

The Varsity Letter

San Diego-Imperial Council - Boy Scouts of America

Volume 11 No. 4

Circulation 260+

April 2011

25th Varsity Scout Triathlon



The 25th Annual Varsity Scout Triathlon will be held on April 23rd, 2011 at the Youth Aquatic Center on Fiesta Island.

This event features a 200-yard Swim, 8.5-mile bike ride and 2 mile run. The participants race within brackets by age and gender. The minimum age this year is 12. All participants will receive a limited edition 25th anniversary t-shirt and all youth will receive a participants medal.

The best way to get the most out the Triathlon is to camp Friday night at the Aquatics Center. We have reserved the entire campsite this year. Cost is \$2.00 per person with a limit of 240 campers.

For the leaders and youth who choose not to participate, there is plenty of opportunities to provide service to the Triathlon. For information contact:

Tom Naylor: tnaylor@finsvcs.com

Andy Schmidt: andy@schmidtsboardhouse.com

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Dave's Favorite Ride: Cougar Pass–Jesmond Dene



Rural roads suitable for bicycling still exist around Escondido, particularly north of town, where the landscape slopes upward toward boulder-studded hillsides. The route featured here covers ten miles, with a significant elevation gain of 1100 feet. You'll work up a sweat this time of year, but you can minimize that by riding during the cooler early morning or early evening hours. Mountain bikes are best for handling a somewhat bumpy stretch of dirt road on the route, though fatter-tired road bikes will suffice.

Jesmond Dene Park, at the corner of North Broadway and Jesmond Dene Road (three miles north of downtown Escondido), is a good place to start riding. Kick off by heading north on North Broadway. You lose no time as you pedal easily from outlying subdivisions and scattered rural housing toward the wild, chaparral-covered hills north of town.

After 2.5 miles, just past a sharp leftward bend in the road, make a right turn on the initially unpaved Cougar Pass Road, which wends its twisty way up a dry slope.

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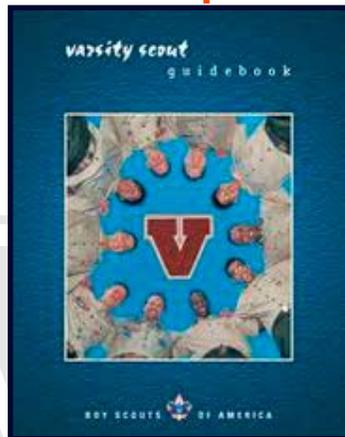
(Triathlon: Continued from page 1)



Your Varsity Team should be part of this years Varsity Scout Triathlon! The official registration form is found on the last page of this month's newsletter. Check out the handouts and video about preparing your team for the Triathlon that were used at the March Huddle:

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

The Varsity Scout Guidebook Can Help You!



That's right! The VS Guidebook helps leaders prepare to teach boys how to plan and operate a great, well rounded outdoor and indoor program. Baden-Powell, the founder of the Scouting Movement said: "the purpose of scouting is to put men of great character into contact with boys of great promise". The VS Guidebook's 17 chapters are based based upon 9 areas. 9 areas? How is that - the book says 5 Fields of Emphasis. That's your challenge question. Please search the VS Guidebook and let's us know. We look forward to VS leaders replay.

Also, be sure to open, read and use Chapter 14: Training Varsity Scout Team Leaders pp. 160-179. Please let us know what you like about the games within this section. Did you try "stepping-stones", "stranded"?

Email Barry Baker, the Council Varsity Chair, with your comments and answers at:

iambarrybaker@yahoo.com

"There is no religious side to the Movement. The whole of it is based on religion, that is, on the realisation and service of God"
Lord Baden-Powell

March Varsity Leader Huddle

The March Huddle was full of great ideas for preparing for the Varsity Triathlon and preparing for your Super Activity. Handouts from the meeting can be found here:

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

There is also an amazing video clip and hand out that will help you motivate your scouts to want to participate in the Triathlon. Look for the items entitled: Team Hoyt.

Now the question has to be asked: Is your team running so well that you don't think you could use more information, help, inspiration and input from other leaders? If so congratulations. If you think your team could be better then why do you not attend the Varsity Huddles? There are two locations to choose from. Mark your calendar today for the May Huddle on May 19th and plan on attending. You will not be disappointed.

Leader On-Line Training

You will need to set up an on-line account at: <http://olc.scouting.org/> Some of the training programs that can be done on line are:

Boy Scout Leader Fast Start

This is Scouting

Trek Safety

Climb on Safely

Youth Protection Training

Safety Afloat

Safe Swim Defense

and others. These on-line training programs do not replace your need to complete the VALT training.

The Coach's Corner

In the great NorthWest where I grew up, I met a mountain man and he knew how to get many things done with very little resources. He had almost nothing to work with, but accomplished great things.

Whether the task was to build a fire underwater or stop a waterfall from falling, it seemed he could take care of it. I was so amazed to see the things he could do, I finally asked him how he did it.

He told me that a long time ago, he had found a magical solution to nearly all challenges that came along. He said it was all contained in a single, ancient word that had mystic powers. When you understand the meaning of the word, it unleashes immense strength and abilities; it makes your mind more clear; it makes your imagination run wild with ideas.

Well, of course, I could hardly contain myself and I just had to know what this powerful magic was. I pleaded with him to tell me and he finally agreed.

He said the word is, 'YAGODDAWANNA'.

In order to accomplish anything, whether it is small or big, easy or difficult, trivial or of utmost importance, in order to be successful, you've got to want to do it. To earn good grades, you gotta wanna earn them. To become an Eagle Scout, ya gotta wanna be one. The main reason people don't succeed at something is because they don't really want it bad enough. By really wanting something, you come up with ideas, make plans, and then do it.

