

GIRL SCOUTS of
DELAWARE-RARITAN
PRESENTS THE
NEW JERSEY GIRL SCOUT
SPORTS AWARD
OUTSTANDING SPORTS AWARD
&
PERFORMING ARTS AWARD
FOR
CADETTE & SENIOR GIRL SCOUTS



CADETTE & SENIOR LEADERS' GUIDE NEW JERSEY STATE GIRL SCOUT SPORTS, OUTSTANDING SPORTS & PERFORMING ARTS AWARDS

The Sports, Outstanding Sports & Performing Arts Award Programs were designed by a task force of the Central New York Girl Scout Council and adapted for New Jersey Girl Scouts by Gail James, Sports Consultant. Patches are earned as recognition for a girl's regular participation in a specific sport or an activity, which may or may not be a part of her Girl Scout activities. The program is designed to recognize participation not only in Girl Scouts but also in activities at school, recreation centers, church, CYO, YWCA, YWHA and other outside organizations.

There are three different patches:

1. **Sports Award** for Cadette & Senior Girl Scouts (white on blue background)
2. **Outstanding Sports Award** for Cadette & Senior Girl Scouts (white on red background)
3. **Performing Arts Award** for Cadette & Senior Girl Scouts (blue on yellow background)

To Qualify for a Sports Award, a girl must complete the requirements for the activity within the specified period of time. There is a daily maximum number of hours or miles that can be applied to the required total. She should keep her own record of participate on the Personal Log Sheet, which is included with the information packet. Before starting the program, the girl must return the **Parental Consent Form**. The Consent Form is also included. When the girl has completed the requirements, she signs the Personal Log Sheet and returns it to her leader. She can earn one patch for each sport for which there are requirements.

OUTSTANDING SPORTS AWARDS are earned by Cadette & Senior Girl Scouts completing requirements for 10 different sports. With the same criteria as above.

WHEN THE REQUIREMENTS have been completed, the girl submits her **Personal Log Sheets** to her leader. The Leader orders/purchases patches from the Service Center.

This packet contains:

1. information
2. award requirements
3. parent consent form
4. personal log sheet Make additional log sheets for girls working on more than one activity.

NOTE: If there is a sport not listed, such as baseball, martial arts, etc., feel free to do it to earn this award. Please be sure to have the requirements and timeframe that are comparable to those listed.

NEW JERSEY GIRL SCOUT COUNCILS PERFORMING ARTS AWARD PROGRAM

This Performing Arts Award Program has been designed to recognize participation in a variety of Performing Arts fields. It was designed by a professional task force of the Central New York Girl Scout Council and adapted with their permission.

Any registered Cadette or Senior Girl Scout may work to complete the Performing Arts Award requirements. You must keep your own record of participation in a **Personal Log Sheet**. Before you begin, you must have your **Parents Consent Form**. You are "on your honor" to keep accurate records of your participation.

The qualifying standards have been set with a minimum number of hours and/or rehearsals required for completion of the award. There is also a statement about maximum hours per day, and length of time allowed completing the award. It is not necessary to complete the maximum hours per day to count it. If 1-½ hours per day are allowed, you may do a ½ hour or 1 hour and count it.

The following requirements are to be completed in a four-month period, unless other-wise noted, in any one area in order to receive the patch.

COLOR GUARD

1. Participate in at least two group rehearsals per week (a minimum of 4 hours.)
2. Participate in at least 75 hours of additional practice. No more than 1 hour in any one day may count toward the total.
3. Participate in a minimum of two competitions.

MAJORETTE

1. Participate in at least 1 group rehearsal per week (a minimum of 2 hours.)
2. Participate in at least 50 hours of additional practice.
3. Participate in a minimum of three competitions, one of which must be for Majorette only groups.

CHEERLEADER

1. Participate in a minimum of six hours group practice per week.
2. Participate in at least 60 hours of additional practice. No more than one hour in any one day may count toward the total.
3. Complete these requirements in a three-month period.

MARCHING BAND

1. Participate in minimum of 6 hours group practice per week.
2. Participate in at least 60 hours of additional practice. No more than one hour in any one day may count toward the total.
3. Complete these requirements in a three-month period.

BAND

These requirements may apply to any of the following: band, no audition for membership; band, audition required for membership, orchestra.

1. Participate in minimum three hours of group practice per week.
2. Participate in at least 75 hours of additional practice. No more than one hour in any one day may count toward the total.
3. Participate in at least one performance.

