

# TRACKS AND TRAINERS

## LEARNING OUTCOMES

Having completed this badge members will:

- have participated in a variety of sports including individual, team and aquatics;
- be able to explain that all sports have rules to ensure equity, fairness and structure;
- have participated in warm up and cool down exercises;
- have identified a favourite sport and/or sports person.



## BADGE REQUIREMENTS

1. Choose a familiar sport and research the rules.
2. Participate in two sports in at least two areas, i.e. individual, team, water, track and field.
3. Choose a familiar sport to play using a set of rules created by the group.
4. Participate in warm up and cool down exercises and explain why these are important in the prevention of sports injuries.
5. Present a project on a favourite sport and/or sports person.

ADVENTURERS  
SUNBEAMS



CATEGORY

Have a go

TIME FRAME

Five - Eight  
weeks

AIM

Introduce  
members to  
a variety of  
sports and  
the concept  
of good  
sportsmanship.





# Teaching ideas



## 1. Choose a familiar sport to research the rules.

Members tell either a leader or the group the rules of a sport that they have chosen. Leaders may use **Leader's Resource 1** or similar information on other sports.



## 2. Participate in two sports in at least two areas, i.e. individual, team, water, track and field.

This badge requirement will need at least two parades dedicated to each sport.

Leaders may consider playing one individual sport and one team sport to provide members with a varied experience.

Leaders will need to look at the components of the sport including equipment, rules, venue, as well as warm up and cool down exercises (see **Badge requirement 4**), supervision and Council and/or DHQ approval.

You may need to source specialist equipment and qualified personnel from local clubs.

Some suggested ideas:

### Individual sports

Golf /Mini golf

Tennis

Track sports, e.g. sprint, long distance, cross country

Field sports, e.g. javelin, discuss, shot putt, long jump

Swimming, e.g. freestyle, breast stroke, backstroke

### Team sports

Netball

Soccer

Cricket

Hockey

Rounders

T-Ball

Football

Basketball



## 3. Choose a familiar sport to play using a set of rules created by the group.

Leaders will choose a team sport, e.g. rounders for members to adapt specifically for their group to play. Using rounders as an example members may decide to:

- have one batter with all other members as fielders;
- reduce or increase the number of bases;
- different bat or ball;
- have no 'sneaking' – moving on to the next base when the ball is not with the pitcher;
- determine home run and foul boundaries;
- use lollipop steps-no running.

# Teaching ideas



4. Participate in warm up and cool down exercises and explain why these are important in avoiding sport injuries.

## Warm Up

### Why?

- to increase heat throughout the body
- to reduce risk of tearing or straining muscles by increasing their suppleness

### How?

- 2-3 minute jog, to raise a light sweat (complete before stretching)

## stretching

### Why?

- to increase flexibility and freedom of movement
- to reduce muscle tension
- to reduce the risk of muscle and tendon injuries

### How?

- hold stretch for 10-20 seconds – DO NOT BOUNCE
- repeat each stretch 2-3 times
- stretch gently and slowly, keep breathing
- stretch to the point of tension – NEVER PAIN
- select the major muscle groups used in your sport and stretch them through their full range of movement

## Cool Down

### Why?

- to help remove muscle waste products
- to reduce muscle soreness and stiffness
- to enable you to compete again at the same level within a short period of time

### How?

- 2-3 minute light jog, or brisk walk immediately after sport
- 5-10 minutes of stretching (emphasise the major muscle groups you have used during your sport)

[www.smasa.asn.au](http://www.smasa.asn.au)

Leaders may use **Leader's Resource 2** or similar information.



TEACHING  
IDEAS



# Teaching ideas



## 5. Present a project on a favourite sport and/or sport person.

Members may like to present this as a poster, in a project book, as a PowerPoint presentation or other.

