

WELCOME TO NEWPORT SEA BASE'S

EAGLE SCOUT PACKAGE!



Personal Management



Personal Fitness



Family Life

All class dates are 100% required to attend. If your Scout will not be able to attend all classes, please contact the office to drop the class so a Scout on the Wait List will be able to enroll.

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

ALERT: Due to the Covid-19 pandemic we are taking special precautions to ensure the safety of our staff and campers this year. Please be aware that all campers will be required to wear a face mask while on property and must have a backup ready (bring 2 masks). Campers are asked to keep at a safe distance from individuals at all times and will need to bring their own refillable water bottles to camp (we have a refillable station on site). All of our camp staff will be wearing masks and ensuring that campers follow safety measures and protocols. When you arrive our staff will help guide you through our security checkpoints from the comfort of your car. You will be asked to stay in your vehicle for pick up and drop off and we will not have spots for parking. All campers will receive a temperature and health screening before being allowed to enter camp. After the health screening campers will join their counselor and group. We know this is a difficult time and appreciate your help and cooperation. Please also be advised that our office will remain closed to the public. We will however have office staff ready to answer your questions by phone or email. For immediate assistance please call our office line at (949) 642-5031.

Course Description:

During the course of the next three months your Scout will be challenged to grow in many significant ways - and they will hopefully gain skills that they will use to good advantage throughout their 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 the Scout, they turn over that amount to the Scout along with an itemized list of those expenses that the Scout will subsequently be responsible to fund. That amount, along with whatever funds the Scout has from other sources, becomes the Scout's "expected income" and the Scout uses that, together with the list of expenses from the parent, to build his or her budget. This method sets up a real-world laboratory for Scouts to learn how to manage their funds to accomplish what is important to them. If the Scout decides to use all the money and go to Disneyland, then they need 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.)

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 Scouts and expect them to come to us with questions, rather than relying on their parent or guardian to do so. If your Scout has developmental or learning challenges that might work against 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

www.newportseabase.org