and a long stroke means more water is pulled. The reach position is the end point of the Recovery phase, but is the beginning of a new stroke cycle.

The reach position determines the rotation of the torso. If the torso is "rotated" forward upon the paddle entering the water, the torso will naturally want to "de-rotate" back to the normal seated upright seated position.

As mentioned previously, the lower arm movement is similar to drawing a bow and arrow. The bottom arm is extended straight forward parallel to the water. The lower shoulder is dropped and is extended forward and therefore the shoulder on the top hand side comes back and up. In the Reach position, these four points on the body should be lined up in a vertical plane: (a) top hand, (b) head, (c) lower

shoulder and (d) lower hand.

From the side view there should be a straight line from the top hand, head and hip. The torso rotation, extension of both arms and the forward lean are important aspects of the stroke. The upper arm comes over the head. The lower arm is fully extended and is almost locked at the elbow. The lower hand grip should be relaxed and not grip the paddle too hard. The paddle flips forward into the reach position where it is at its highest potential energy level. From this position, the potential energy will be used to submerge the paddles as the stroke progresses.

Catch

The catch phase is the most critical to the speed of the boat. The catch is the moment the paddle blade first bites into the water. The top hand is held over the water, then drives down on the paddle with the outside arm relaxed and fully extended.

Pull

Once the paddle is fully submerged or “buried”, the next component of the stroke is the pull phase. The paddles should pull back directly parallel with the boat. The top hand stabilizes the paddle as the bottom arm and back muscles pull back. To use the back muscles effectively, the paddler sits up while pulling and continues to drive the paddle downward with the top hand. Maximum power and endurance will come from using the larger muscles of the back, shoulder and trunk rather than relying on the smaller arm muscles.

Exit

At the end of the stroke the paddle should exit the water at the hip. Allowing the stroke to go past the hip results in the paddling blade being at an angle that would slow down the boat. The phrase “out at the hip” is often used to correct a stroke that is too long. The outside arm blends slightly to allow the paddler to clear the water and then it is pushed or snapped forward.

Recovery

This part of the stroke is the rest phase when the muscles are not working as hard; recovery speed plays a large role in determining the stroke rate. During recovery, the torso starts rotating and leaning forward to setup for another cycle of the stroke.

SETTING UP CREW POSITIONS

The boat crew is broken into three sections, the front which is the first six paddlers, the engine room which is the middle eight paddlers and the back which is last six paddlers. Weight of the paddlers must be taken into consideration when setting up the boat. Any serious weight distribution problems will adversely affect how the boat tracks for steering. The biggest paddlers are placed in the middle or engine room and lighter paddlers at the front and back sections.

The front six paddlers set the pace and should be reserved for paddlers with good long paddling strokes. The rest of the boat needs something visual to follow. The rest of the boat will have short choppy stroke if the front has short choppy strokes.

The middle eight or the “engine room” is usually reserved for the heavier, stronger paddlers. During the middle of the race the engine room dictates the pace. The stroke rate of the crew is usually determined by the engine room. The stroke rate is not too fast as long as the big engine room paddlers can twist and reach.

Once the engine room paddlers start shortening up on their stroke, you know the pace is getting too fast!

The back six paddlers of the boat should have the strongest people in the boat. It is not uncommon for a novice crew to setup the boat with weaker paddlers who get out of stroke. For an intermediate crew or an advanced crew this would be a missed opportunity. A series which is a sequence of more powerful strokes meant to advance the boat and is initiated by the back six paddlers and ripples to the front of the boat.



Dragon Boat Race, Wellington, NZ Image by Brett Taylor.

Side to side and front to back weight distribution must be taken into consideration when setting up the boat.

The steersperson must have the knowledge of how to move paddlers around to improve the balance of the boat.

Having the boat off balance can seriously affect how the boat tracks. The steersperson is 100% responsible for the safety of the crew!

The steersperson has the best view of any obstructions on the water and must make

the required commands to the crew to manoeuvre the boat. In

race situations the steersperson must also be able to read wind and be knowledgeable of how the boat reacts in certain conditions. It is not good enough that the steersperson can just keep the boat straight, he or she must be able to bring the boat to the line in whatever wind conditions and make the manoeuvres or commands to hold the boat on the line.

THE RACE OUTLINE

Racing can be broken down in to smaller elements: pre-race, start, middle, finish, post-race.

Pre-Race- Includes on-land stretches, positioning of paddlers in boat, warm-up to the start line that should include one practice start.

Start Sequence - The start that is taught to novice teams is “5 and 10” meaning five deep long strokes to get the boat moving from a stationary position followed by 10 sprint strokes that accelerate the boat to top speed.

A series of transition strokes follow to bring the stroke rate down to allow the stronger and longer “power strokes”.

Middle - For the purpose of advancing race positions, teams often include one or more “series”. A series is a set 10 or more strokes that are harder and sometimes faster to help the boat speed up.

Please note that the paddlers must still hit in-stroke, must not shorten up on the stroke reach for a series to be effective.

Finish - The last 20-30 strokes on a race has its own elements. At this point in the race the objective is to bring the boat up in speed for that last finishing kick. It is similar to the "10" strokes of the start. The paddlers are leaning forward and using their arms only to accelerate the boat. Paddling with arms is quicker than paddling using your back although paddling with the back is much more powerful.

Post-Race - Analyze what went right, what went wrong. Make the adjustments for the next race.

For another in-depth training manual, which includes nutrition and long-term training ideas, visit <http://www.paddlesup.ca/manualindex.html> - or visit www.paddlesup.ca and follow the links under "Paddler Stuff" for techniques and more!

Activities:

Contact a local dragon boat racing club and arrange for a session! If your club is enthusiastic you may want to cover dragon boat racing over the course of 2 meetings.

Learning the terms and strokes - put members into pairs, and divide up the material in this chapter (paddling commands, paddling basics, setting up crew positions, and the race outline). Give each group a section to learn and present on for 5 minutes presentation. Encourage them to make it entertaining by doing a demonstration or skit! If you have Internet resources, they can find a suitable video clip or image to include.

Warm Up!

Have everyone do a 5 minute paddling warm up before the race.

Stretches - (from <http://www.paddlesup.ca/workout/stretching.html>, accessed Jan 2008)

90-90 hip stretch - Sit on the floor with both legs bent at 90 degree angles. Slowly lean forward until you feel a gentle stretch in your hips. Switch legs.

Hamstrings - From a lunge position, slowly move backward until leg is slightly bent. Bend forward at the hip, keeping back flat until you feel gentle pull in the back of the leg. Switch legs.

Spinal Twist Lying on the floor, place right foot on the left knee. Using your left hand, gently pull your right knee towards the floor, twisting your spine and keeping left arm straight out, hips and shoulders on the floor. Switch sides.