The project should include:

### **Sport**

- history of the sport to current time
- when, where developed
- how played
- interesting features
- famous players

### **Sports Person**

- date of birth and childhood years
- introduction to the sport
- achievements

# Leader's Resource 1

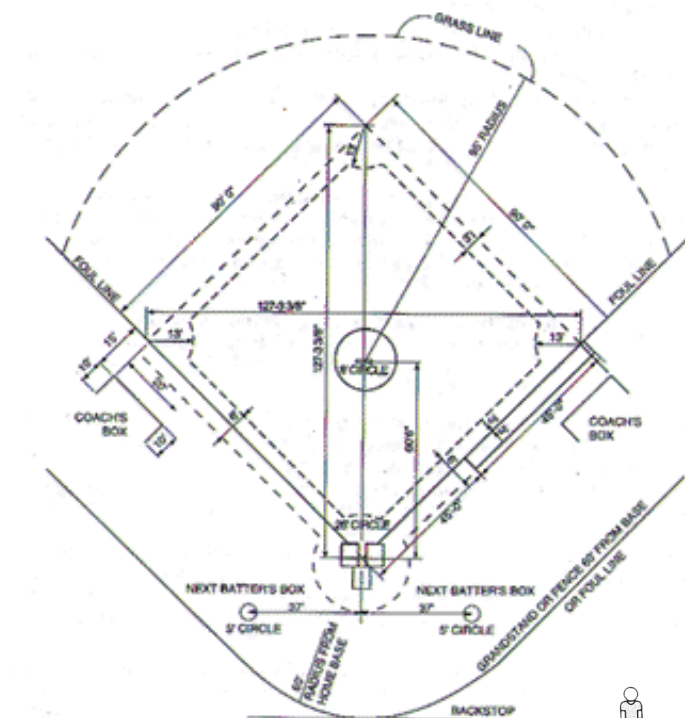
## Baseball/Softball

Baseball and softball have similar aims and rules and slight differences in the bat sizes and field measurements.

Baseball derives its name from the four bases that form a diamond around the pitcher's mound. It is a ball game played with a bat and ball, by two teams each composed of nine players. Baseball rules describe home plate, where each batter stands when it is their turn at bat; there is also the first base, second base, and third base. Each of the teams takes turns in the field and at the bat, with the home team batting last. An innings is constituted by one turn at bat for each team, while nine innings constitute a game. The rules of baseball call for the player's positions to include the pitcher, the catcher, the first baseman, the second baseman, the third baseman, the shortstop, the left fielder, the centre fielder, and the right fielder. When one team is on the field, the other team takes turns among its members, at batting the ball.

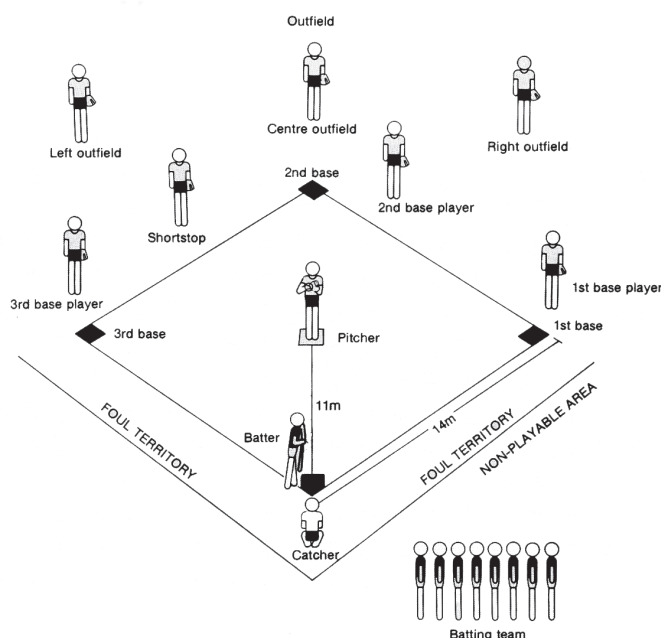
The object of the game is to score runs or keep the other team from scoring runs. Runs are scored by the batter hitting the ball any place inside the foul lines and then running to first, second, and third bases, consecutively, and then returning to home base.

## Baseball Field



More Comprehensive rules can be found at [http://mlb.mlb.com/mlb/official\\_info/official\\_rules/objectives\\_1.jsp](http://mlb.mlb.com/mlb/official_info/official_rules/objectives_1.jsp)

## Softball Field



# Leader's Resource 1 (cont'd)

## Cricket

### The basic rules of cricket

Cricket is a bat-and-ball team sport that originated in southern England. The earliest definite reference is dated 1598, and it is now played in more than 100 countries. There are several forms of cricket; at its highest level is Test cricket. Test cricket is followed in rank by One Day International cricket.

