

Sports Awareness Patch Program



The purpose of this program is to encourage girls to try 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 experiences in sports.

The patch and pin for this program are worn on the back of the sash/vest as this is not an official GSUSA program. Patches and pins can only be purchased at our Girl Scout Shops. They are not available online. Please check our website for Shop hours and locations (www.gscnc.org).

Girls participating in this patch program have the opportunity to earn the Sports Awareness patch and Sports Awareness pins for individual sports/activities.

Before beginning any sports program as a Girl Scout be sure to have a filled out healthy history form along with a parental permission form. We want everyone to stay safe and healthy.

When participating as a Girl Scout in any sports program, registered Girl Scout members are covered under the Council insurance policy. Girls playing sports for their school or community organization are not covered under Girl Scout insurance.

Sports Awareness Patch

1. Choose a Sport
2. After an introduction to the Sports Awareness program by your troop leader, choose a sport you would like to try. If you are unsure which to choose talk to your leader, a coach or P.E. teacher at school, or your parents. You can choose to try more than sport at a time. Once you have attended a sports event or participated in your first practice in your sport, you are eligible for the Sports Awareness patch. Patches can be purchased at the Girl Scout Shop. They are not available online. Consider the following in choosing your sport:

*Are there any safety rules about your sport?

*Do you know how to use any special equipment associated with the sport?

*What kind of clothing is required?

*What costs are involved with instruction, transportation, and/or equipment?

*Who else in your troop is trying your sport?

*Who will be signing off on your practice hours: parent, leader, coach, teacher?

*What time, if any, do you already spend in after-school sports program and/or community programs?
This time counts towards you hours in this patch program.

Sports Awareness Pin

1. Begin on Level I by participating in your chosen sport for the required number of hours. See the chart in this section.
2. After completing Level I you are eligible for the Sports Awareness Pin that corresponds to the sport you chose. Pins can be purchased in the Girl Scout Shop. They are not available online.

3. After completing Levels II and III you will earn the corresponding disks (yellow and red). Disks can be purchased at the Girl Scout Shop. They are not available online.
4. Hours from each level are added to the next to get the total for the next level. You do not need to start over counting for each level.
5. There is no time limit on how long it should take you to complete a level.
6. Hours you spend during ongoing activities can be applied toward a Sports Awareness Pin such as:
 - *Doing sports activities for badges
 - *Physical exercise as an opening or closing to a meeting
 - *Exploring careers in sports
 - *Service Unit activities or get-togethers with other troops
 - *School sports, private instructions, and/or community sports programs
7. Practice hours should be initialed by an adult supervising the activity, a parent, or troop leader.
8. If the sport you choose is not listed in the practice log you can do “Your Own Sport” pin. With a knowledgeable sports consultant, girls decide how much practice time would be appropriate and how many hours should be set for each level. The design of the sport picture for the pin would be decided on and drawn by the girl on the face of the pin.

Sport	Recommended Length of Practice		Total Hours of Participation		
	Min./day	Max./day	Level I	Level II	Level III
Baseball/Softball	½ hour	3 hours	15 hours	45 hours	95 hours
Basketball	½ hour	3 hours	15 hours	45 hours	95 hours
Bicycling	½ hour	3 hours	15 hours	45 hours	95 hours
Bowling	2 games	5 games	10 hours	30 hours	60 hours
Canoeing	½ hour	3 hours	10 hours	30 hours	60 hours
Dance (any kind)	½ hour	3 hours	15 hours	45 hours	60 hours
Equestrian Activities	½ hour	3 hours	10 hours	30 hours	60 hours
Field Hockey	½ hour	3 hours	15 hours	45 hours	95 hours
Frisbee	½ hour	3 hours	15 hours	45 hours	95 hours
Gymnastics	½ hour	3 hours	15 hours	45 hours	95 hours
Hiking/Backpacking	½ hour	3 hours	15 hours	45 hours	95 hours
Ice Skating	½ hour	3 hours	15 hours	45 hours	95 hours
Jogging	½ hour	3 hours	15 hours	45 hours	95 hours
Physical Fitness (exercises)	½ hour	3 hours	15 hours	45 hours	95 hours
Roller Skating	½ hour	3 hours	15 hours	45 hours	95 hours
Sailing	½ hour	3 hours	10 hours	30 hours	60 hours
Skiing (water, snow)	½ hour	3 hours	10 hours	30 hours	60 hours
Soccer	½ hour	3 hours	15 hours	45 hours	95 hours
Street Games (hopscotch, stickball)	½ hour	3 hours	15 hours	45 hours	95 hours
Swimming/Diving	½ hour	3 hours	15 hours	45 hours	95 hours
Table Games	½ hour	3 hours	15 hours	45 hours	95 hours
Tennis	½ hour	3 hours	15 hours	45 hours	95 hours
Track and Field	½ hour	3 hours	15 hours	45 hours	95 hours
Tumbling	½ hour	3 hours	15 hours	45 hours	95 hours
Volleyball	½ hour	3 hours	15 hours	45 hours	95 hours
Choose Your Own Sport					

Practice Log Sheet

Sport Name:

Date	Hours	Initials	Date	Hours	Initials	Date	Hours	Initials
Ex. 4/12/18	Ex. 30 min.	Ex. <i>JM</i>						