For more stretches and illustrated examples, visit the Paddles Up! website at <http://www.paddlesup.ca/workout/stretching.html>

Watch one of these great presentations on Dragon Boat Racing - <http://www.dragonboatnet.com/DBN-Cinema-2.php> You can also go to www.youtube.com and search for 'dragon boat racing' - there are hundreds of clips to watch!

Digging Deeper

Before the next meeting, have members research the history of the Dragon Boat, and its connection with the poet, Qu Yuan.

Resources

Websites:

<http://www.dragonboatcanada.org>
<http://www.dragon-boats.com>
<http://www.dragonboatnet.com>
http://en.wikipedia.org/wiki/Dragon_boat_racing
<http://www.paddlesup.ca> – follow the links under paddler stuff to 'good reads' for a listing of articles on Dragon Boat Racing. You can also find a listing of dragon boat racing clubs here.

Books:

Barker, Pat. Dragon boats : a celebration. Vancouver : Raincoast Books, c1996
 Bouchard, Dave. The mermaid's muse : the legend of the dragon boats / David Bouchard ; Zhong-Yang Huang, illustrator. Vancouver : Raincoast Books, c2000

Out and About

This section features information and resources on navigational games - each requiring a different level of technology!

Orienteering requires a map, compass, and specially marked and placed flags. There are instructions provided to set up a simple orienteering course - but you may be able to arrange for an expert to visit your club and assist with the meeting, or join an orienteering event already planned in your community! Contact the Canadian Orienteering Federation at <http://www.orienteering.ca/>, (they have a club listing on their website), email info@orienteering.ca, or call (403) 283-0807 to find a club or event near you.

Letterboxing may require a compass, but also relies on clues posted on the Internet to guide letterboxers to their 'treasure'. Depending on how involved you want your club to be, you may also require the materials to make your own letterboxing kit (described in the letterboxing section).

Geocaching requires a mobile GPS unit - as well as inexpensive treasures used to replenish the geocaches found by your club!

For all of these activities, please make sure that club members are properly supervised, and that private property is respected.

If your club members are keen about these subjects, you may also want to explore good, old fashioned 'treasure hunting' - this will require a metal detector!

Roll Calls:

Orienteering - name something that appears on a map.

Letterboxing - if you were to carve your own stamp, what would it look like?

Geocaching - name some inexpensive 'treasure' that you could put in a geocache.



Orienteering

Orienteering is a navigational and endurance sport. Competitors use a map (usually topographic - showing the elevation of the landscape, such as hills and valleys) and a compass to find a series of “control points”, which are circled on the map. The orienteer that finds these control points, and finds his or her way back to the finish line the fastest is usually the winner.

Background

Orienteering started in the 1800s in Scandinavia. It began as a way to train troops on how to navigate maps, and to improve endurance. Since then, many forms of orienteering for leisure have evolved, including ski, bike, mounted (on horseback,) canoe, motor vehicle and trail orienteering. In the past few years, supporters of Orienteering have been trying to get it recognized as an Olympic sport.

What You'll Need:

An orienteering course, set up with ‘control points’ stationed near natural features marked on a map
Hole punches of different shapes, mounted onto each control point

Compasses

Stop watches (if your orienteering event is timed)

Competitor maps (one per person or team)

Event Cards (sample included)

First Aid Kit

Water and other refreshments

Setting Up the Course

Choose the location of your course - it should be fairly wooded, so that all the control markers aren't in plain view. It should feature different terrain (such as hills, ponds etc) that can be navigated by the members of your group (challenging but not too difficult).

Control markers should be mounted on trees or other natural features throughout your course at eye level (in a way that doesn't damage the tree!) The Control Marker is usually made up of orange and white flags (see image to the right), with a punch mounted onto it so that competitors can punch their event cards. If flags are not available, you can paint gallon milk jugs or paint cans and hang them from a rope from trees.

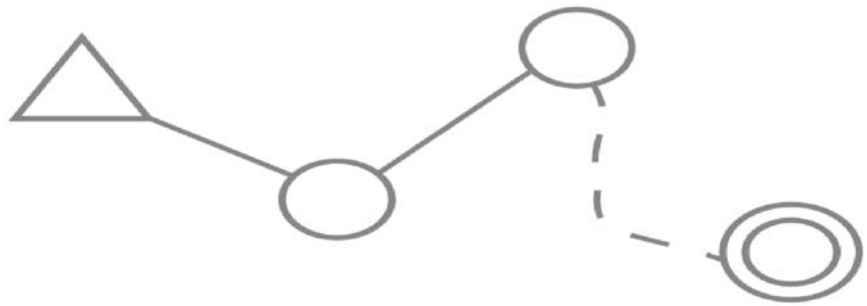
Set your control markers up around your course in spots that can be found using the map you have available. If you have a topographic map, a control marker might be placed on top of a hill - if it's a basic map, it could be placed at the crossroads of a path, or at a curve of a river. Wherever you place your control

markers, mark their location by circling the spot on your map. Generally, the start of the course is



marked with a triangle on your map, your control points are circles, and the finish line a circle within a circle.

A copy of the map showing the location of the control points should be given to each competitor, along with a compass and event card.



Start Orienteering!

Competitors all start at the same time from a starting line.

A timekeeper blows a whistle to start the race, and starts a stopwatch or clock.

Orienteering map symbols. Image - Eduardo.

In the most common and competitive form of orienteering - cross country orienteering - competitors must visit all the control points in the same order, punching their control cards as they go - the first one across the finish line is the winner!

Official cross country orienteering is quite challenging. Control points are marked on the map, and are also given a code that includes their coordinates on the map, and a clue that describes their location - for example, a clue might be 'east end of the pond'. There's no route marked out - competitors must decide using their maps what is the best way to get from control point to control point the fastest!

Other Types of Orienteering *(from <http://www.map-reading.com/appendf.php>, accessed Feb. 2008)*

Route Orienteering: Time is not a factor in this type of orienteering. Competitors start with an unmarked map of the area, and walk the route with an advanced competitor. As they come across control points along the way, they mark their location on their maps themselves. At the end of the route, the maps are analyzed, and points given for accuracy.

Line Orienteering: "At least five control points are used during this form of orienteering training. The competitor traces on his map a preselected route from a master map. The object is to walk the route shown on the map, circling the control points on the map as they are located on the ground."



Activities:

Play Map it! Instructions found at the end of this chapter, courtesy of Play Sport - used with permission.

Learn More About Reading Maps - If you or your members are unfamiliar with map reading, have them spend a bit of time learning map symbols. This can be a digging deeper activity assigned for completion before this meeting - have members research common map symbols, and draw up a map of their neighborhood. They should then present their maps to the group before your orienteering session, explaining what symbols they used, and why. For map reading resources, see the resource section at the end of this chapter.

The Giant Compass Game (*Adapted from The Outdoor Living Curriculum, developed by Manitoba Agriculture, Food & Rural Initiatives, with the assistance of the Canadian 4-H Council Resource Network - used with permission*).

This activity will help members learn the compass bearing points.

Materials needed: An open space, and a compass.