A cricket match is contested by two teams, usually of eleven players each and is played on a grass field in the centre of which is a flat strip of ground 20 metres long called a pitch. A wicket, usually made of wood, is placed at each end of the pitch and used as a target.

The bowler, a player from the fielding team, bowls a hard leather, fist-sized, 160 grams cricket ball from the vicinity of one wicket towards the other, which is guarded by the batsman, a player from the opposing team. The ball usually bounces once before reaching the batsman. In defence of his wicket, the batsman plays the ball with a wooden cricket bat. Meanwhile, the other members of the bowler's team stand in various positions around the field as fielders, players who retrieve the ball in an effort to stop the batsman scoring runs, and if possible to get him or her out. The batsman – if he or she does not get out – may run between the wickets, exchanging ends with a second batsman (the 'non-striker'), who has been stationed at the other end of the pitch. Each completed exchange of ends scores one run. Runs are also scored if the batsman hits the ball to the boundary of the playing area. The number of runs scored and the number of players out are the main factors that determine the eventual match result.

There are several variations as to how long a game of cricket can last. In professional cricket this can be anything from a match limited to 20 overs per side to a game played over 5 days. Depending on the length of the game being played, there are different rules that govern how a game is won, lost, drawn or tied.

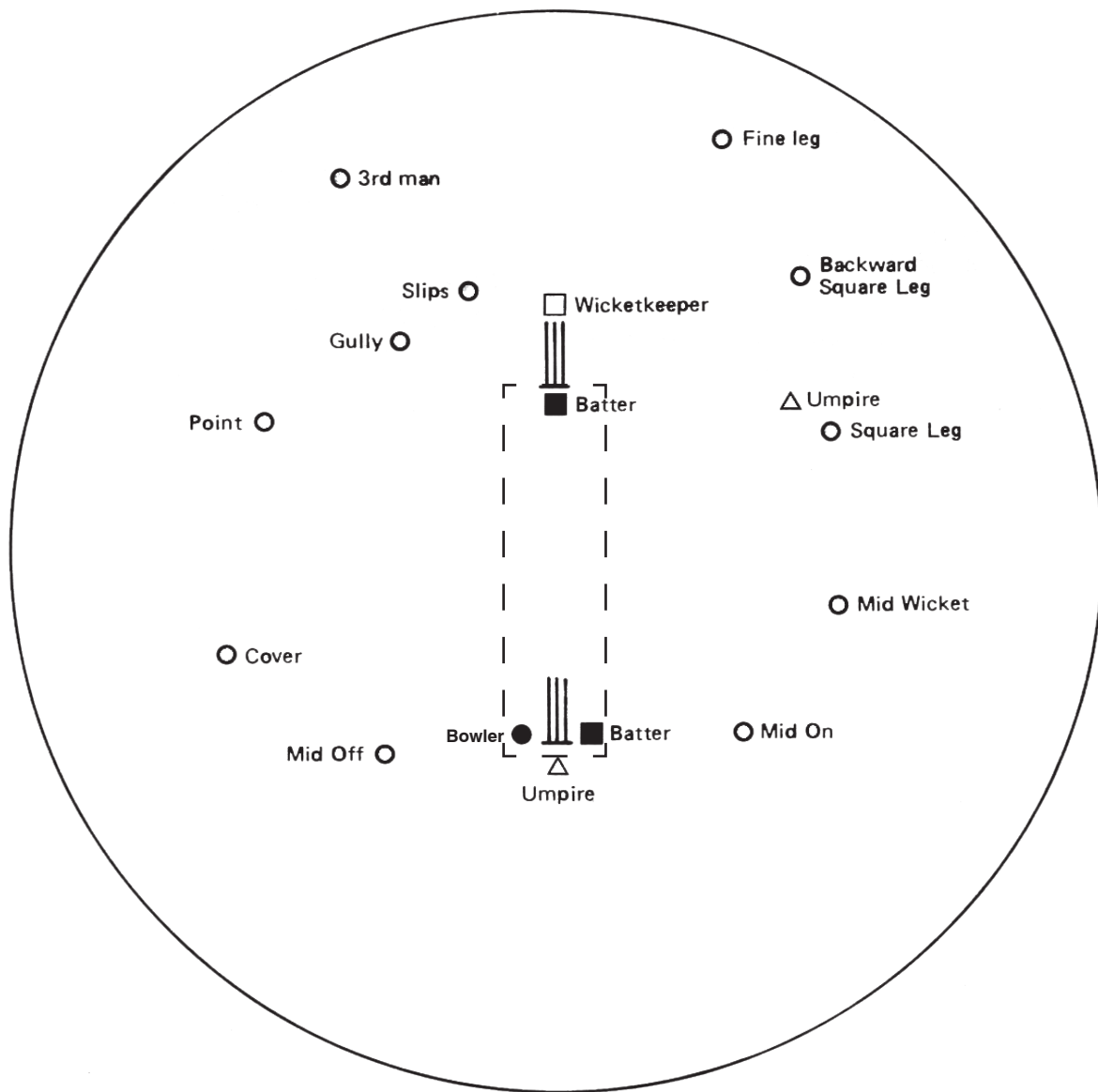
Cricket is essentially an outdoor sport, certainly at major level, and some games are played under floodlights. For example, it is played during the summer in the United Kingdom, Australia, New Zealand and South Africa, while in the West Indies, India, Pakistan, Sri Lanka and Bangladesh it is played mostly during the winter after the monsoon season.

