

September Den Meeting
September 20, 2009 - 4:00 - 6:00
St. Bruno Parish School Gym



Welcome to the Bear Den!

1. Open Flag Ceremony - Pledge of Allegiance
2. Name Game
3. How was your Summer?
4. Physical Fitness
 - a. Stretching
 - b. Curl-ups
 - c. Push-ups
 - d. Standing Long Jump
 - e. Softball Toss
5. 2-person Sports
 - a. One-person push over line
 - b. One-person pull over line
 - c. Seated back-to-back push
 - d. Foot push
 - e. Stand-up back-to-back push
6. Relays
 - a. Crab
 - b. Gorilla
 - c. Kangaroo
 - d. 30-yard dash
7. Basketball
8. Kickball
9. Closing Flags

Parent's Notes

All schedules are available on the website at <http://pacunits.org/p73>. You can also find the schedules we know of now in the meeting handout.

Popcorn

The popcorn sale will be beginning before we all get together next. I will be sending out sale information via e-mail. It runs through most of the month of October. I will also be distributing the rules of the sale when I get that information. Stay tuned!

Next Den Meeting - October 18, 2009 - Police Station