



CAPS Program – General Information

CAPS is an annual program facilitated by Troop 890, giving the scouts the opportunity to earn four merit badges over a four-month period.

CAPS is open to all Scouts, but 1st year scouts are the predominant participants. The program includes training bike rides at White Rock Lake, along with classes on bike maintenance, culminating in the Iron Eagle Triathlon in September and a 50-mile bike in October at the Trick-It-Up ride in Farmersville, TX!

This is a great opportunity for the scouts to have some fun and get lots of good exercise at the same time. CAPS covers the following merit badges:

1. Cycling – Bicycle repair, road safety, bicycle safety guidelines
2. Athletics - How to train for and plan sports events (Iron Eagle Triathlon).
3. Personal Fitness – Physical and mental health, development healthy habits, stretching, nutrition.
4. Sports – Participating, training and being a good team player.

Merit Badge Workbooks

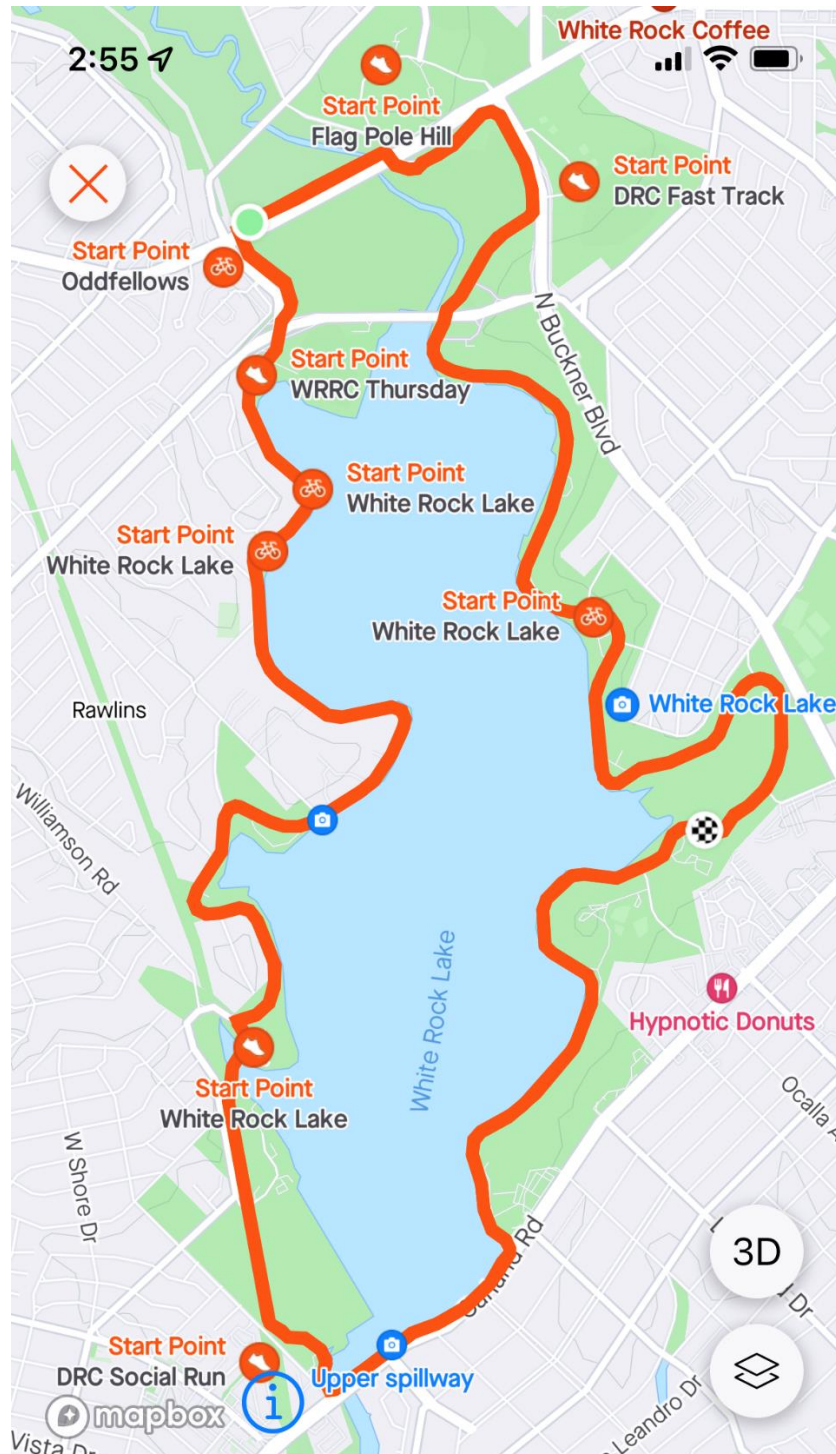
- Workbooks are available on the 890 website under CAPS in an editable PDF format. Scouts may complete these by typing in the information and emailing them to me (caps@troop890.org, scoutmaster@troop890.org, and parent/guradian) when they are complete, or scouts can print them off to complete by hand.
- There is a lot of stuff to go through and complete. **A lot.** Scouts should pace themselves on the workbooks throughout the summer to make sure those are to me by the Trick it Up bicycle ride (October 22, 2022).
- Some workbooks duplicate questions; each question is asked to fulfill requirements of different merit badges. Scouts can fill in the information completely in each workbook or simply note “answered in the filling the blank merit badge workbook.”
- When the scout completes each, they need to coordinate a time to meet discuss the content. Scouts do not need to memorize it all; familiarity with the concepts is the aim. Learning some fundamental things about sports, safety, bike maintenance, first aid etc... their time in Troop 890 will build upon that knowledge.
- The personal fitness merit badge has two options a three-month training plan and a one month. Both are doable but will impact your summer in different ways, specially if you start the three-month option now. I would highly encourage you to review the merit badge workbooks with your scout early on so nothing sneaks up on you. There are sections that require scouts to log their activities and track progress so it's important to keep that in mind as you go.

