

**Troop 89 "Highland Games" Trip
Camp Squanto
Friday, May 1st - Sunday, May 3rd, 2009
TRIP INFORMATION AND EQUIPMENT LIST**

For our May trip, Troop 89 will participate in the "Highland Games", a weekend of Scottish themed fun and games at Camp Squanto, bringing together troops from the Seven Rivers district of Old Colony Council. This will be a fun chance to meet Scouts from other troops, and defend Troop 89's tradition of competitive excellence in these kinds of multi-event, Council-wide challenges (like Apache Relay at summer camp).

The Highland Games will combine traditional Celtic sports competitions that originated centuries ago in the Scottish Highlands with a few Scouting twists! You will compete in fun and challenging Celtic tests of strength, endurance and skill. The Highland Games is both an individual event and a team event for groups of 4-8 participants from Seven Rivers District Troops. The Highland Games will be held at Camp Squanto. Teams (clans) will choose their participants for each Highland athletic competition.

Attached is a page of information from the event organizers with the full schedule and lots of description of the events! New Scouts are of course encouraged to participate, and parents of new Scouts are also welcome to come along.

Message on being prepared:

Being prepared is your responsibility and you should make sure YOU PACK all of the suggested equipment/clothes for the trip. Please make sure to bring this newsletter and equipment list on the trip. We will do a quick inspection prior to departure to make sure everyone has the necessary equipment.

Signup and Cost:

- Signup will be at the Troop meeting Thursday, April 2, 2009.
- Cost will be \$25 per person, due at sign-up deadline. This covers 4 meals, registration for the event, transportation and overnight camping.

Parental Approval:

Form must be on file with the troop.

LOGISTICS	
Friday, May 1	
<input type="checkbox"/>	Meet at Scout Shed
<input type="checkbox"/>	o Patrol Leaders and Grubmasters – arrive at 5:30pm
<input type="checkbox"/>	o All other Troop 89 scouts – arrive at 6:00pm
<input type="checkbox"/>	Depart Scout Shed at 6:00pm
<input type="checkbox"/>	Plan on eating dinner before you arrive at the Scout Shed
Sunday, May 3	
<input type="checkbox"/>	Depart Camp Squanto -- 11:00 am
<input type="checkbox"/>	Arrive at Scout Shed – 12:00 pm. Scouts will be released for pickup after normal procedures for unloading and stowing troop gear

Weather and Preparation:

In early May the weather may still be cold. Remember what you have learned about cold weather camping: dress in layers, avoid cotton clothing, remove sweaty or wet clothing and change into dry clothes prior to bedding down, bring extra changes of dry, warm clothes, cover exposed skin, and if you get cold, take immediate corrective action.

PERSONAL EQUIPMENT LIST:

The following is a checklist of what personal equipment to bring. All Scouts should bring their Scout Handbook, and the Class B uniform. We will let you know later if the Class A is required.

- Water Bottle
- Sleeping Bag (Winter weight, or Summer with 2 blankets)
- Ground Cloth or Pad
- Personal Cup (metal or heavy duty plastic)
- Mess kit and utensils
- Flashlight with Good Batteries
- Knapsack or Backpack
- Plastic Trash Bags
- Boots
- Sneakers
- Wool socks (2 – 3 pairs)
- Long Pants (1)
- Winter Jacket
- Long Sleeve Shirt
- 2 T-Shirts, including Troop 89 Class B
- Sweatshirt
- Poncho or Light Raincoat
- Hat (wool)
- Gloves/Mittens
- Underwear
- Long Underwear
- Pajamas or other heavy Sleepwear (sweat suit)
- Hand Towel
- Brush/Comb
- Tooth Brush
- Tooth Paste
- Personal Basic First Aid Kit
- Scout Handbook
- Compass
- Pocket knife (optional, with Totin' Chip card only)

***Please note that personal electronics (including cell phones, I-pods, and CD players) are not on the equipment list. Do not bring these along on the campout. Thank you!**

Any questions, e-mail Mr. Lester at tripcoordinator@troop89medfield.org.



Highland Games 2009



Never been there, never done that?

Come join us for our Highland Games Competition!