Governance rests primarily with the International Cricket Council (ICC), based in Dubai, which organises the sport worldwide via the domestic controlling bodies of the member countries. The ICC administers both men's and women's cricket, both versions being played at international level. Although men cannot play women's cricket, the rules do not disqualify women from playing in a men's team.

The rules are in the form of a code known as The Laws of Cricket and these are maintained by the Marylebone Cricket Club (MCC), based in London, in consultation with the ICC and the domestic boards of control.

# Leader's Resource 1 (cont.)

## Cricket Field



More Comprehensive rules can be found at <http://www.therulesofcricket.co.uk/> or <http://en.wikipedia.org/wiki/Cricket>.

# Leader's Resource 1 (contd)

## Oztag

### The basic rules of Oztag

Each team may have a maximum of 8 players at any particular time.

The defender must remove one or both tags from an opponent to stop their progress. The defender must then place the tag on the ground indicating where the play of the ball should occur.

Defenders must be back seven metres from the play of the ball

Attacking team is allowed six tags/plays of the ball before a changeover of possession.

A team can kick the ball before any initial tag is made. Kicks in general play cannot be above the shoulder height of the referee.

The object of the game is to score a try by advancing the ball up the field and grounding the ball over the try line.

More Comprehensive rules can be found at <http://www.oztag.com.au/>

## Netball

Rules on Netball can be found at <http://www.netball.asn.au/extra.asp?id=783&OrgID=1>

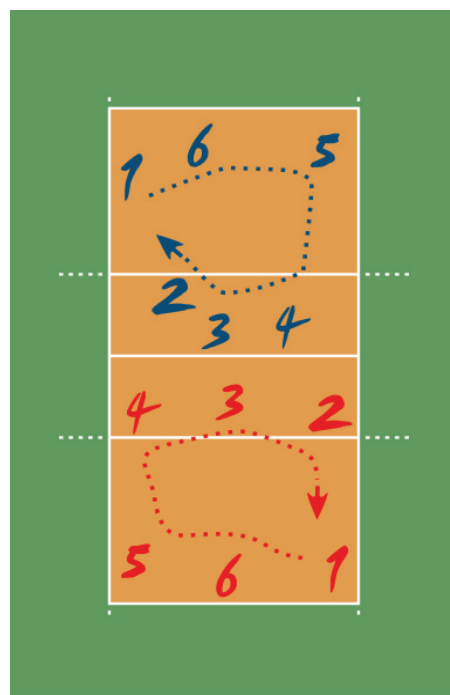
Rules on Rugby League can be found at <http://www.playrugbyleague.com.au/league/rules.php>

or [http://en.wikipedia.org/wiki/Rugby\\_League](http://en.wikipedia.org/wiki/Rugby_League)

## Volleyball

Volleyball is an Olympic team sport in which two teams of 6 active players are separated by a net. Each team tries to score points against one another by grounding a ball on the other team's court under organized rules.

