



Swimming

Sports and Fitness Frontier
(Adventurers Only)

Name _____

Because it is written with a mature preparation for manhood, this Trail Badge is to be earned only by registered Adventurer Trailmen.

This is a Fitness badge. Fitness badges are designed to be used to increase your fitness over time and are progressive in nature, meaning they get more difficult as you improve.

Do all of the following requirements (1-6)

- ____1. Discuss why keeping your body healthy and strong is important to you and God and list examples of ways it is possible to spend too much time on exercise, sports, or physical training.
- ____2. Read 1 Timothy 4:8 and explain the value of “training the body” in relation to godliness.
- ____3. Research exercises to improve your swimming fitness including stretches, strength training, and conditioning drills.
- ____4. Discuss what types of foods and beverages should be consumed before and after a swimming workout. How much should you eat and drink, and why?
- ____5. Learn and explain the different strokes used in competitive swimming. Learn how improvements to your stroke, kick, and turns can improve your fitness and speed.
- ____6. Outline a training plan for improving your fitness using one of the options below of at least three months but no more than one year. It should include progressive improvement goals and frequency schedule for practice. It must be based on your ability and take into account your current swimming fitness. It must be approved by your leader.

Option 1: Improve your USA Swimming Motivational Time Standard for your age for a specific stroke or strokes (e.g. BB to A).

Option 2: Develop a goal for a swim event(s) based on your current average time and desired improvement (e.g. Go from 1:05 in the 100M Free to below 1 minute).

Option 3: Build up endurance to be able to swim a specific distance in a time agreed upon by your leader (e.g. Swim a mile in under 30 minutes).

Trail Badge Mentor Signature

Date

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