Time: 30 minutes

Instructions:

1. Explain the compass directions and paces to members.
2. Mark each direction (N, S, E, W) with a pylon 25m away from the centre (compass rose) which is also marked with a pylon.
3. The members all begin at the compass rose. The leader closes their eyes and calls a direction, and a certain number of paces.
4. The members follow the call. If the caller opens their eyes, after counting the number of paces, and the members are still moving, they must go back to the compass rose (centre). (This activity is similar to What Time is it Mr Wolf?).
5. The role of the leader can be replaced by a 4-H member once all of the members understand the activity.

Discussion Questions:

- Why is it important to know about compass directions?
- Who uses compasses?
- What else can you do to find your way?

Simple Orienteering Event Card

Orienteering Event Card

Name: _____ Team: _____

Checkpoints: _____ Start Time: _____ Finish Time: _____

Resources:

General:

- <http://www.learn-orienteering.org/old/>
- <http://www.map-reading.com/appendf.php>
- <http://www.us.orienteering.org/OYoung/>
- <http://en.wikipedia.org/wiki/Orienteering>,
- <http://www.howstuffworks.com/compass.htm>

Kjellstrom, Bjorn. Be an Expert with Map and Compass. NY: Hungry Minds Inc. 1994.

Map Reading Resources:

- Reading Topographic Maps - <http://www.map-reading.com/intro.php>
- Ordnance Survey - Map Reading Made Easy - leisure.ordnancesurvey.co.uk/tscontent/editorial/mapfacts/leaflets/map_reading_made_easy.pdf - this is a great introduction to map reading!
- Blair, Calvin L. The Canadian landscape : map and air photo interpretation. Toronto : Copp Clark Pitman, c1990.

- ◉ Home
- ◉ Overview
- ◉ Things to Consider
- ◉ Activities
- ◉ Create-An-Activity
- ◉ Search Activities
- ◉ Evaluation Findings

Activity Quick Find

1. Activity Type:

- Select a Category -

2. Select Activity:

None

PLAY

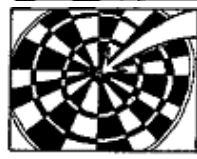
Advanced Search



PRINT ACTIVITY

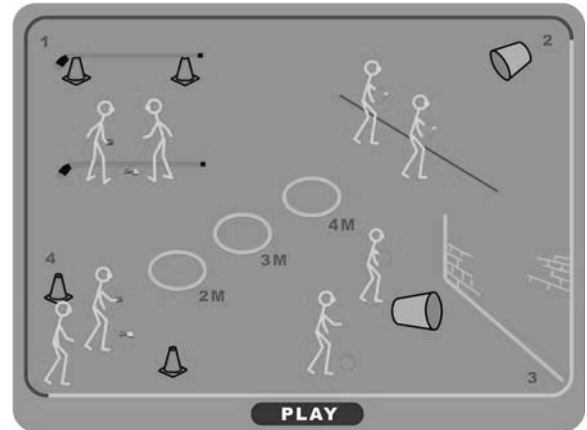
Map it

How To Play



Tactical Focus(es) and Skills:
Aim and Accuracy

- ▶ Create a map of your gymnasium, with four target locations indicated by number. Mark the compass rose on the map.
- ▶ Label each location with a number and a name.
- ▶ Station 1: Set up 2 cones with a hockey stick across the top. Lay a stick 2-3 m away as a start line. Children toss a bean bag, underhanded, beneath the hockey stick.
- ▶ Station 2: Lay a large pail on its side with a start line 2-3 metres away. The students roll a ball into the pail.
- ▶ Station 3: Set another pail (very large, garbage can size) on its side 2 metres from the wall - facing the wall. The students must bounce a small ball off the wall into the pail.
- ▶ Station 4: Set up a start line with 2 cones. Place 3 hoola hoops in a line: 2 m, 3 m, and 4 m from the start. The students toss 3 bean bags overhanded into each of the hoops.
- ▶ Give each group a copy of the map. Start them on each of the four walls and give them instructions with mapping language to find their first station.
- ▶ They must write down the name of each station when they arrive.



LEVEL OF COMPLEXITY

Easy

How would you rate this activity?

1. Poor 2. Fair 3. Good 4. Excellent

SUBMIT

Participant Grouping
Four groups

Playing Area
Gymnasium

Equipment
Balls (e.g. beach, foam, paper, wiffle gator): One
foam, one rubber
Pylons: 6
Beanbags: 12
Hockey sticks: 2

Safety
The rolling ball game should be facing away from the other centres.

Participant Reflection

- ▶ Personal goals should be set before the centres begin.
- ▶ On the day that each activity is first introduced, students should chart their goal for that activity on

- ▶ Stations are rotated in clockwise fashion using the points of the compass (North goes to East, East go to South, etc.).

Variation

- ▶ Varying the distance to target depending on the age of the students.
- ▶ Smaller or larger balls with different degrees of bounce.
- ▶ Students may design their own maps with different starting points.

Adaptation Consideration

- ▶ Place pictures of the activities beside the description of the stations on the map.
- ▶ Demonstrate each station before the activity begins.
- ▶ Reduce the number of stations to 2.
- ▶ Have an assistant at each station to help participants when they arrive to each station.
- ▶ Play music when participants are performing the skills at each station. When the music stops, the participants move to the next station on the map.

begin.

- ▶ The mapping component is a hands on connection to Social Studies. Map reading is a prerequisite skill.

paper posted in the gym.

Disclaimer

Letterboxing

One activity is hundreds of years old – the other, is high tech and relies on satellites and computers. However, both letterboxing and geocaching are essentially a great big treasure hunt!

The History of Letterboxing

From Granstrom, Chris. "They Live and Breathe Letterboxing" Smithsonian Magazine. April 1998.

Letterboxing began in 1854 in Dartmoor, England. An English gentleman was out for a walk, and decided to put his calling card in a bottle, and stick the bottle in the bank of Cranmere pond. Other walkers found it, and added their cards to the mix – some even included a self-addressed postcard, so that other letterboxers would send them back to them. Now, there are 'letterboxes' hidden all over the world, for those who know where to look. Clues to finding letterboxes are passed on through word of mouth, and on the Internet. There are now over 20,000 letterboxes hidden in North America alone!

Now, instead of a bottle with postcards, letterboxes are plastic waterproof containers, that contain a notebook / logbook, and rubber stamp. Letterboxers use a set of clues, which are now usually available on the Internet, to find letterboxes, and use their own rubber stamp and ink, as well as a pen or pencil to write down their 'trail name' to mark the logbook in the letterbox. To record the boxes they've found, they use the rubber stamp found in the letterbox to mark a logbook of their own.

What you'll Need to Start Searching for Letterboxes:

- 1 Small notebook
- 1 rubber stamp
- Pen / Pencil
- A compass
- Comfortable shoes
- An alias, or 'trail name'.