The complete rules of volleyball are extensive, and points are awarded as follows: If the ball touches the ground outside the court area, the team which made contact with it last loses the point. If the ball touches the ground on team A's side of the net, team B is awarded a point, and vice-versa. The ball must be hit over the net to get a point. The team who wins the point then serves. The first team to reach 25 points wins the set and the first team to win three sets wins the match. Teams can contact the ball only three times before the ball crosses the net, and consecutive contacts must be made by different players. The ball is usually played with the hands or arms, but players can legally strike or push (short contact) the ball with any part of the body.



Through time, volleyball has developed to involve common techniques of spiking, passing, blocking, and setting, as well as specialized player positions and offensive and defensive structures. Because many plays are made above the top of the net, vertical jumping is an athletic skill emphasised in volleyball. Numerous variations of volleyball have developed for casual play, including the Olympic spin-off sport beach volleyball.

More Comprehensive rules can be found at [http://en.wikipedia.org/wiki/Volleyball\\_rules](http://en.wikipedia.org/wiki/Volleyball_rules) or <http://www.dsr.wa.gov.au/index.php?id=969>



# Leader's Resource 1 (contd)

## Track events

Track events include sprint, middle distance, hurdle and steeplechase events. The 400 metres oval track forms the basis of a multi-sports arena and its dimensions are dependent on the requirements of other sports. Although there are a number of different layouts for the oval 400 metres track, this publication uses the IAAF's criteria as outlined in the IAAF Track and Field Manual 2003 Edition.

The competition area for track events includes:

- oval track with at least four lanes and safety zones measuring no less than one metres on the inside and outside;
- straight with minimum of six lanes for sprints and hurdles;
- steeplechase track as for oval track with a permanent water jump.

There are three basic types of track surface – synthetic, unbound mineral and grass.

The length of a standard running track is 400 metres (standard track). Orientation of the track should take into account the prevailing winds and sun angles. The 400 metres track consists of two parallel straights and two bends whose radii are equal. The area inside the track is large enough to accommodate all throwing events and also a standard soccer pitch (68 metres x 105 metres).

The 400 metres Standard Track comprises two semi-circles, each with a radius of 36.50 metres, which are joined by two straights, each 84.39 metres long. The width of the track is a minimum of 72 metres and unless it is a grass track, the inside of the track is bordered by a kerb of suitable material, five centimetres high and a minimum of five centimetres wide

For a grass track without a kerb the inner edge is marked with lines five centimetres wide.

### Lanes

The 400 metres standard track has eight, six or occasionally four lanes. The distance of the race is measured from the edge of the start line further from the finish to the edge of the finish line nearer to the start. The direction of running is anti-clockwise.

All lanes have a width of 1.22 metres and marked by white lines five centimetres wide. The line on the right hand of each lane, in the direction of running, is included in the measurement of the width of each lane. All start lines (except for the curved start lines) and the finish line are marked at right angles to the lane lines.

The essential requirement for all start lines – straight, narrow, staggered or curved is that the distance for every athlete is the same. For races of 800 metres or less, each athlete will have a separate lane at the start. Races of up to, and including, 400 metres are run entirely in lanes. Races of 800 metres start and continue in lanes until the end of the first bend. The exit from the first bend is marked distinctively with a five centimetres wide line across the track and is called the breakline. The breakline is marked at each end by a flag at least 1.5 metres high, positioned outside the track, 30 centimetres from the nearest lane line. Races over 800 metres are run without lanes using a curved start line.

Immediately before the finish line, the lanes are marked with numbers a minimum height of 0.50 metres. All markings are 0.05 metres wide. All distances are measured in a clockwise direction from the edge of the finish line nearer to the start to the edge of the start line further from the finish.

The data for staggered starts for the 400 metres Standard Track (constant lane width of 1.22 metres) is shown on the next page. All track markings are in accordance with 'IAAF 400 metres Standard Track Marking Plan' as shown in the IAAF Track and Field Manual 2003 Edition.

