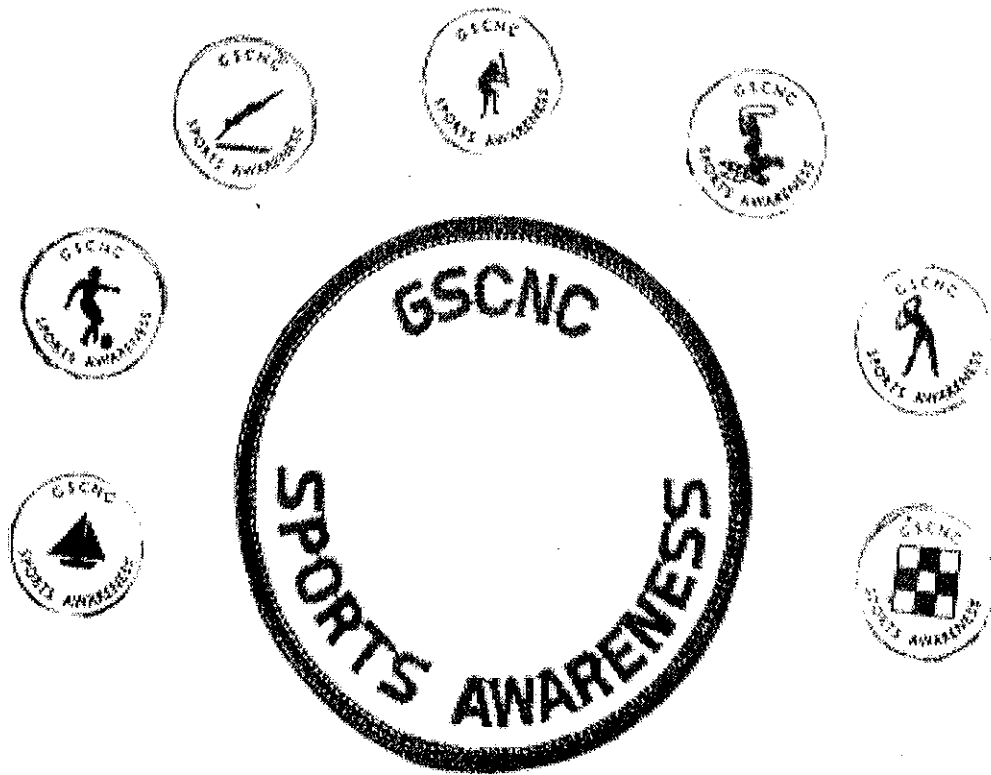


YOUR OWN
SPORTS PROGRAM



GIRL SCOUT COUNCIL OF THE NATION'S CAPITAL

The purpose of this patch program is to encourage girls to try many different sports/activities as potential lifetime leisure activities. While doing the program girls will develop life skills as they practice record keeping, learn team building and cooperation skills and build their experience in sports.

YOUR OWN SPORTS PROGRAM

"Your Own Sports Program" is a two part program. It is flexible and designed to meet the interests and abilities of girls at all age levels. The Sports Awareness Patch is given to girls of all program levels who have participated in council advertised sports events or a sport of their choice. The Sports Awareness Pins are earned by Brownie, Junior, Cadette and Senior Girl Scouts and represent the first 15 hours of practice. The discs represent various numbers of additional practice hours and are worn behind the pins. Just as badge requirements can be adapted to meet the abilities of girls in your troop, this program is also adaptable. Younger girls should ask their leader or an adult to interpret this program. Adaptability and flexibility are two very key concepts in this program.

SAFETY is Number 1! A health history and an activity permission form must be signed by a parent/guardian before you participate in a physically demanding activity. Information in a health history is confidential. (Safety-Wise, pp. 12 and 33) Ask your leader for the health and permission forms.

Attention Leaders:

INSURANCE-Personal activities engaged in by girls individually or in groups on their own, are not covered. Activities done under adult supervision for a Girl Scout requirement would be covered. For further clarification, refer to Girl Scout Activity Insurance section found in the Green Pages on page 11.

THE PROGRAM-After an introduction to the program by the troop leader, choose your own sport. Ask your leader, a coach or physical education instructor at school, or recreation personnel to help you decide on the sport best for you. You can document hours for more than one sport at a time if you wish. Once you have attended a sports event or participated in your first practice in your sport, you are eligible for the Sports Awareness Patch. In choosing your sport you need to consider the following:

- Are there any safety rules about your sport?
- Do you know how to use special equipment?
- What kind of clothing should be worn?
- What costs are involved with instruction, transportation or equipment?
- Who else in the troop is doing your sport?
- Who will be signing off your practice hours? It could be your leader, parent, teacher or coach.
- What time do you spend at practice in after school sport programs and recreational sport

This time counts towards hours in this program.

Some sports can be expensive. Council product sales and approved troop money earning projects are a source of income. Financial Assistance may be available for individuals requesting it for troop program.