When letterboxing, please follow proper letterboxing etiquette:

(from <http://www.letterboxing.org/GettingStarted/Letterboxing101.pdf> - Sojourner, Letterboxing 101, accessed January 9, 2008).

- 1. Take only pictures and leave only footprints!** Be sure to leave the area you are searching the same way you found it. Disrupt the area as little as possible, and don't make loud noises that may give away the location to other letterboxers!
- 2. Be discreet!** When you find the letterbox, move it a short distance away from the hiding spot when you stamp it, and replace it in the same place you found it when you are sure no-one else is looking! Never leave a letterbox in plain sight!
- 3. Properly seal the letterbox.** When you're done, make sure all plastic bags are sealed properly, and that the lid is on tight.

Get Started Searching for Letterboxes

Once you have your own stamp and notebook (and comfortable shoes), you are ready to start looking

for letterboxes! Assuming you will start letterboxing somewhere in North America, log on to the Letterboxing North America website - <http://www.letterboxing.org/>. Click on 'Clues' – this will take you to a map of North America. Click on the Canadian flag, then click on the province of Ontario. This will bring up a list of clues to letterboxes all over Ontario! For some of the letterboxes, you'll need a compass – others refer to landmarks.

If the town closest to you isn't mentioned, you may need to go further afield. This is a great opportunity to plan a field trip with your club or family!

Before you start letterboxing, read the following disclaimer from Letterboxing North America: (Accessed from www.letterboxing.org Feb. 2008)

“WAIVER OF RESPONSIBILITY AND DISCLAIMER

Letterboxing, like any outdoor sport, carries the risk of unforeseen hazards. “Letterboxing North America” supports a policy of not knowingly placing letterboxes in areas that will create undue risk to the letterbox hunter. However, as conditions may vary, it is the responsibility of the letterbox searcher to become thoroughly familiar with the conditions in the area to be searched, to adequately prepare for those conditions, and to conduct oneself safely and responsibly with respect to those conditions and with respect to his or her personal abilities and limitations. “Letterboxing North America” and the individual letterbox sponsors assume no liability for events which may occur related directly or indirectly to one's searching for a letterbox.

Do not let children hunt for letterboxes unsupervised.

By reading and utilizing the letterbox clues posted on this web site, you acknowledge the above conditions, and accept responsibility for your own actions, and agree to hold non-liaible the clue writers, website authors, and letterboxing organizations and further, agree to provide this disclaimer to any person with whom you share these letterbox clues.”

Activities

Make your Own Letterboxing Stamp! Instructions included at the end of this chapter. From <http://www.letterboxing.org/kids/kidstamp.htm> , copyright Mitch Klink (a.k.a. Der Mad Stamper), used with permission.

If you don't want to make your own stamp, you can also purchase pre-made stamps from craft and hobby stores.

Start Making Your Own Letterboxes

What You'll Need:

Small, waterproof container

Plastic, zip-seal bags

Small notebook

Rubber stamp (this can be different or similar to the one you use when searching for letterboxes).

Make sure the container isn't too big - you'll want to be able to hide it!

Place the notebook (this is the 'log book' that other letterboxers will stamp to let you know they've found your letterbox) and stamp inside the plastic bag. You may want to include a pencil as well, in case people want to leave comments or notes).

Put the notebook, stamp and pencil that are inside the bag into your waterproof container. Many letterboxers also include a waterproof label somewhere on the container with the following information:

“XYZ LETTERBOX. PLEASE DO NOT DESTROY. Enjoy the contents, and replace where found, hidden from view. To Learn More About Letterboxing, Visit the Letterboxing Web Site. If Contents are Damaged Or Missing, Please Call (my name and telephone number)”

That’s it! Youve made a basic letterbox! For more tips on making letterboxes, visit the Letterboxing North America website.

Activity: Trial Letterboxing

Want to try letterboxing, but don’t have the time for a formal hunt / hide? Why not start by making and hiding letterboxes for your Club?

1. Follow the instructions provided above on making your own letterbox. You can also make your own stamps (as described at the end of this chapter), or purchase them from a stamp / craft and hobby store.
 2. Once you have your letterbox / stamps made, invent your own trail-name!
 3. Next, decide on a hiding place for your letterbox. It should be a location that isn’t likely to be found by someone just walking by – it should also be safe for other letterboxers to find. For example, you probably shouldn’t hide your letterbox in the lion’s cage at your local zoo, or on the edge of a cliff, or anywhere people might hurt themselves trying to access. You may want to consider holding your club’s letterboxing session along a walking trail, in a large park, at a sports field, or in a local town.
 4. Once you’ve decided on a hiding place, you need to come up with a clue! For ideas on kinds of clues to use, visit <http://www.letterboxing.org/america.htm> and see what other letterboxers have written. Be sure to write your own original clue though – don’t steal other people’s work!
- To write your clue, you can use a compass – or, just use local landmarks! For example, if you are in a park with a playground, you might ask people to start their hunt at a set of swings by writing, “Start at the set that makes you feel light as air. Walk north until you reach the rock that resembles a large head. Look west for a tree with a large knothole in the base. It’s inside the knothole, covered with leaves and sticks.” If your letterbox is hidden in a busy area, you may want to remind people to make sure no-one else is looking when they go to retrieve it, and to hide it well when they are done!
5. Once you’ve written your clue, give it to your leader – they will put all your club’s clues on a flip chart or handout. Then, start hunting for the other members letterboxes, being sure to stamp your logbook with the stamp included in the letterboxes you find, and stamping the logbook in the letterboxes with your stamp.

Resources:

Websites:

Letterboxing North America - www.letterboxing.org

For tutorials on making your own stamps, logbooks, compass use and more, check out Letterboxing With Atlas Quest - <http://www.atlasquest.com/tutorials>

Letterboxing Info -<http://www.letterboxing.info/>
Letterboxing on Wikipedia - <http://en.wikipedia.org/wiki/Letterboxing>

Books:

Hall, Randy. The Letterboxer’s Companion. Connecticut: The Globe Pequot Press, 2004.



Carving Your Own Rubber Stamps by Der Mad Stamper

That's right... you can carve YOUR OWN rubber stamps!

And you don't need a sharp knife to do it. All you need is:

- an ordinary butter **knife**
- some **pencils**
- a pair of **pliers**
- some **toothpicks** and
- an art gum **eraser**.



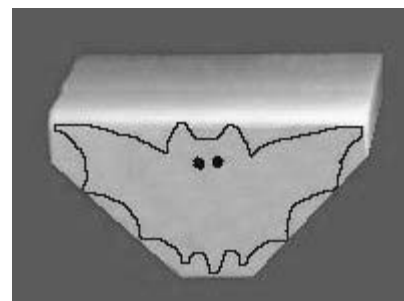
You can buy art gum erasers in almost any store that sells art supplies or office supplies. You might even be able to find them in the store where you get your school supplies.

They are tan in color and are more crumbly than ordinary rubber erasers.



