

# The Varsity Letter

San Diego-Imperial Council - Boy Scouts of America

Volume 11 No. 8

August 2011

## Varsity Leaders Were in the Dark at the July Huddle!



The July Huddle was all about developing your Varsity Scouts into a real Team. We discussed how the upcoming Mountain Man Rendezvous is an ideal event to help your boys learn teamwork. To close the Huddle we went outside and formed into teams. Each team had to blindfold all of its members except one, who could not use his hands. They then had to set up a tent, working together as a team.

Also we discussed the letter sent out by Pres. Monson admonishing us to review and become familiar with the Safety Standards set forth in the new Handbook of Instructions. The standards were printed in the July 2011 Varsity Vision Newsletter. A copy of it can be found in our resource section of our Varsity Website:

<http://varsity.sdicsa.org/resources.html>

These Huddles are full of great information. Every leader should be in attendance. Our next scheduled Huddle will be September, 8th. It is earlier in the month due to the Varsity Mountain Man Rendezvous on September 16-17th.



## Indian Flats Bike Ride

When summer's heat subsides throughout San Diego's backcountry region, it's time to think about fat-tire-biking adventures on the back roads of the Cleveland National Forest.

One great option is a looping ride of 25 miles that starts near the community of Warner Springs, traverses a bouldery, chaparral-clad landscape to the north on paved and unpaved forest roads, and finally circles back via paved county and state highways.

In addition to the normal biking accoutrements such as water, snacks, sun-shielding clothing, and a helmet, the most important thing to take is water, and more water...yes, the fall season can be bone-dry out there, and potable water is hard (if not impossible) to come by.

Note, also, that adversely dry or windy conditions from now through November could trigger a closure of this wildfire-prone section of the national forest. Cleveland National Forest's Palomar District ranger station, 760-788-0250, will have details.

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( Indian Flats Bike Ride, Continued from Page One)

You can begin the ride at the Lost Valley Road (formerly Indian Flats Road) turnoff along Highway 79, 1.6 miles west of Warner Springs. This starting point is the low point in elevation (2940 feet) along the route.

You begin by pedaling uphill on Lost Valley Road's narrow, sometimes coiling strip of pavement. The steady ascent takes you through low scrub-brush at first, then through a more interesting mix of ribbonwood and manzanita chaparral. The road swings northeast and then north, and off to the right you get a view of Hot Springs Mountain (highest peak in San Diego County, at 6533 feet), looming in the east, about four miles away.

After four miles of riding you reach an elevation near 4000 feet, where you may spot, but never approach closely, some Coulter pines on the higher slopes above. At 6.3 miles, Lost Valley Road veers left and dives down to Indian Flats Campground, where you can take a break in the shade of oak trees and possibly obtain some drinking water.

Back at the 6.3 mile-mark, a poor dirt road branches north. Follow this road and continue north and northwest, staying right at the next fork 0.3 mile ahead. You then descend slightly to where you must cross the willow- and sycamore-lined San Luis Rey River — a wet or muddy passage following winter rains, but most likely dry this fall season.

After the crossing, you ride uphill along an oak-shaded ravine and then much more steeply up a chaparral-covered hillside to a 4368-foot summit. The view from there

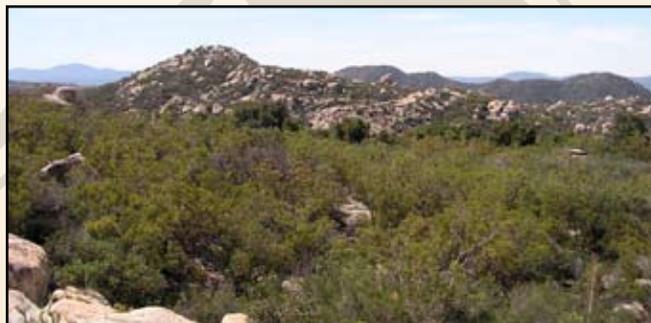
extends across miles of virtually untouched open space.

Next, a mile of descent northward brings you to the paved, but sparsely traveled Chihuahua Valley Road. Turn left and make a breezy descent to Highway 79. Turn left again, and climb for almost two miles on the highway to the little community of Sunshine Summit (elevation 3913 feet). The route's concluding segment ahead is a seven-mile, breezy return on Highway 79 to the start — downhill nearly the entire distance.

This article contains information about a publicly owned recreation or wilderness area. Roads and trails are not necessarily marked. Conditions can change rapidly. Mountain bikers should be properly equipped and have safety and navigational skills.

Indian Flats bike ride  
Mountain-bike the backcountry roads from Warner Springs to Indian Flats and Chihuahua Valley.  
Distance from downtown San Diego: 72 miles  
Biking length: 25 miles  
Difficulty: Moderately strenuous

This article is printed by permission of Jerry Schad, author of A Foot and A Field.



Indian Flats Campground is also a good place to spend the night if you want to do this over two days or to hike it.

### Yearly Long Term Varsity Team Planning

Long Term Planning for the entire year should take place at an annual team planning clinic. This is usually held in August or early Fall. This plan will determine the very life of your teams's programs. A haphazard planning meeting will almost certainly result in a haphazard year of activities. Here are the six steps you should take to ensure a successful year.

