

GIRL SCOUTS of
DELAWARE-RARITAN

PRESENTS THE
NEW JERSEY STATE

GIRL SCOUT SPORTS
and
OUTSTANDING SPORTS
AWARD



Junior Leaders' Guide for New Jersey State Girl Scout Sports and Outstanding Sports Awards

The New **Jersey Sports & Outstanding Sports 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, 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, YWCS, YWHA and other outside organizations.

There are two different patches:

1. **Sports Award** for Junior Girl Scouts (blue on white background)
2. **Outstanding Sports Award** for Junior Girl Scouts (red on white background)

TO QUALIFY FOR AN AWARD

For the 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 participation on the **Personal Log Sheet**, which is included with the information packet.

Before starting the program, the girl must return the **Parental Consent Form**, which is required before starting the program. 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 AWARD are earned by Junior Girl Scouts completing requirements for six 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 Leaders orders/purchases patches from the Service Center.

This packet contains:

1. information
2. award requirements
3. parent consent form
4. personal logsheet. 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 STATE GIRL SCOUT SPORTS & OUTSTANDING SPORTS AWARD

PARENT CONSENT FORM

I have read the accompanying material and give my permission for my daughter _____ to participate in the New Jersey Sports & Outstanding Sports Award Program. I realize that if she has had a serious illness or operation since her last physical examination, that she must have permission from her Doctor to participate in this program.

Parent/Guardian Signature

Date

MEDICAL HISTORY

Participant's Name _____

Address _____

Street

Town

Zip

Phone _____

Day

Evening

Family Doctor _____

Day

Evening

Please indicate any health considerations that may limit your child's participation. **This is very important for the safety of your child.**

The date of last health examination _____

It must be within one year; school physical permissible.

Return this form to the leader before starting the **AWARD PROGRAM.**

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.