They are also a lot softer than other erasers. You can easily cut the basic outlines of your stamp with an ordinary butter knife.

You can draw the design you want to carve onto the eraser with a marker. If you have your drawing on a piece of paper, darken it in with a lead pencil. Then place the paper on the eraser, face down, and rub the back of it. The picture will rub off onto the eraser.





For fine details that can't be carved with the butter knife, you can make a special carving tool out of a pencil.

Use a pair of pliers to pull the eraser off the end of the pencil.

Leave the metal casing that held the eraser attached to the end of the pencil.



Use this metal casing to carve your design into the gum eraser.

You can scrape pieces off the edges of the eraser with this tool, or push the pencil straight into the eraser and scoop out a nice round hole.



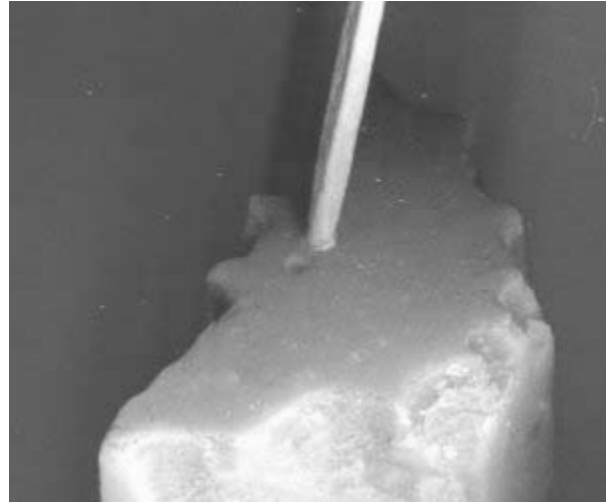
For even finer details, you may want to make another tool.

Pull the eraser off another pencil. This time, use the pliers to flatten the metal casing a little bit.

You can use this tool to make oval shaped holes, or to remove material from tight corners.

If you need to make really small holes, you can use a toothpick.

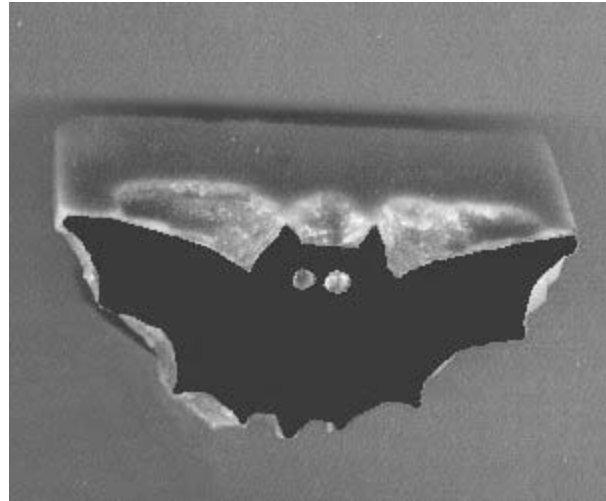
Spin the toothpick in your fingers like a drill while you push it into the eraser. It will form a small, round hole.



That's all you need to do to make your own rubber stamp!

Here's a picture of the one I made.

It has been pressed onto an inked stamp pad, and is ready to make a print.



And here's the print it makes...
a cute little bat!

Click on the bat to see more pictures you can use to make your rubber stamps.

Geocaching

Geocaching is similar to orienteering and letterboxing, but with a high-tech twist. Instead of using maps, compasses and / or clues to find the 'hidden treasure', geocaching uses satellite technology – or the global positioning system – to guide hunters to 'geocaches'.

Background

Geocaching is a fairly new pasttime that was developed after May 2000 - it wasn't really possible until 'selective availability' was removed from the Global Positioning System.. Selective availability was a technology used by the US military to make it harder for missiles to find their targets. Once this was removed from the system, GPS became more precise, so that small containers could be located with accuracy!

Like letterboxes, geocaches are also made from waterproof containers. They contain a logbook, in which geocachers note that they have found the cache – but they also usually contain a variety of small items, or 'treasure'! When a geocache is found, the finder is expected to **take something** from the cache, but **leave something** as well, so that there will be 'treasure' for the next person to find!

A key element of finding a geocache is the GPS (global positioning system) unit. In geocaching, these are hand-held receivers that receive signals from satellites (they need at least 3 different satellite signals to get an accurate reading) that tell you your longitude and latitude.

To find a geocache, you must get the longitude and latitude of the geocache from the Internet - <http://www.geocaching.com/seek/> (you'll need to create an account first, but this is free). You'll then use a map, and enter the longitude and latitude into your GPS unit to find your first geocache!

Before You Get Started:

- Visit <http://www.geocaching.com> to find a local club, and lists of new geocaching regulations for public places. Visit the 'Getting Started' link for more in-depth suggestions on how to get started.
- Remember to always respect public and private property when geocaching. As with Letterboxing, it's considered rude to give away the location of a geocache - make sure that once you've found a geocache, you leave it as you found it.
- Be prepared with extra batteries.
- When turning your GPS unit on for the first time, it may take a few minutes to get a reading - be patient!
- Set up your GPS unit by following the instructions that come with your particular model. Make sure it's set up for the same kind of map you are using (you should have a paper map as a backup when navigating by GPS - just in case you lose your satellite signal), as well as the kind of measurement units you want (metres, kilometres, etc.)
- Before setting out on your first hunt, buy a map of the area you will be searching - or, you can try downloading one at www.googlemaps.com (see the simulated GPS activity as an example).
- Be prepared - don't go geocaching alone, bring water and comfortable shoes if you'll be walking

about in the bush.

The Hunt for the Geocache *(Adapted from <http://www.geocaching.com/about/finding.aspx>, accessed March 2008).*

1. It should be pretty straightforward to get within a mile or so from the cache (unless it's deep off-trail). If you've done your research, follow the map more than the GPS unit (although we keep ours on the whole time). It's inevitable that you'll lose signal from overhanging trees, mountains, etc.
2. It's always good to have a compass on hand if your GPS unit doesn't have one.
3. When you leave your car, mark its location as a waypoint! Sounds silly, but once you get deep into the cache hunt, it's easy to get disoriented. We've learned this from experience!
4. When you get close to the Geocache (within 300 feet, which is the length of a football field), make sure to check your GPS unit signal. Sometimes the signal will have an error between 25-200 feet. Don't concentrate as much on the arrow as the distance decreasing, as you get closer to the site.
5. For the last 30 feet, use a compass or direct your buddy in the direction of the cache. In some cases we've had good luck circling the site with the GPS unit to get a good area to search.
6. The final 30-100 feet is the hardest. It helps to think like the person who hid the cache. If there are stumps around, investigate around the base. Check for a pile of rocks. Some stashes, especially in people-trafficked areas, are pretty ingeniously hidden, so it helps to know the container they used.