Remember, to do something great
YaGottaWanna do it!

Fund Raising: Team 303

Team 303 from the Granite Hills Ward told us about the following successful team fund raiser:

They held an Airband-Dinner for family, friends and members of their Ward. The boys prepared and served authentic Carne/Pollo Asada burritos. Attendance was reported to be about 115.

For entertainment, the scouts performed five airband songs. All of them were church hymns set to rock music.

Raised: \$1500. Costs: \$300. Profit: \$1200

If your Scouts have had a successful fundraiser we would like to hear about it so that we can share with others. Please send the info to Lon Atkinson at:

Lon@AtkinsonStudios.com

Council Activity Dates:

- April 16th - Scout Fair, Qualcomm Stadium
- April 23rd - Varsity Triathlon, Fiesta Island
- May 12-14th- WoodBadge Training
- May 21st - Shooting Sports Day, Mataquay
- June 2-4th - Woodbadge, 2nd weekend

The Varsity Letter Newsletter

The back issues of the Varsity Letter can be found on our council Varsity website. Please go to this address to download past copies of the newsletter.

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

You can also find copies of the handouts that were used at the past Huddles.

(Cougar Pass-Jesmond Dene bike ride

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The road is graded smooth enough for most road bikes — at least for uphill travel, which is typically slow. Behind you and to the left, a view opens of Escondido's flatlands. You enter an oak grove after your first mile on dirt and soon pass the west entrance to Escondido's Daley Ranch preserve.

After reaching a paved stretch of Cougar Pass Road, you come to a T-intersection at Alps Way. Veer left, staying on Cougar Pass Road. Make no turns ahead and you'll soon find yourself on Meadow Glen Way East. You continue through the secluded Hidden Meadows residential area and curve north around the perimeter of the Meadow Lake Country Club golf course.

At a stop sign, turn left on Mountain Meadow Road. Soon you're swooping down to Interstate 15 in a striped bike lane, losing 550 feet of elevation in three or four minutes. Turn left on North Centre City Parkway (just short of I-15), continue parallel to the freeway for half a mile, and then turn left on Jesmond Dene Road. Enjoy the cool, downhill run on this oak-shaded two-lane road. You'll arrive at your starting point in a few minutes.

Biking length: 10 miles

Difficulty: Moderately strenuous

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2011 Varsity Scout Dates And Contact Info:

Varsity Scout Leader's Huddle:

May 19th - Thursday, 7:00 pm

July 21st - Thursday, 7:00 pm

September 8th - Thursday, 7:00 pm

November 17th - Thursday, 7:00 pm

North Huddle:

Barry Baker: iambarrybaker@yahoo.com

South Huddle:

Lon Atkinson: Lon@AtkinsonStudios.com

Varsity Leader Training:

October 21-22nd. Santee Stake Center

Ed Jones: edjonesheating@hotmail.com

Varsity Triathlon:

April 22nd - Camping Reservations

Andy Schmidt:

andy@schmidtsboardhouse.com

April 23rd - Triathlon

Tom Naylor: tnaylor@finsvcs.com

Varsity On-Target:

June 11th: On-Target Preparation Meeting.

July 16th: On-Target

Larry Purcell: lpurcell@san.rr.com

Mountain Man Rendezvous:

September 16-17th

Lon Atkinson:

Booshway@VarsityRendezvous.com

Varsity Mailing List:

Marty Bramwell: MartyBramwell@yahoo.com

Varsity Newsletter:

Lon Atkinson:

Lon@AtkinsonStudios.com

25TH ANNUAL VARSITY SCOUT TRIATHLON

WHAT ? The ultimate individual & team physical endurance competition!
 Consisting of:

- 180-200 yard swim (depending on the tide!)
- 8.5 mile bike ride (helmet required!!!)
- 2 mile run

WHERE ? Youth Aquatic Center,
 Fiesta Island - San Diego Mission Bay

WHEN ? Saturday, April 23rd, 2011
 6:15AM - 11:00AM (starting gun at 7:00)

WHO ? All Varsity & Venture & Scouts 13-18, Young Women & Advisors
 (Age Brackets: 13-14, 15-16, 17-18, 19+; Girls, Relay Teams)

COST ? \$20 per Scout / \$30 leaders (add \$10 if received after April 10th)
 Mail checks to: BSA Varsity Triathlon, 1207 Upas St., San Diego, CA 92103



Cost includes:

- ✓ An awesome Varsity Triathlon T-shirt
- ✓ Water during and after the race
- ✓ Awards for division winners

Camp at Fiesta Island and wake up ready to race!

- Camping available for first 240 (\$2 / camper)
- For reservations email Andy Schmidt andy@schmidtsboardhouse.com



Questions? email Barry Baker: iambarrybaker@yahoo.com or Tom Naylor tnaylor@finsvcs.com

Varsity Triathlon

Registration must be received BY April 10th.

Individual Registration: Fill out ALL information. (Team Registrations, use Page 2)

_____ Total fees enclosed

Name: _____ Unit No. _____ Stake: _____

Address: _____ Ward: _____

City: _____ Zip: _____ Phone: _____

Age: _____ Sex: M / F (circle one) T-shirt Size: M L XL

Check one: Individual Participant Relay Team: which leg? _____ Staff

Mail or drop off checks to: Boy Scouts of America, Varsity Triathlon, 1207 Upas St, San Diego, CA 92103

\$20 per boy/ \$30 per leader if received by April 10th.

Add \$10 for late registration, including walk-ins.