Next, start at Level I, the Sports Awareness Pin, and proceed in sequence. On the attached log sheet you will need to log the hours stated in the Level I column of your log sheet for the sport you have chosen. Each level of hours is applied to the next level. The major emphasis is on sports awareness, but you should always try to do your best. Each block on the practice log represents one hour (two 1/2 hour practices = 1 box).

Here's how Level II and Level III work. Example: Once you have completed 15 hours for Level I in softball, you can start logging the additional 30 hours you need for the yellow Level II disc giving you a total of 45 hours. Hours from each level are added to the next to get the total for the next level, so you will need to do 50 hours more for the red Level III disc to give you a total of 95 hours. There is no time limit on how long it should take you to complete a level, but keep in mind that it takes time to get your body fit for some activities and spreading out the practices over too long a time may not be beneficial to you. Hours you spend during ongoing activities

can be applied toward a Sports Awareness Pin such as:

- Doing sports activities for Try-It, Badge or Interest Project requirements
- Physical exercise to burn off extra energy as an opening or closing to meetings
- Cadette and Senior Girl Scout hours spent exploring a career in sports
- Inter troop/Service Unit activities like an olympics, special olympics, or new games days
- School sports, community recreational sports and private class instruction

Practice hours can be initialed by an adult supervising the activity, a parent or the troop leader. However, be sure that you and the person initialing practice hours have agreed **before** practice has begun, when the hours can be initialed. The troop leader should initial the completion of a level as she is the one ordering the pins and discs.

If the sport you choose is not listed in the practice log, you can do "Your Own Sport" pin. With a knowledgeable sport consultant, girls decide how much practice time would be appropriate and how many hours should be set up for each level. The design of the sport picture for the pin would be decided on and drawn **by the girls** on the face of the pin.

The patch and pins for this program are worn on the back of the sash/vest as this is not an official GSUSA program. They can be purchased at the council shop located at the council office or they can be ordered on the badge order forms by mail or for pick up on the mobile van. There is a pin for the sports listed in the practice log. You should receive the pin(s)/disc as soon as they are earned. The total number of hours of participation is stated under each level for each sport.

SPORTS	RECOMMENDED		TOTAL HOURS OF		
	<u>LENGTH OF PRACTICE</u>		<u>PARTICIPATION</u>		
	Minimum/day	Maximum/day	Level I	Level II	Level III
Baseball/Softball	1/2 Hour	3 Hours	15 Hours	45 Hours	95 Hours
Basketball	1/2 Hour	3 Hours	15 Hours	45 Hours	95 Hours
Bicycling	1/2 Hour	3 Hours	15 Hours	45 Hours	95 Hours
Bowling	2 Games	5 Games	10 Hours	30 Hours	60 Hours
Canoeing	1/2 Hour	3 Hours	10 Hours	30 Hours	60 Hours
Dance(any kind)	1/2 Hour	3 Hours	15 Hours	45 Hours	60 Hours
Equestrian Activities	1/2 Hour	3 Hours	10 Hours	30 Hours	60 Hours
Field Hockey	1/2 Hour	3 Hours	15 Hours	45 Hours	95 Hours
Frisbee	1/2 Hour	3 Hours	15 Hours	45 Hours	95 Hours
Gymnastics	1/2 Hour	3 Hours	15 Hours	45 Hours	95 Hours
Hiking/Backpacking	1/2 Hour	3 Hours	15 Hours	45 Hours	95 Hours
Ice Skating	1/2 Hour	3 Hours	15 Hours	45 Hours	95 Hours
Jogging	1/2 Hour	3 Hours	15 Hours	45 Hours	95 Hours
Physical Fitness(exercises)	1/2 Hour	3 Hours	15 Hours	45 Hours	95 Hours
Roller Skating	1/2 Hour	3 Hours	15 Hours	45 Hours	95 Hours
Sailing	1/2 Hour	3 Hours	10 Hours	30 Hours	60 Hours
Skiing(water, snow)	1/2 Hour	3 Hours	10 Hours	30 Hours	60 Hours
Soccer	1/2 Hour	3 Hours	15 Hours	45 Hours	95 Hours
Street Games(hopscotch,stickball)	1/2 Hour	3 Hours	15 Hours	45 Hours	95 Hours
Swimming/Diving	1/2 Hour	3 Hours	15 Hours	45 Hours	95 Hours
Table Games	1/2 Hour	3 Hours	15 Hours	45 Hours	95 Hours
Tennis	1/2 Hour	3 Hours	15 Hours	45 Hours	95 Hours
Track & Field	1/2 Hour	3 Hours	15 Hours	45 Hours	95 Hours
Tumbling	1/2 Hour	3 Hours	15 Hours	45 Hours	95 Hours
Volleyball	1/2 Hour	3 Hours	15 Hours	45 Hours	95 Hours
Do Your Own Sport			15 Hours	45 Hours	95 Hours