Once you've found your cache:

1. Usually you take an item and leave an item, and enter your name and experience you had into the log book. Some people prefer to just enter their name into the log book.
2. Make sure to seal the cache and place it back where you found it. If it had some rocks covering it, please replace them. It's pretty straightforward.
3. Remember that waypoint we suggested you create where your car/trail was located? Use that now to get back! You'll be glad you had it.
4. When you get home, email the person who hid the cache and let them know you found it! They're always happy to know the condition of their cache and it's nice to know that people are looking for them.

Types of Geocaches *(from <http://en.wikipedia.org/wiki/Geocaching> accessed March 2008)*

Traditional: This is the basic cache type. It is a container with a log book (at minimum) found at its listed set of coordinates and usually trade items.

Night Cache: These traditional caches can only be found at night and involve following a series of reflectors with a flashlight to the final cache location.

Event Cache: This is a gathering organised and attended by geocachers. Physical caches placed at events are often temporarily placed for the event date only. The Geocaching events category contains some famous annual Geocaching events.

Cache-In Trash-Out (CITO) Events: This is a variation on event caching. Geocachers gather to clean

up the trash in the area to improve the environment as a coordinated activity.

Letterbox Hybrid: A letterbox hybrid cache is a combination of a geocache and a letterbox in the same container. A letterbox has a rubber stamp and a logbook instead of tradable items. Letterboxers carry their own stamp with them, to stamp the letterbox's log book and inversely stamp their personal log book with the letterbox stamp. The hybrid cache contains the important materials for this and may or may not include trade items. Whether the letterbox hybrid contains trade items is up to the owner.



One example of a Geocache. http://commons.wikimedia.org/wiki/Commons:GNU_Free_Documentation_License

Locationless/Reverse: This variation is similar to a scavenger hunt. A description is given for something to find, such as a one-room schoolhouse, and the finder locates an example of this object. The finder records the location using their GPS handheld receiver and often takes a picture at the location showing the named object and his or her GPS receiver. Typically others are not allowed to log that same location as a find. (This is now part of Waymarking.)

Moving/Traveling: Similar to a traditional geocache, this variation is found at a listed set of coordinates. The finder uses the log book, trades trinkets, and then hides the cache in a different location. By updating this new location on the listing, the finder essentially becomes the hider, and the next finder continues the cycle.

Multi-cache: This cache consists of multiple caches. These caches are one or more intermediate points containing the coordinates for the next or final cache, that contains the log book and trade items.

Mystery/puzzle-based: This cache requires one to discover information in order to find the cache. Generally it includes a false set of coordinates within a mile or a couple of kilometers of the cache, and a puzzle must be solved in order to determine the final cache location. In other cases the given location is correct, but the name of the location or other features found there are themselves a puzzle leading to the final cache. Alternatively, additional information is necessary to access the cache (such as a padlock combination) or there are special requirements for logging the find on-line.

Offset: This cache is similar to the multi-cache except that the initial coordinates are for a location containing information that encodes the final cache coordinates. An example would be to direct the finder to a plaque where the digits of a date on the plaque correspond to coordinates of the final cache.

Virtual: Caches of this nature are coordinates for a location that does not contain the traditional box,

log book, or trade items. Instead, the location contains some other described object. Validation for finding a virtual cache generally requires you to email the cache hider with information such as a date or a name on a plaque, or to post a picture of yourself at the site with GPS receiver in hand.

Earthcache: Organized and maintained by the Geological Society of America, the EarthCache program is a subset of geocaching in which the “treasure” a cacher finds is not a physical container with trinkets, but an educational lesson of the Earth. The important requirement for an EarthCache to be approved and published is that the cache listing must contain educational information about the earth science of the cache area, and an interactive educational task which directly engages the cacher in that geology. EarthCaches are submitted at www.earthcache.org, and transferred to Groundspeak’s geocaching.com during the review process. The EarthCache program is funded by Groundspeak, National Geographic, Subaru, and the National Park Service.

Webcam: Similar to a virtual cache; there is no container, log book, or trade items for this cache type. Instead, the coordinates are for a location with a public webcam. Instead of signing a log book, the finder is often required to capture their image from the webcam for verification of the find.

Want something more competitive? Try Geodashing!

In this competitive game, players use “GPS receivers on a playing field that covers the entire planet. The waypoints, or dashpoints, to be reached are randomly selected. The win goes to who can get to the most dashpoints; that is, if you can get to them at all! Each game has a new set of dashpoints making each game completely different and unpredictable”. For more information,

visit

<http://geodashing.gpsgames.org/>

Activities:

Go on a hunt with your Club for a Geocache! Log on to www.geocaching.com and follow the links to “Hide and Seek a Cache” to get started!

Create and Hide Your Own Geocache

1. **Create your geocache by finding a waterproof container, and including a logbook (notebook and pencil), and some inexpensive gifts - these could be inexpensive dollar store toys, and perhaps a disposable camera so that those that find your geocache can leave a picture of themselves.**
2. **Find a good location for your geocache - check www.geocaching.com for current regulations for placing Geocaches - otherwise, don’t place them in environmentally sensitive areas (near bird’s nests, etc), on private property, in dangerous spots (like the side of a cliff).**
3. **Hide your geocache so that it’s hidden from plain view!**
4. **Take a reading on your GPS unit so you know the longitude and latitude of your geocache - then, enter it’s location by logging on to www.geocaching.com!**

Play Online Games! To learn more about how geocaching works, play the following online games:
<http://www.pbs.org/wgbh/nova/longitude/gps.html>

Simulated GPS Activity

Materials required: Internet access

1. Log on to the Internet, and go to the Google Maps website - <http://maps.google.com/>
2. In the top left corner, type in your address, and click, 'search maps'.
3. In the top right corner of the next screen, there's a link to 'link to this page'. Click on this link.
4. Copy and paste the http address that comes up into MS Word, notepad, or any other word processing program so that you can see it clearly.
5. For example, after searching for 'Queen's Park, Toronto, Ontario', this is the http address that comes up after clicking 'link to this page': [http://maps.google.com/maps?f=q&hl=en&geocode=&time=&date=&ttype=&q=queen's+park,+toronto,+ontario&sll=**43.669693,-79.754499**&sspn=0.008754,0.023389&ie=UTF8&z=16&iwloc=addr&om=1](http://maps.google.com/maps?f=q&hl=en&geocode=&time=&date=&ttype=&q=queen's+park,+toronto,+ontario&sll=43.669693,-79.754499&sspn=0.008754,0.023389&ie=UTF8&z=16&iwloc=addr&om=1)
6. Take the numbers that follow the figure 11 (marked in bold above), and paste it all in the search field back in Google Maps.
7. This should give you the converted values for longitude and latitude.

Resources:

Websites:

Geocaching - The Official Global GPS Cache Hunt Site - <http://www.geocaching.com/>

Geocaching on Wikipedia: <http://en.wikipedia.org/wiki/Geocaching>

Books:

Dyer, Mike. [The Essential Guide to Geocaching.](#)

Kals, W.S. Land Navigation Handbook. San Francisco: Sierra Club Books, 2005.

