



October 2009

Issue 2

www.troop-202.net

The Scoutmaster's Moment

OCTOBER 2009						
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Troop Meetings for OCTOBER:

Oct 6: Planning for Pinnacles Nat'l Monument.

Oct 13:

Oct 20: Fall Court of Honor

6:00 Set up

6:30 Dinner

7:15 Program Begins

8:30 Program Ends

Oct 27: Board of Review

Troop Outing:

October 9,10,11

Pinnacles National Monument

Gear Swap:

October 20 has been designated a Gear Swap meeting.

Upcoming Events - NOVEMBER

Nov 3, Open House – Webelos visit Troop 202 meeting.

Nov 12, Adult Committee Meeting – changed from Nov 5th.

Nov 14, Scouting for Food (drop-off) and Big Basin Redwoods outing.

Nov 21, Scouting for Food (pick-up)

Nov 24, No meeting

I am struck by the case made for positive mentoring emphasized in my recent Scoutmaster Training. It has direct corollary in the sports world where positive coaching of youths is emphasized. Most of the following is a summary from Jim Thompson's book, "Positive Coaching" (a)

The case for positive coaching is simple: It works. It also works better than so-called "balanced" coaching where criticism and praise are dished out about equally. There are several reasons why positive coaching works better.

1. The things that get rewarded get done. It's that simple. I can draw attention to the scouts that show up late at meetings, or thank the ones that start the meeting promptly and efficiently at 7:00 every Tuesday. Every meeting this year has ended promptly at 8:15 followed by a 15 minute leadership meeting.

2. The futility of punishment: Punishment leaves bad feelings that eat away at motivation. Excelling in sports requires emotional energy. When kids are punished, yelled at, or criticized, their emotional energy is used up being angry, feeling sorry for themselves, thinking up reasons why the coach is wrong, etc.

3. Pretending to work: Youths use passive-aggressive tactics against adults who dominate them. In totalitarian countries, passive resistance is sometimes the only option available to people to express their disdain for those who hold power over them. It has been said that the former Soviet government pretended to pay workers who in turn got back at the government by only pretending to work. Youths may even go through the motions and "pretend to work" but they won't be motivated to become their best.

4. Responding to a challenge: For most youths (and adults too!), responding successfully to a challenge requires emotional support. When people are facing a challenge that requires them to change their behavior, they need all the physical and emotional energy they can get. Without support, the youths' energy goes into defending himself against real and perceived criticisms from others, not into trying to accomplish the task. When a child is secure in knowing that he will be valued and accepted by the coach, parents, or someone, no matter how he performs, more of his energy can go to responding to the challenge.

CONSTRUCTIVE CRITICISM AND THE PLUS/MINUS RATIO

Jim Thomson sites studies on the optimal number of praises to criticisms. Study shows a 5 to 1 ratio of praises to constructive criticisms produces the optimal behavior in youths and that the further you go below a 4 to 1 ratio the worse the resulting behavior is. If the ratio falls down to only two rewards for every one punishment, neurotic symptoms begin to develop, especially those of inferiority and inadequacy and a generalized fear of failure.

WHAT ARE THE RULES OF POSITIVE MENTORING

1. Equal amount of praise for all youths.
2. Recognize things youths have done on their own as well as things you have coached.
3. Include praising "character" items like when a youth is having trouble with a challenge.
4. Give recognition for effort, not just results.
5. Note negative behavior but wait for a private teachable moment later. Always praise in public, make teachable moments in private (cont.).

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(cont.)

6. Ask youths to note positive things in other youths. This is the best way to teach positive mentoring to our scout leaders.

I was struck by 49ers Football coach Mike Singletary's action Sunday when one of his players dropped a easy first down catch. He waited a few plays and then went to the player who was sitting on the bench privately berating himself. Mike said, "Stay cool. I have seen you catch a ball like that 100 times in practice. I know I can count on you". The 49ers won 35-0.

(a) Jim Thompson teaches courses in leadership and coaching at Stanford University where he is Director of the Coaching Leadership Initiative.

Salt Point State Park

September 19-20

On an early Saturday morning, the boys and adults of Troop 202 left for the first outing of the 2009-10 year. They left the Montclair Teachers Parking Lot right on time. The cars then drove the long but beautiful four hour drive to Fort Ross. We ate lunch at Fort Ross and explored the area. Younger and older Scouts alike enjoyed seeing the old fort. It was a very interesting part of California history that everyone enjoyed.

Once we left the fort, we drove to our campground. It was a nice place, about a 2 mile walk to the beach may have been the only downside. Once we got to the beach though, the Scouts had a

great time playing football, swimming, and exploring. That night we cooked by Patrols, which was hailed as a great success. There might be some adjustments next time but everyone was fed and that's what counts. After dinner, we all played a big game of Zorch.

We then left Sunday morning with no complication. In conclusion, the adult leadership and the older scouts decided that it was a very successful first outing. The patrol system worked perfectly for everyone. In the end, every scout went home happy.

-Diego Rocha



Photo by TJ Merritt



Photo by TJ Merritt



Photo by TJ Merritt



Photo by TJ Merritt

Troop News

Patrol	Patrol Leader	Assistant PL	Troop Guide	Adult Mentor
Wolves	Jamie	Jonathan K.	Spencer	Janice Orrego
Beavers	David	Will T.	Diego	Gil Rocha
Cobras	Baxter	Jacob Loo	Zane	Ricky Samuel

Planning is underway for the February 2010 outing which will be organized by Tom Bilensky and will be a snow trip to Pollock Pines and the surrounding National Forest.

Corrections and Updates

- Adult Committee Chair, Ed Barnes, correct phone number is 568-7639.
- Will's last name is spelled TOLMASOFF.
- Date Change: November Adult Committee Meeting will be held on Thursday, November 12, 7:30pm, at Rick Prime residence. Directions, call Rick Prime.

Merit Badge Counselors

Troop 202 needs Merit Badge Counselors and there is an area of interest for just about everyone. If you are interested in becoming a merit badge counselor, please see Rick Prime.

To qualify as a merit badge counselor, you must:

- ✓ Be at least 18 years old.
- ✓ Be proficient in the merit badge subject by vocation, avocation, or special training.
- ✓ Be able to work with Scout-age boys.
- ✓ Be able to register with the Boy Scouts of America.



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SF BAY AREA COUNCIL

Events:

October 7, 7pm

- Scoutmaster/Asst Scoutmaster Leader Specific Training, Session III

October 10, 8:30am

- Den Chief Training (Mission Peak)
- Den Chief Training (Twin Valley)

October 21, 7pm

- Merit Badge Counselor Training (Tres Ranchos)

October 30, 5pm - October 31, 12pm

- Intro to Outdoor Leadership Skills (Peralta)

November 1,

- Intro to Outdoor Leadership Skills (Peralta)

November 7, 08:00 - 17:00

- HAT Basic Backpack Awareness Reboot
- Merit Badge Counselor Orientation 09:00 Twin Valley

November 18, 19:00

- Merit Badge Counselor Training, Tres Ranchos

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