ENSEMBLE

These requirements may apply to any of the following: instrumental ensemble, vocal ensemble, and state band, pep band, jazz band, etc.

1. Meet the requirements for Band, Vocal Music, Individual Instrumental, or Individual Vocal.
2. Participate in minimum one hour of organized rehearsal per week.
3. Participate in at least one performance.

INDIVIDUAL INSTRUMENTAL

1. Participate in a minimum of a half-hour session per week
2. Participate in a minimum of 90 hours additional practice. No more than 1 ½ hours in any one day may count toward the total.
3. Be able to perform a minimum of five major scales at 120 beats per minute.
4. Perform publicly at least once.

VOCAL MUSIC

The following requirements apply to any choral group, whether or not auditions are required.

1. Participate in minimum three group rehearsals per week (a minimum of 2 ½ hours).
2. Participate in minimum 50 hours of additional, individual practice.

DRAMA

The following requirements apply to members of the cast or crew of a musical, drama, comedy, or variety show.

1. Participate in at least three rehearsals or work sessions per week.
2. Participate in 45 hours of rehearsals or backstage preparations. No more than two hours in any one-day may count toward the total.
3. Participate in at least two public performances.
4. Complete these requirements within three months.

DANCE

1. Attend at least three ballets, modern, or jazz classes per week.
2. Participate in 25 hours of practice. No more than 30 minutes in any one-day may count toward the total.
3. Participate in one public performance.

NEW JERSEY GIRL SCOUT COUNCILS SPORTS AWARD REQUIREMENTS

Unless otherwise specified, requirements must be completed within a three-month period.

BACKPACKING

1. Backpack for a minimum of 35 hours.
2. No more than 3 hours in any 1-day may count toward the total.
3. Weight on the pack must be at least 10 % of the body.
4. To be completed within a period of 6 months.

BASKETBALL

1. Participate in a minimum of 50 hours of practice with 10 of those hours being organized practice.
2. No more than 1 hour per day *in any 1 day* may count toward the total.
3. Participate in five organized games, or five extra hours of practice.

BICYCLING

1. Bicycle a minimum of 100 miles.
2. No more than 4 miles per day in any one day may count toward the total.

GYMNASTICS

1. Participate in 50 hours of supervised practice.
2. No more than 2 hours per day in any 1 day may count towards the total.
3. Participate in 5 meets, or 5 extra hours of supervised practice.

JOGGING

1. Jog a minimum of 100 miles
2. No more than 2 miles a day in any 1 day may count toward the total.

RACQUETBALL

1. Participate in a minimum of 30 hours practice.
2. No more than 1 1/2 hours per day in any 1 day may count toward the total.
3. Play 5 matches.

ROLLER/ICE SKATE (Indoors or outdoors)

1. Skate a minimum of 60 miles.
2. No more than 5 miles per day in any 1 day may count toward the total.

BOWLING

1. Play a minimum of 50 games.
2. No more than 3 games per day in any 1 day may count towards the total.

CANOEING

1. Paddle a minimum of 50 miles.
2. No more than 5 miles per day in any 1 day may count toward the total.
3. This must be completed within a 6 month period.

DANCE

1. Attend at least three ballets, modern, or jazz classes.
2. Participate in 30 hours of practice.
3. No more than 30 minutes in any one-day may count toward the total

SWIMMING

1. Swim a minimum of 50 miles.
2. No more than 1 1/2 miles per day in any 1 day may count toward the total.

SKIING (Downhill or cross country)

1. Ski a minimum of 40 hours.
2. No more than 5 hours per day in any 1-day may count towards the total.

TENNIS

1. Participate in a minimum of 50 hours of practice.
2. No more than 1 hour per day in any 1 day may count towards the total.

TRACK & FIELD

1. Participate in 50 hours of practice.
2. No more than 1 hour per day in any 1 day may count toward the total.
3. Participate in 5 meets or 10 hours of extra practice.

SOCCER

1. Participate in 50 hours of practice.
2. No more than 1 1/2 hours per day in any 1 day may count towards the total.
3. Participate in five organized games, or 5 hours of extra practice.

SOFTBALL

1. Participate in 25 hours of practice.
2. No more than 1 hour per day in any 1 day may count toward the total.
3. Participate in five organized games or 5 hours of extra practice.

VOLLEYBALL

1. Participate in 50 hours of practice.
2. No more than 1 hour per day in any 1 day may count towards the total.
3. Participate in five organized games, or 5 hours of extra practice.