### 100 metre start

The start of the 100 metres is run in the 'straight' that is integrated into the 400 metres oval track. It is measured from the edge of the finish line nearest to the start line backwards so the event is not run around a curve. The straight will incorporate a starting area of three metres minimum and a runout of 17 metres minimum.

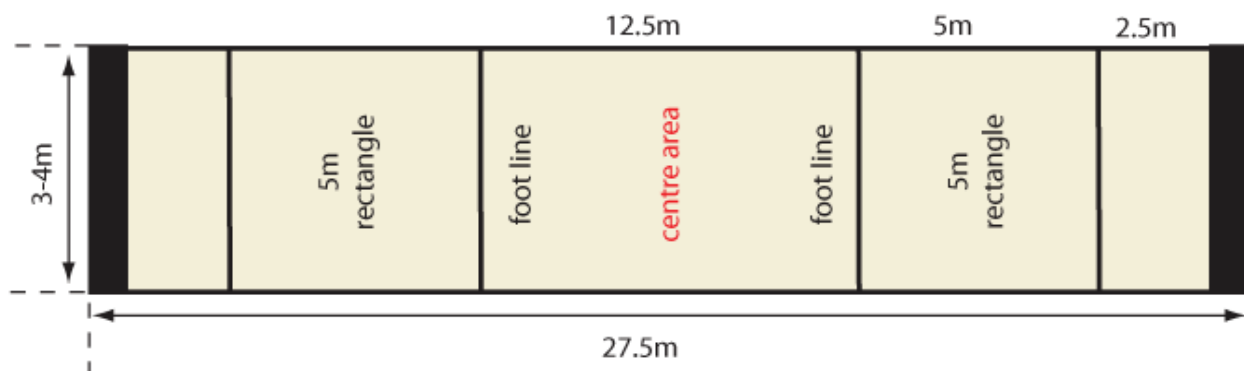
# Leader's Resource 1 (cont.)

## Bocce balls

Bocce balls or bowls can be made of bronze or various kinds of plastic. Unlike lawn bowls, bocce bowls are spherical and have no inbuilt bias.

Bocce can be played between two players or two teams. In the traditional form of the game, the player aims to place the bowl near the jack or to move the opponent's bowls to prevent him/her doing so. The bowl can be bowled along the ground to the jack, or knock the opponent's bowl out of the way.

The game begins with one player throwing the jack from behind the foot line, landing in the 5 metres rectangle playing area. If the bowl fails to land in the five metres rectangle, the opposition can place the jack anywhere within the five metres rectangle (at least 50 centimetres from side lines). The player that throws the jack delivers the first bowl. The other player delivers the next bowl and so on. The team with the closest bocce ball to the jack is the only team that can score points in any frame. The scoring team receives one point for each of their balls that is closer to the jack than the closest ball of the other team. The length of a game varies by region, but is typically played to 11, 12, or 13 points.



# Leader's Resource 2



**1. Neck Flexion/Extension Stretch**  
(forward, then back)



**2. Neck Lateral Flexion Stretch**  
(one side, then the other)



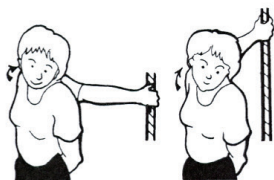
**3. Latissimus Dorsi and Posterior Deltoid Stretch**  
(link hands, push elbows together)



**4. Triceps Stretch**  
(pull elbow across and down)



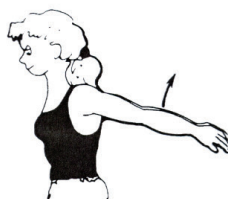
**5. Shoulder Rotator Stretch**  
(using towel, pull up with the top arm then down with the other)



**6. Pectoral Stretch at 90° and 120°**  
(use a doorway or post)



**8. Supraspinatus Stretch**  
(keep elbow parallel to ground)



**7. Bicep Stretch**  
(hands apart)



**9. Wrist Extensor Stretch**  
(tilt head to opposite side, keep elbow straight)



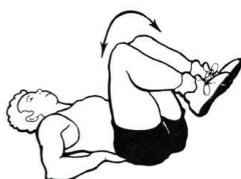
**10. Thoracic Extension Stretch**  
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



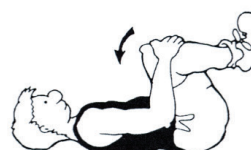
**11. Lateral Flexion Stretch**  
(one side, then the other, push pelvis across as you bend)



