

**WELCOME TO NEWPORT SEA BASE'S**

# **EAGLE SCOUT PACKAGE!**



**Personal Management  
Family Life**

**Personal Fitness**

**Required Dates: 9/21, 10/19, 10/26, 11/16, 12/14, 1/11**

**Thank you for your class registration. We're excited to have you aboard!**

## **Course Description:**

During the course of the next three months your Scout will be challenged to grow in many significant ways - and he will hopefully gain skills that he will use to good advantage throughout his life. The process of gaining these skills is not always easy or comfortable, however, and your Scout will need your cooperation (and sometimes help) to complete some of the requirements. You can also expect that your Scout will have substantial homework from these classes. We will be providing worksheets and examples to assist your Scout in this endeavor (also available on our website). Scouts should bring all logging sheets and other long-term assignments to class each meeting and have them checked to make sure that they are fulfilling all the requirements.

## **Below are few of the badge requirements that will require the family's participation:**

[From the Merit Badge booklet:]

**Family Life Requirement 3:** - Prepare a list of your regular home duties or chores (at least five) and do them for 90 days. Keep a record of how often you do each of them. Discuss with your counselor the effect your chores had on your family

**Family Life Requirement 5:** Plan out a project that involves the participation of the family.

**Family Life - Requirement 6.B** - Plan and carry out a family meeting to include the following subjects:

1. Avoiding substance abuse, including tobacco, alcohol, and drugs, all of which negatively affect your health and well-being
2. Understanding the growing-up process and how the body changes, and making responsible decisions dealing with sex
3. Personal and family finances
4. A crisis situation within your family
5. The effect of technology on your family
6. Good etiquette and manners

**Personal Management Requirement 2:** Prepare a budget reflecting your expected income (allowance, gifts, wages), expenses, and savings. Track and record your actual income, expenses, and savings for 13 consecutive weeks.

**NOTE:** *Successful completion of this requirement is dependent on the Scout having substantial income and corresponding expenses to make this a true learning exercise. In our experience, one of the most successful methods is for parents to assess how much they expect to spend on the Scout over the course of their own pay period, taking into consideration such things as school lunches, dues, school and Scouting activity expenses, family recreation, allowance, etc. Once they have a good idea of how much they would spend on him, they turn over that amount to the Scout along with an itemized list of those expenses that HE will subsequently be responsible to fund. That amount, along with whatever funds he has from other sources, becomes his "expected income" and he uses that, together with the list of expenses from the parent, to build his budget. This method sets up a real-world laboratory for the Scout to learn how to manage his funds to accomplish what is important to him. If he decides to use all the money and go to Disneyland, then he needs to suffer the consequences of not having the funds for the other things that will come up before the end of the pay period.*

**Personal Fitness Requirement 8:** Complete the physical fitness program you outlined in requirement 7. Keep a log of your fitness program activity (how long you exercised; how far you ran, swam, or biked; how many exercise repetitions you completed; your exercise heart rate; etc.). Repeat the aerobic fitness, muscular strength, and flexibility tests every two weeks and record your results. After the 12th week, repeat all of the required activities in each of the three test categories, record your results, and show improvement in each one. For the body composition evaluation, compare and analyze your pre-program and post-program body composition measurements. Discuss the meaning and benefit of your experience, and describe your long-term plans regarding your personal fitness.

### **First day expectations**

- From the [Eagle Package Resources](#) page on our website, print out and bring to class:
  - Syllabus
  - Handouts
- Per Physical Fitness Requirement 1.A, Scouts must have a physical done within 12 months of taking the class. **Please bring a copy.** If your Scout has not had a physical done within the past 12 months, please make sure to schedule one as soon as possible as appointments tend to fill up quickly.
- Bring a signed copy of the dental exam form.
- Bring clothes and running shoes for fitness testing.
- Bring water.
- Bring binder, three divider pages, paper and pencil or pen for note taking.
- Bring merit badge booklets for all three badges.
- Be prepared to write down contact information for course instructors. (Add to "Contacts" on phones.)
- ***Parents are invited for the last 15 minutes of class to review expectations for their Scouts for the next 12 weeks***

Since one of the badges your Scout will be working on is Personal Management, once the class starts, we will be communicating exclusively with the Scout and expect him come to us with his questions, rather than relying on his parent or guardian to do so. If your Scout has developmental or learning challenges that might work against his fulfilling that role, please let us know and we will work with you to help your Scout be successful.

**Note:** Orange County Council, Boy Scouts is dedicated to the safety of all youth who participate in our programs. Consequently, Scouts must be able to repeat back, in their own words, an accurate understanding of all safety instructions. Scouts who are unable or unwilling to do so, may not be eligible to participate.

**Thanks again for your participation at the Newport Sea Base.  
Have a GREAT class!**

**NEWPORT SEA BASE STAFF**

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