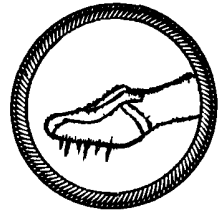
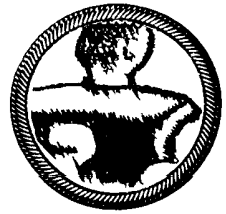


Athletics Category



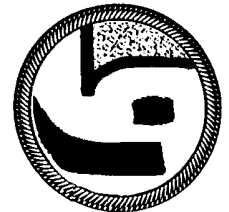
Individual Sport

1. Be active in a sport that relies primarily on your individual effort and skill.
2. Show that you understand the rules, safety precautions and sportsmanship connected with that sport.
3. Discuss how your own skill in the sport can be improved and create a self-improvement plan.



Team sport

1. Be a member in good standing of a team for a full season.
2. Show by your participation in a team sport that you understand the rules, safety requirements, and sportsmanship connected with that sport.
3. Discuss how your own skill in the sport can be improved



Winter Sport

1. Participate in your chosen sport for a full winter season.
2. Show by your participation in a winter sport that you understand the rules, safety requirements, and sportsmanship connected with that sport.
3. Discuss how your own skill in the sport can be improved.