Bike Rides/Triathlon Training

- Adults- we need you; the more adults we have, the better. If your scout is not fast/strong cyclist, you need to participate with your scout so that other adults are able to support the entire group.
- **Do not go buy a fancy new bike for this.** Any full-size bicycle with gears will work! If you have a bike your scout can ride let them. Whatever they have will be totally fine.
 - a note: If riding a mountain bike, you could consider swapping the traditional knobby tires with a smoother version for road riding. A road bike is even better. Skinnier tires with less knobby tread let's scouts ride even faster. Most scouts average about ~10 mph on a mountain bike and about ~ 13 mph on a road bike. That may not sound like a lot, but over the 50-mile ride in Farmersville, that means one hour or less in the saddle.
- One of the first things we do is hold maintenance/safety clinics - two scheduled and (maybe one make-up); please just try to attend one of them. I'll show scouts to perform basic maintenance to ensure smooth riding, as well as how to change a flat tire. It will be helpful if scouts bring the following with them on rides (along the lines of the Boy Scout motto "Be prepared")
 - Tire levers
 - Spare tubes that fit his or her tires
 - A method of inflating tires (pump or CO2)
- We also teach bike etiquette (to make sure we don't terrorize people on the road/path).
- A draft schedule is attached (days, distance, and activities). Helmets, close-toed shoes, and water bottles are required on the rides. Cycling shorts and gloves are recommended. Scouts are encouraged to wear their class B red shirt during the rides to make it easier to identify our group.
- In most cases, rides will start and end in the parking lot at the Bath House Cultural Center at White Rock Lake, which is at 521 E Lawther Dr, on the East side of the lake.
- Rides will start at 7:30 (plan to be there early) and you can budget roughly one hour per 10 miles. A 10-mile (one lap) ride should be over between 8:15 and 8:30 so please plan to be there to pick them up.
- The group rides are scheduled to promote bonding and community between the scouts, and to keep you from having to do all the rides by yourself. If you can make the rides, great. If not, don't worry about it. Scouts can make up miss rides on their own and communicate to me the days and distance they rode. Scouts must do six rides to meet the requirements for the merit badge; but more won't hurt them!
- Scouts do better if they run and ride a few days a week on their own. They can complete all this without the extra work but will complete it much more easily with some additional training and these count towards the training plan referenced in the personal fitness merit badge workbook).

White Rock Lake Ride Route Map

Starting and finishing at the Bath House Cultural Center at White Rock Lake, which is at 521 E Lawther Drive, on the East side of the lake.