**12. Lumbar Extension and Abdominal Stretch**  
(be gentle if sore)

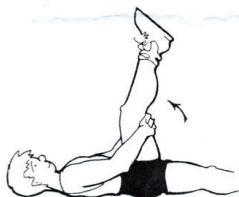


**14. Lumbar Rotation Stretch**  
(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)



**13. Lumbar Flexion Stretch**  
(be gentle if sore)

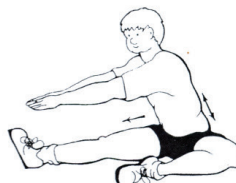
# Leader's Resource 2 (contd.)



**15. Hamstring Stretch**

(straighten leg)

- i. with foot pointed
- ii. with foot pulled back towards the knee



**16. Hamstring Stretch**

(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



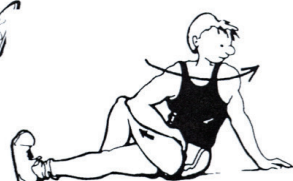
**17. Adductor Stretch**

(push down with elbows on knees very gently, keep back straight)



**18. Gluteal Stretch**

(pull knee and lower leg towards opposite shoulder)



**19. Gluteal and Lumbar Rotation Stretch**



**20. Quadriceps Stretch**

(keep pelvis on floor)



**21. Quadriceps Stretch**



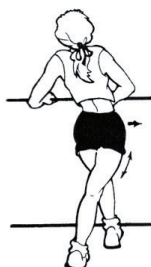
**22. Adductor Stretch**

(keep foot pointing forward, lunge sideways on bent knee, keep back straight)



**23. Hip Flexor Stretch**

(keep back straight, tuck bottom under, lunge forward on front leg)



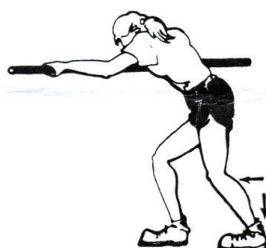
**24. Tensor Fascia Stretch**

(continue to push bottom forward, whilst pushing hip to the side)



**25. Gastrocnemius Stretch**

(keep knee straight and heel down, feet facing forward)



**26. Soleus Stretch**

(knee bent over rear foot, feet facing forward)

# Devotional ideas



**1. Title:** Different and Unique

**Bible:** 1 Peter 4:10

**Thought:** We are all different

**Supplies:** A variety of balls, e.g. golf ball, super ball, basketball, tennis ball, volley ball, cricket ball, wobbly ball, dog ball (Kong)

Have members stand in a circle. Choose two balls one large and one small to pass around the circle. The smaller one is passed from person to person the larger one from every second person. At intervals a whistle is blown and the direction changes. When the one ball overtakes the other those people who where overtaken are out of the game.

After the game have members sit in a circle with all the balls in the middle. Hold one ball up and ask members to volunteer a fact about the ball. Ask does this make it the best ball? Repeat this with another ball asking if this ball is better. Ask members which is the better ball. The outcome should be that each ball is best for the purpose it was designed for. It is hard to play basketball with a wobbly ball and hard to play golf with a basketball.

Just as different balls have been designed for different purposes so too have you and I. God has designed each one of us differently to do specific things for Him.

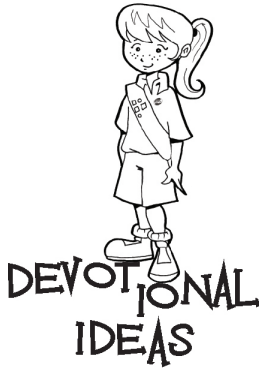
We are not all going to be good at running, or all good at public speaking. Each of us has different interests and we spend our time on all these different interests. Just as it is ridiculous to compare a netball with a bowling ball or play golf with a basketball, it is ridiculous to compare people to each other. We shouldn't put down others or ourselves just because we are different from each other.

Read Romans 12:6. So God has given us different gifts, different things that we are good at. God has made us for a special purpose. Don't try to be somebody else and don't try to make others the same as you. Be yourself but be the best self you can be.



