



SCOUTS FITNESS CHALLENGE 23-26TH MAY 2014 SPRINGBANK CAMP SITE, SHROPSHIRE BORDERS, NEAR THE LONG MYND

Are you up for a challenge?

Challenge badges aren't supposed to be easy – they require a bit of effort and in some cases preparation. This one is no exception!

In order to achieve the Chief Scout's Gold award you need to achieve 8 challenge badges , and this is one of them....



This time it's a hiking challenge that requires some interesting walking, taking in many of the Shropshire 6 summits over a 3 day period. Stunning views and a great campsite with toilet and shower block.

Downside is that in order to do the fitness challenge you need to keep a diary of all of your fitness activities during 4-6 weeks before the camp – **and** hand it to the leaders! This can be cycling, walking, dog walking, swimming, tennis, netball, keep fit - anything to build up fitness and stamina prior to the challenge. Include activities from the Barnswood camp? A sample diary is attached, but anything will do...

The cost of the camp is £40 inclusive of transport to and from Fillongley, leaving after school on the 23rd and returning approx 4pm on the Monday afternoon. Return the attached Information form to secure a place..... And start filling out the diary!