STRAVA SUBSCRIPTION

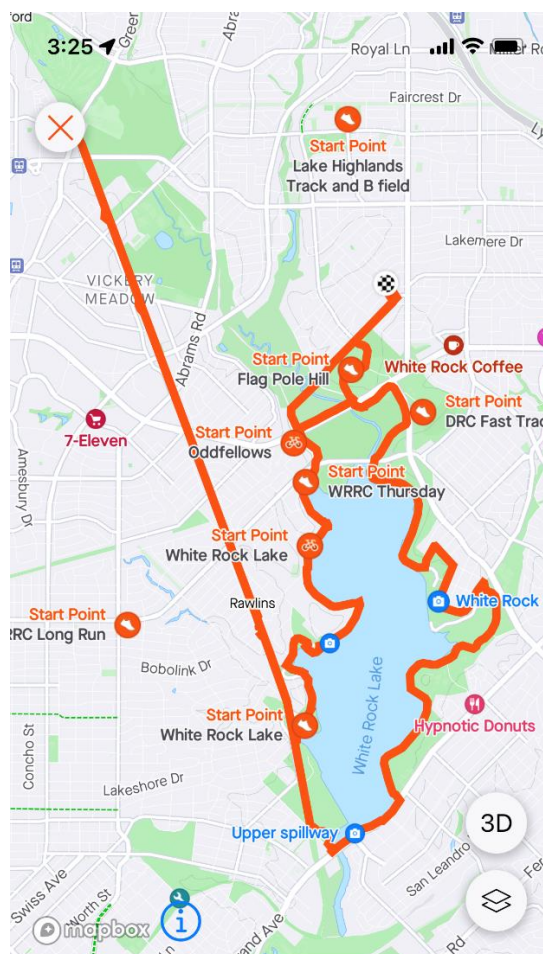
Save Route





Iron Eagle Triathlon

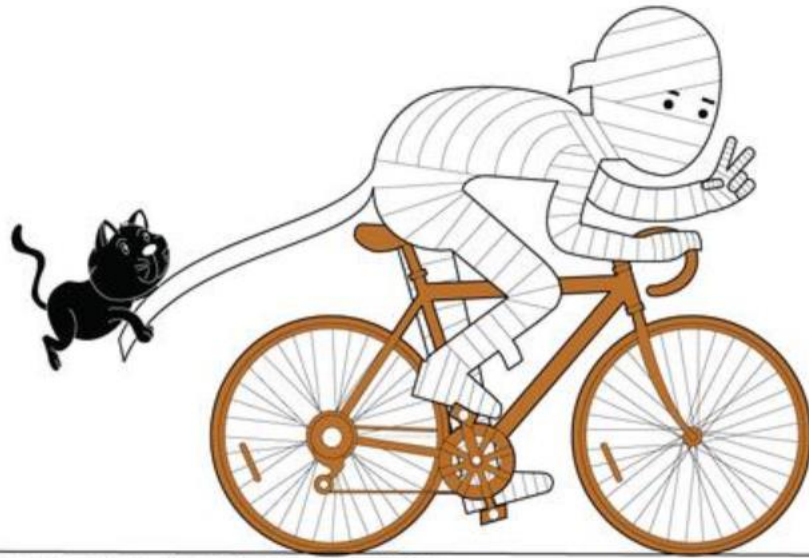
- The Iron Eagle Triathlon is a Troop 890 tradition and a great opportunity for your scout to accomplish something most adults can't even say if they've done!
- Scouts swim 5 laps at Royal Oaks Country Club on Greenville Ave. (across the Moss Haven Soccer Fields). Ride their bikes to White Rock Lake using the Sopak trail and going around the lake twice. The triathlon ends with a one mile run at Norbuck Park on the corner of Buckner and Northwest Highway.
- The event will be held on Monday September 5th Labor Day.
- We will need several parents as volunteers for water stations and for pictures. It is a very family spectator friendly event. It is an awesome event to cheer on your scout.
- Will have a sign-up sheet for families to volunteer to provide sports drinks, water, fruit, and other snacks for the scouts throughout the event.



STRAVA SUBSCRIPTION



50 Mile Ride – Cycling Merit Badge



TRICK - IT - UP BIKE RIDE

FARMERSVILLE CHAMBER OF COMMERCE

- Ride website for registration - <https://www.bikereg.com/trick-it-up-bikeride>
- Saturday October 22nd, 2022 Farmersville, Texas
- Location address: [201 S Main St, Farmersville, TX 75442](#)
- Scouts (and any other accompanying riders) will need to register for this ride individually but additional information will be distributed about any applicable discount codes or designations to indicate you are riding as part of the Troop 890 group.

C.A.P.S 2022 Training Schedule

Updated 5/22/2022

Date	Event
Monday, June 20	Maintenance Clinic 6:30-7:30 Flag Pole Hill
Monday, June 27	Safety Clinic/Stretching 6:30-7:30 Flag Pole Hill
Saturday, July 2	No Activity (4 th of July Weekend)
Saturday, July 9	10-mile ride (Start/Stop at Bathhouse WRL)
Saturday, July 16	10-mile ride (Start/Stop at Bathhouse WRL)
Saturday, July 23	15-mile ride (Start/Stop at Bathhouse WRL)
Saturday, July 30	20-mile ride (Start/Stop at Bathhouse WRL)
Saturday, August 6	NO RIDE (Planned Campout Weekend)
Saturday, August 13	25-mile ride (Start/Stop at Bathhouse WRL)
Saturday, August 20	Swim and Bike 20-mile ride (Start Royal Oaks/End Norbuck Park)
Saturday, August 27	Swim and Bike 20-mile ride (Start Royal Oaks/End Norbuck Park)
Saturday, September 3	IRON EAGLE Triathlon 6:30am start – Royal Oaks.
Saturday, September 10	30-mile ride (Start/Stop at Bathhouse WRL)
Saturday, September 17	NO RIDE (Planned Campout Weekend)
Saturday, September 24	30-mile ride (Start/Stop at Bathhouse WRL)
Saturday, October 1	30-mile ride (Start/Stop at Bathhouse WRL)
Saturday, October 8	30-mile ride (Start/Stop at Bathhouse WRL)
Saturday, October 15	40-mile ride (Start/Stop at Bathhouse WRL)
Saturday, October 22	50-Mile ride - Farmerville

Other Items

Please message me or email me if you have any questions – Jose Arce (214)598-5411 caps@troop890.org

- **I might need parent volunteer to lead ride due to my work schedule. No volunteer will mean a cancelled ride.**