#### 1. Preparation

- Determine the resources that are available to the Team.
- Physical facilities of your chartered organization and in your community
- Talents and Professions of the Varsity Scout parents.
- Gather calendars from the schools, parents, district, council and community
- Conduct a Varsity Team Resource Survey Set the date and location of the planning meeting.
- Coach meets with Team Captain and makes sure he is prepared to run the Brainstorm session

#### 2. Brainstorm

- The Team Captain conducts the planning session
- The Team Captain, squad leaders, program managers and the Coach attend.
- List all Five Fields of Emphasis. As Ideas are suggested write the on the board.
- Assign all the pertinent ideas to the appropriate Field of Emphasis.
- Involve the committee and appropriate leaders by getting their approval as well as their support

- The committee chairman then assigns responsibilities for the different events to the team committee.

- The Team then discusses and decides on the yearly calendar of activities they would like to do. The are put onto the yearly calendar. This will become your yearly program. The details will be added on a quarterly basis.
- Have some materials to "seed" the boys thoughts for new (to the boys) activities.

#### 3. Share the Plan

- The teams annual program is presented to the team
- If the committee cannot provide the necessary support for an activity, then outside resources, including parents should be considered and secured
- After everything is decided the Team's annual program is published and provided to the Scouts families and the Chartered organization.
- A parents night should be held to share the outline and answer any questions. This is a good time to solicit Parents support

#### 4. Detail the Plan

- On a quarterly basis, the team leaders meet to detail out the upcoming quarter's activities.
- The Team Coach and Captain develop the agenda for this meeting
- The Team Captain conducts the meeting
- Specific assignments are given to each Program Manager
- A description of the activities for the next quarter's meetings is entered on the Varsity Scout Business Meeting Plan Work Sheet or the Varsity Scout Activity Planning Work sheet. Program Managers note specific assignments involving them.

### 5. Fine Tune the Plan

- The Team coach, captain, program managers and squad leaders meet on a monthly basis to finalize the coming months meetings and activities.
- The Team Coach and Captain develop the agenda for the meeting
- Meeting Plan and/or Activity Work Sheets are completed
- Program Managers verify that everything is read for this month's activities.

### 6. Final Check Up

- Two or three days before each team meeting or activity the team captain and/or Coach should check with the Program Manager for any last minute assistance needed.

The Varsity Scout Business Meeting Plan Work Sheet and the Varsity Scout Activity Planning Work Sheet mentioned in this article can be found in a pdf file entitled Varsity-Scouts under the heading Articles and Other Items of Interest on our Council Varsity Scout Website:

<http://varsity.sdicsba.org/resources.html>



September 16-17, 2011

## Blackfoot Fort Mountain Man Rendezvous September 16-17, 2011



Team 603, Twin Peaks Ward  
Winners of the 2010 Booshway's Award

The 11th annual Varsity Scout Blackfoot Fort Mountain Man Rendezvous is less than two months away. Now is the time to start getting your team ready. Teams that have spent the time to make outfits and primitive camps have had an even greater experience at the event. You can get some tips on dressing and camping by going to the rendezvous website:

<http://www.varsityrendezvous.com/>

On Page six of this newsletter are some photos from last years rendezvous. You can also download the 2010 rendezvous slide show, unit pictures or award winners by going to:

[http://varsityrendezvous.com/photo\\_downloads.html](http://varsityrendezvous.com/photo_downloads.html)

If you have any questions, please contact the Ol' Booshway, Lon Atkinson at:

[booshway@VarsityRendezvous.com](mailto:booshway@VarsityRendezvous.com)

The staff is ready, and we look forward to seeing you and your scouts up on the mountain.

### A Gathering Time Activity: All Aboard!

This pre-opening activity is designed to develop team building and the trust level of team members.

#### **Object:**

To get a group of 12 -16 people on a 2-foot-square platform without anyone touching the ground.

#### **Procedures:**

Explain the rules carefully and discuss safety considerations.

#### **Rules:**

- Each person must have both feet off the ground.
- Everyone in the group must remain on the platform for at least 10 seconds.
- Participants cannot lie on top of each other or form a pile as a solution.

#### **Equipment:**

A piece of plywood 2'x2' and between 8 and 12 inches off the ground.



“If ever there were a time when the principles of Scouting were vitally needed—that time is now. If ever there were a generation who would benefit by keeping physically strong, mentally awake, and morally straight—that generation is the present generation.”

### 2011 Varsity Scout Dates And Contact Info:

#### Varsity Scout Leader’s Huddle:

September 8th - Thursday, 7:00 pm

November 17th - Thursday, 7:00 pm

North Huddle:

Barry Baker: [iambarrybaker@yahoo.com](mailto:iambarrybaker@yahoo.com)

South Huddle:

Lon Atkinson: [Lon@AtkinsonStudios.com](mailto:Lon@AtkinsonStudios.com)

#### Varsity Leader Training:

October 21-22nd. Santee Stake Center

Ed Jones: [edjonesheating@hotmail.com](mailto:edjonesheating@hotmail.com)

#### Varsity On-Target:

Larry Purcell: [lpurcell@san.rr.com](mailto:lpurcell@san.rr.com)

#### Mountain Man Rendezvous:

September 16-17th

Lon Atkinson:

[Booshway@VarsityRendezvous.com](mailto:Booshway@VarsityRendezvous.com)

#### Varsity Mailing List:

Marty Bramwell: [MartyBramwell@yahoo.com](mailto:MartyBramwell@yahoo.com)

#### Varsity Newsletter:

Lon Atkinson:

[Lon@AtkinsonStudios.com](mailto:Lon@AtkinsonStudios.com)

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## 2010 Varsity Mountain Man Rendezvous