Peters, Jack W. [The Complete Idiot's Guide to Geocaching](#)

McNamara, Joel. [Geocaching For Dummies](#)

Invent Your Own Sport

There are new sports and games being invented around the world every day - some take a traditional game, and add a new twist - others take an activity not considered a sport and turn it into one with a few modifications

What's Covered in This Chapter

This chapter showcases some unusual 'new' sports and games, and provides members with a template to create their own game. It can be used as the basis of a stand alone meeting, used as the basis of an achievement activity, or something different to add to another meeting.

Roll Calls:

If you were going to invent a sport or game, what would you call it?

What's the strangest sport you've ever played / heard of?

What do you think is the most important thing to remember when designing your own sport?



Inventing Your Own Sport - Things to Consider

Have an idea for a great new sport or game? *Here are just a few ideas to consider:*

- How many players can participate?
- Is it a team or individual sport?
- What is the objective of the game? To score points, goals, or to capture the other team's territory?
- Can your sport be modified to help those facing mobility challenges to participate?
- What are the rules of your sport - think about time limits, periods, penalties, restrictions etc.
- What kind of equipment do you need?
- What are the safety considerations? Do you need safety equipment?
- What's your sport called?
- What kind of space do you need? Is it played in the water? On a field? In a gymnasium?

To help you invent your sport, Play Sport has developed an online tool to guide you through the planning process. Go to www.playsport.net, and follow the link to **'create an activity'**.

Need Some Inspiration?

Want to invent your own sport, but not sure where to start? Here are some weird and wacky new sports from around the world!

Last One Standing

A group in Sweden affiliated with the "National Snowball Association" has developed a sport called 'Last One Standing'. You guessed it - it's a big snowball fight! The rules - **"eliminate the competition - be the last one standing!"**

Teams competed on a field of artificial snow 18m x 9m, and thanks to sponsorship, specially designed spandex uniforms were designed and worn by the teams competing! They even recruited a songwriter to write and compose a song especially for the Last One Standing tournament.

The organizers described the event as "twelve nightly tournaments, with four teams per evening, six players per team, playing three games each took place on a brightly illuminated field of combat. In all, about 840 people, ages ranging from 16 to 65, agreed to participate in our first-ever trial tournament this February. We're happy to report -- no injuries, except for a few bruised egos. GET OVER IT!"

For more information, visit <http://www.lastonestanding.ch>

Bunnock

Bunnock is an increasingly popular game that is traditionally played with horse ankle bones! Originally invented by Siberian soldiers, when waves of immigrants came from eastern Europe to Saskatchewan, they brought the game with them in the 1940s.

An employee at a horse meat plant in Saskatchewan started making bunnock kits for his friends and family, but when the plant closed down, they needed another source of playing pieces - so he and his family developed molds to make them out of plastic!

According to the Town of Macklin website, "The Game of Bunnock consists of 52 bones. The eight heaviest are marked as Schmeiser (throwers) while four more are marked as guards. The rest are ordinary soldiers. The guards and soldiers are equally divided, then set on level ground in two straight lines, 10 meters apart. The rules of the game call for an equal number of players on either side (usually four) who will try to knock down the opposing teams bones with the throwers. The guards must be knocked down first or penalties must be given. Each team takes turns throwing and the team which knocks down the opposing teams bones first is declared the winner. It sounds simple but it is a game of skill and accuracy. As everyone who plays it soon finds out, it is enjoyable and challenging."

For more information, visit <http://www.macklin.ca/bunnock.htm>, and <http://cnews.canoe.ca/CNEWS/Weird-News/2008/02/23/4871650-cp.html>.

Parkour - Image - Marco Gomes, <http://creativecommons.org/licenses/by/2.0/>



Parkour

Invented by David Belle in France, the idea behind parkour is to practice "efficient movements to develop one's body and mind to be able to overcome obstacles in an emergency". This means running from point A to point B as quickly, efficiently and as safely as possible.

Participants are called traceurs (male), or traceuses (female), and it is a non-competitive sport. It combines aspects of running, gymnastics, acrobatics, and self-defense!

The opening chase scene from the 2006 James Bond movie, "Casino Royale", was very similar to parkour!

For more information, visit <http://en.wikipedia.org/wiki/Parkour>, or <http://www.worldwidejam.tv/apa.jam.parkour.html>

Kin-Ball - Born in Quebec!

The new sport of Kin-Ball was invented in 1986 by a Physical Education teacher. The game is played by 3 teams of 4 people, and a large, soft ball 1.22 metres in diameter is used. To play Kin-Ball, one team throws the ball up in the air, and calls out the colour of another team - this team must then try to prevent the ball from hitting the ground. If they fail, the other two teams get points!

For more information, visit the website of the International Kin-Ball Federation, at <http://www.kin-ball.com/>

Or, give these “sports” a try...

- **Pooh Sticking** - As in 'Winnie the Pooh' - this game is simple: find a stick, drop it in to a river, and then see how long it takes to get to the finish line.
- **Chessboxing** - This sport alternates a round of chess, with a round of boxing!
- **Toe Wrestling** - much like 'thumb war' - but with toes!

Activities

Invent Your Own Sport or Game!

You can do this in one of several ways:

- Look through this project, and choose 2 or more sports to combine to make a brand new sport!
- Visit <http://www.playsport.net/> and follow the links to 'Create an Activity' to guide you through the process.
- Invent your sport on your own!

Digging Deeper - Unusual Sport Research

Have Senior members do some research on a little-known or new sport, and present their findings to the Club - or, have them teach everyone to play!

Play Sports Invented by Others

Use the samples from Play Sport included at the end of this section (Chipotle, Veeball, and Chuck the Chicken) to explore sports and games invented by others! Reprinted with permission of www.playsport.net.

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- ◉ Things to Consider
- ◉ Activities
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Activity Quick Find

1. Activity Type:

- Select a Category -

2. Select Activity:

None

PLAY

Advanced Search



PRINT ACTIVITY

Chipotle

How To Play



Tactical Focus(es) and Skills:
Attack Goal

- ▶ Each group is placed into a corner of the playing surface. This will be that teams home corner.
- ▶ Each team must strategically place 3 bowling pins upright inside their given hoola hoop.
- ▶ Each team starts off with a total of 2 gator skin balls, but after the game starts, they may use any of the balls that come to them. (Total of 8 balls in the game).
- ▶ Teams must travel into opposing teams' corners (whichever corners they choose), and attempt to knock over other teams' bowling pins.
- ▶ Balls may be thrown at Bowling pins from any distance, but to advance the ball to an optimal striking position, players must move to open space and receive passes to advance themselves.
- ▶ Running with the ball is not permitted. Only passing can advance your striking position.
- ▶ if a ball is intercepted by an opposing team or if the pass is dropped, possession of the ball is awarded to the team who's corner the ball lies in.
- ▶ Once a team's bowling pins are all knocked over, they may rejoin the game by retrieving any ball and passing it over/under or side/side throughout the entire

LEVEL OF COMPLEXITY

Moderate

How would you rate this activity?