Our Highland Games combine traditional Celtic sports competitions that originated centuries ago in the Scottish Highlands with a few Scouting twists! You will compete in fun and challenging Celtic tests of strength, endurance and skill. The Highland Games is both an individual event and a team event for groups of 4-8 participants from Seven Rivers District Troops. The Highland Games will be held at Camp Squanto. Teams (clans) will choose their participants for each Highland athletic competition. These competitions are open to all registered scouts. Units are *strongly* encouraged to make their own kilts. **Shorts are required under all kilts! No Weapons or Replicas Allowed (clubs, axes, swords, etc.)**

WHEN	Friday, May 1st - Sunday, May 3rd, 2009
WHERE	Camp Squanto. Carpooling is strongly encouraged. <i>(Maps and directions are available for your drivers via www.campsquanto.net)</i>
WHO	All Seven Rivers District Boy Scouts and Adult Leaders
REGISTRATION	Registration Deadline is April 7th and must be paid in full.
FEES	Registration: \$10 per adult/scout if paid on or before April 7th Roundtable. Checks payable to Old Colony Council Late Registration: \$12 per adult/scout if received after April 7th Fee includes all Highland Games events, awards, game equipment & insurance.
CHECK IN	Friday 6:00 PM - 9:00 PM (No arrivals before 6:00 PM please) Saturday 7:30 AM - 8:45 AM
OPENING CEREMONY	Saturday 9:00 AM
HIGHLAND GAMES	Saturday 9:30 AM - 4:30 PM
CAMPFIRE	Saturday 7:00 PM - 8:45 PM (Highland themed songs & skits - ALL troops participate)
CLOSING CEREMONIES	Sunday 10:30 AM will include Awards and Recognitions!

There will be two weight classes for all of the events "Heavy Weight" and "Light Weight." There will be "Toss" events that go for height and "Throw" events go for distance as well as "Timed" events. We will be adding a few Scouting touches for safety in some events, like helmets. More details will follow. Why you might ask? Read on...

Events will include:

Turning the Caber A caber is a 16-20 foot long pole that is tossed end-over-end. The object is to balance the Caber (pole) vertically over your head, run forward and toss it so that it flips end over end and lands vertically. We will be doing a lighter variant of the 90 to 120 pound logs the Scots use but it will be fun just the same! Think helmets.

Sheaf Toss What's a Sheaf? A sheaf is a 16-20 pound bag of hay (10-12 pounds for the light weights). What do you do with it? Hurl it straight up into the air over an adjustable crossbar with a pitchfork. It's High Jump with pitchforks. Highest toss wins.

Weight Throws Pick up the weight in one hand, swing it from side to side to gain momentum and throw it the farthest ...or as far as possible.

Braemar Stone What's a Braemar Stone? Well, it's like the Clachneart. Now you understand, right? Well this one is bigger and you can't move when you toss it (no shot put moves). Again distance counts.

Farmer's Walk In the farmer's walk, the competitor picks up two weights, each weighing up to 150 pounds and walks around a series of pylons. The winner walks the farthest. We will go a little light on the weight: you will use hay bales, bulky

but not nearly as heavy. You get the idea... Time may be used to eliminate ties.

Fire Starting How fast can you start two fires using flint and a smoke grinder? Best time wins.

Water Balance Pipe The competitor must walk with a large and long PVC pipe half filled with water with out letting either end of the pipe touch the ground. (Think of the guy on the high wire, only the balance pole is half filled with water sloshing back and forth.) Best distance wins. Time may be used to eliminate ties.

Pioneer Rope Throw Your patrol must toss a coil of rope over a crossbar, tie it to a log and raise the log to the desired height. Also involves knot tying i.e. timber hitch, killick hitch, clove hitch, and sheepshank. (Think teamwork) Best time wins.

Hand Shake Wrestle A test of strength and balance. Standing on a beam, opponents clasp hands and try to throw their adversary off-balance. The scout who remains standing for the longest time wins.

Compass Medallion Course Several engineer stakes (with a letter written on them) are positioned at the perimeter of the “medallion” (i.e. circular field). Each clan (patrol) is handed a card with the range and stake bearing the several of these points. Using their map and compass skills, clans will move from stake to stake back and forth across the medallion annotating letters from each stake as they go. The object is to spell the “secret word” in the shortest time possible.

Cairn Construction Relay A Cairn is a 3-4 foot high trail marker constructed of medium sized stones. Each team will have to “move”(i.e. disassemble) their cairn from its original spot to the spot designated by the instructor and reassemble it. Speed and structural stability count.

**At the end of the day we will come together for three group games:
A Haggis Throw, Three-way Tug-of-War and The Kilted Run**

LET THE GAMES BEGIN!!!