DEVOTIONAL  
IDEAS





# Devotional ideas



**2. Title:** Making Choices

**Bible:** Psalm 119:30

**Thought:** Show faithfulness by the choices we make

**Supplies:** A Bible, a coin, three straws or sticks one shorter than the others, a softball bat

Every day we make choices. What we are going to wear, what we're going to eat, what we are going to do. Some choices are more important than others. Some choices show our faithfulness to God.

Let's see how we can make choices when playing a game:

We can use the coin. *(Take a few turns with a couple of members heads or tails.)*

We can choose straws. *(Hold the straws in your hand to appear to be the same length, three members choose a straw each the short straw 'loses'.)*

We can choose a number. *(Two or more members' pick a number between one and ten the member who chooses the number the same as you have secretly chosen wins.)*

We can use the bat. *(Use two members to place one hand around the bat taking turns going up the bat – the member whose hand is last on the bat wins.)*

We can use a hidden object in one hand behind the back. *(Any small object – two members choose which hand they think the object is in.)*

These are great ways of choosing when we play games. Who's in, which team bats first, who gets to clean up even. However, the Bible tells us of a more important choice – whether or not to be faithful to God. Read the Bible passage. Choosing the way of truth means to believe in and obey God. By making good choices we show we want to love and obey God.

Ask members what are some good and bad choices. What makes some choices bad?

Ask members how the good choices show love and obedience to God. Ask members what might prevent them from making a good choice *(when friends might make fun of them, when they want to do something else)*. Ask members if they were in a situation where they are anxious about making a choice what could they do. *(Seek help from someone whose choices they respect and understand, pray).*

Pray with members asking God's help to make us choose wisely. Pray that God will help members see the consequences of their decisions may lead them away from following Jesus.

# Devotional ideas



**3. Title:** Firm Foundations

**Bible:** 1 Corinthians 3:11

**Thought:** Our lives need good rules and firm truths

**Supplies:** Bible, children's wooden building blocks

**Game:**

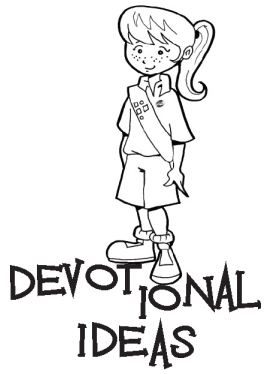
Have members in patrol teams at one end of the room and a pile of building blocks for each team at the other. At the word go each team is to build a tower one person putting one block on the tower at a time. Have a limited time and the winning team will be the one with the highest tower at the end of the specified time. Usually the towers all fall down because teams are too worried about being fast.

Discuss with members that the towers kept falling down because they were built too quickly and did not have a firm base. Demonstrate that to build a really tall tower you can start off with a wide solid base. As you build your base, use examples of Christian foundations. Are they learning what is right and wrong? This is like our lives if we rush through to reach the top and don't spend time on developing our base we often tumble down. As we rush into sport or a game we can neglect to warm up or take the preparatory steps (like drinking water before hand).

Read the Bible passage and ask members to quietly think about what this means in their life. Pray with members that they will stop and listen and get their foundations right.



DEVOTIONAL  
IDEAS



# Devotional ideas



**4. Title:** Spiritual Exercise

**Bible:** 1 Corinthians 9: 24 - 25

**Thought:** Win the prize through spiritual exercise

**Supplies:** Bible, copy of rosette template for each member

The Bible uses sport like wrestling, running and boxing to describe spiritual ideas. Paul wrote about this in Corinthians 9:24 - 25. He watched athletes train for and compete in their games, he saw their struggles and victories. He observed that many try but few actually win.

God however wants each one of us to win, and He knows that it is possible only when we keep our eyes on Him. We win, not by comparing ourselves to others, but by doing exactly what our heavenly coach wants us to do. That takes a lot of practice.

Read the Bible passage.

The prize is our reward in heaven that will last forever, so we must keep training by reading our Bible, praying, leading the life that Jesus wants us to.

Use crepe paper to make a 'first place' rosette or copy example. Glue the Bible verse or the words 'Eternal Prize' onto the middle.

**Prayer:** Lord, please be my heavenly coach. I promise to do my spiritual exercise this week by praying, reading my Bible and going to church. I'm following you all the way to the finish line.