1. Poor 2. Fair 3. Good 4. Excellent

SUBMIT

Participant Grouping

Four equal groups, each grouped in a different corner of the playing area.

Equipment

Hoops: 4
Balls (e.g. beach, foam, paper, wiffle gator): 8
Other: Bowling Pins (3 per team, 12 total)

Teaching Tips

- ▶ Keep your eyes on the ball and look it right into your hands when receiving a pass.
- ▶ When throwing, step with the opposite foot of your throwing hand and follow through to your target.
- ▶ Catch the ball with 2 hands, and communicate

Playing Area

Gymnasium

Safety

Keep the projected balls below the waste. Also, balls should be soft enough so that pain won't be felt on a direct hit.

team.

- ▶ Bowling points are then re-set and the game continues.

Variation

- ▶ Playing area can be downsized to simplify the task.
- ▶ More bowling pins can be added to extend the task, as well as putting a limit on the number of passes before a shot can be taken.

with your teammates as to where you can be found to receive another pass.

[Disclaimer](#)

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Activity Quick Find

1. Activity Type:

- Select a Category -

2. Select Activity:

None

PLAY ▶

Advanced Search



PRINT ACTIVITY

How To Play



Tactical Focus(es) and Skills:
Manipulation (Receiving)

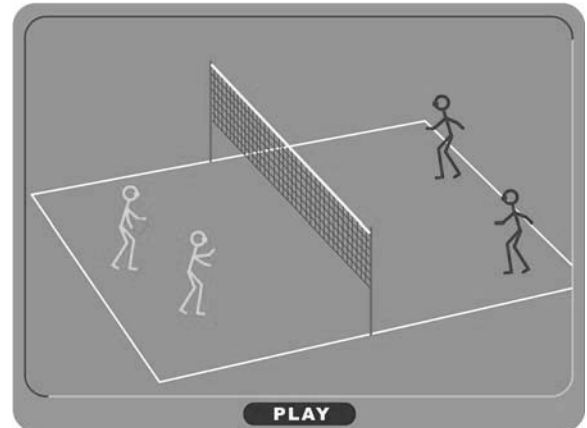
- ▶ The purpose of this game is to practice basic volleyball skills such as the forearm pass and volley
- ▶ One player begins the game by throwing the volleyball underhand to the other team.
- ▶ The first player bumps the ball so that his/her teammate can volley the ball over the net.
- ▶ The opposite team must receive the ball with a bump and follow the same steps. Bump and volley over the net.
- ▶ Have the two teams continue rallying back and forth.
- ▶ The teams should work cooperatively to see how many times the ball can be bumped and volleyed back and forth.
- ▶ The ball is not allowed to fall on the ground.

Variation

- ▶ Once the children are confident in their basic skills, you may make the game competitive
- ▶ Have the children work against the opposite team so that they are unable to receive the ball as easily

Adaptation Consideration

Veeball



PLAY

LEVEL OF COMPLEXITY

Difficult

How would you rate this activity?

1. Poor 2. Fair 3. Good 4. Excellent

SUBMIT ▶

Participant Grouping

2 sets of 2 players per badminton court

Playing Area


Gymnasium

Safety

The children must be aware of proper technique so that they do not injure themselves.

Equipment

Balls (e.g. beach, foam, paper, wiffle gator): 1 volleyball
Other: 1 badminton net

- ▶ Lower the net to 4 feet.
 - ▶ Use large, light, soft balls.
 - ▶ Allow the players to catch the ball before passing to his/her teammate.
 - ▶ Players can self toss the ball over the net.
 - ▶ Reduce the size of the badminton court and play half court.
 - ▶ The ball can bounce first before players catch it.
 - ▶ Players can hold the ball for their teammate to help them hit the ball over the net.
- 

[Disclaimer](#)

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Activity Quick Find

1. Activity Type:

- Select a Category -

2. Select Activity:

None

PLAY ▶

Advanced Search



PRINT ACTIVITY

Chuck the Chicken

How To Play

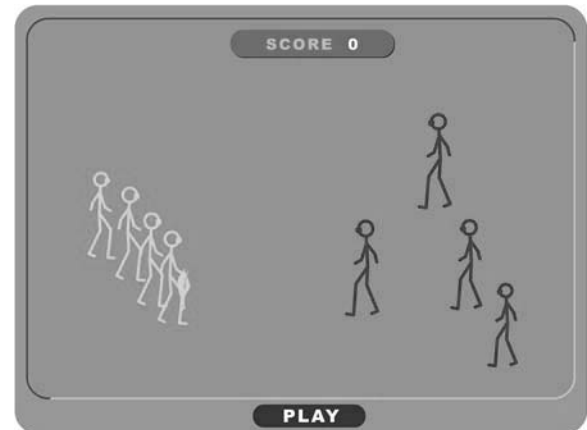


Tactical Focus(es) and Skills:
Placement away from fielders

- ▶ Team A (the initial batting team) begins in a line formation.
- ▶ Team B (the initial fielding team) is scattered in the field.
- ▶ First person on Team A yells "CHUCK THE CHICKEN" and then chucks the chicken anywhere in the open area and then runs around her team, counting each lap.
- ▶ Team B collects the chicken, lines up as quick as possible and performs an "over the head, under the legs". The final team member holding the chicken calls "CHUCK THE CHICKEN".
- ▶ Team A's runner stops at the command.
- ▶ Now Team B chucks the chicken and the roles are reversed.

Variation

- ▶ Use another object besides the chicken e.g. bean bag, gator ball.
- ▶ Runner weaves through team rather than circling.
- ▶ Rather than running, the team chooses different forms of locomotion (e.g. skipping, galloping, sliding).
- ▶ Rather than passing the ball "over and under" roll it through team member's legs.



LEVEL OF COMPLEXITY

Easy
Moderate

How would you rate this activity?

1. Poor 2. Fair 3. Good 4. Excellent

SUBMIT ▶

Participant Grouping

Two equal teams.

Playing Area

Gymnasium
Outdoors

Equipment

Rubber chickens,
stuffed animals: 1

Participant Reflection

- ▶ Where should you chuck the chicken to score more runs?
- ▶ Where should you stand to try and prevent the throwing team from scoring runs?

Teaching Tips

- ▶ Focusing on teamwork to recover the chicken quickly.
- ▶ Throwing the chicken into the open area to score more runs.

- ▶ Throw up to three objects for the fielding team to retrieve.

Adaptation Consideration

- ▶ Have all the players throw the chicken with their weakest arm.
- ▶ Set a target in the open space which is a target for the players to chuck the chicken at.
- ▶ Each time a player passes the chicken, they count out loud. For example, the first player to pass the chicken says one, the next player says two, etc.

[Disclaimer](#)