

## PARENT INFORMATION

The Virginia Skyline Sports Award Program was designated to recognize participation in sports and to promote physical fitness. The standards are designed to assure regular participation in a sport, and to recognize participation in a sport that may or may not conflict with some Girl Scout activities.

There are two divisions: **THE JUNIOR DIVISION** for Brownie and Junior Girl Scouts; and the **SENIOR DIVISION** for Cadette, Senior, Studio 2B and Adult Girl Scouts. To qualify for an award, the girl must keep her own record of participation in the **PERSONAL LOG BOOK**. Before beginning it is necessary to have parent's permission. The girl is "**ON HER HONOR**" to keep accurate records of her participation.

A health history and an activity permission form signed by the parent or guardian are obtained before a girl participates in physically demanding activities. Some examples are water sports, horseback riding, skating, hiking trips of three days or more, and non-contact sports such as track, tennis, or gymnastics. Information in a health history is confidential.

A record of health examination (physical checkup) given by a licensed physician within the preceding 24 months is obtained before a girl participates in resident camping, in a trip of more than three days, or in contact sports on an organized competitive basis. Information from a health exam is confidential. (Safety-Wise pg. 39).

If your daughter has not been active in sports, please be sure she starts out easily and works up to the maximum gradually. The program is set up so that there is plenty of time to complete the qualifying standards.

Please complete the permission below:

## PARENT PERMISSION

I have read the accompanying material, and I give my permission for my daughter to participate in this program in the sport of \_\_\_\_\_.

She had her last physical examination on (date) \_\_\_/\_\_\_/\_\_\_.

I realize that if she has had a serious illness or operation since that examination that she must have permission from her doctor to participate in this event.

Signed \_\_\_\_\_ Date \_\_\_\_\_  
Parent or Guardian

Girl Scouts of Virginia Skyline Council, Inc.

# Sports Award



## How to Earn A Sports Award

1. There are 2 Divisions –  
Junior Division for Brownie and Junior Girl Scouts  
Senior Division for Cadette, Senior, Studio 2B and Adult Girl Scouts
2. Choose a sport. You have 8 months to complete the requirements for that sport.
3. Give your parents their page, and get your permission slip signed. (Adults, please read the parent information).
4. Keep a record in your Log Book. You are **ON YOUR HONOR** to keep your records correctly.
5. When you have completed the requirements, complete the patch/pin order form to get your patch and sport pin.

## JUNIOR DIVISION REQUIREMENTS

### BASKETBALL -

1. Participate in a minimum of 25 hours of supervised practice.
2. Participate in 5 organized games or 5 extra hours of practice.

### BATON -

1. Participate in 25 hours of supervised practice.
2. Participate in at least one recital or public appearance.

### BICYCLING - (No pin available)

1. Bicycle a minimum of 40 miles. No more than 3 miles a day may count toward the total.

### BOWLING -

1. Play a minimum of 30 games. No more than 3 games per day may count toward total.

### CHEERLEADING -

1. Take part in a cheerleading try-out.
2. Participate in 20 hours of supervised practice.
3. Participate in 3 organized games or participate in 2 special activities such as parades, festivals, cheerleading competitions.

### DANCE - (Tap, Jazz, Modern, Ballet)

1. Participate in 25 hours of dance instruction.
2. Participate in at least one recital or public appearance.

### FITNESS WALKING/HIKING - (No Pin Available)

1. Walk a minimum of 50 miles - not more than 3 miles a day can count toward the total.

### GYMNASTICS -

1. Participate in a minimum of 30 hours of supervised practice.
2. Participate in 2 organized meets or 2 presentations (such as PTA demonstration, or show for school or recreation department), or share your skill with your troop.

### HORSEBACK RIDING - (No Pin Available)

1. Participate in a minimum of 30 hours of supervised practice. (Lessons, workouts, under teacher's supervision, trail rides or individual workouts).
2. Participate in at least one organized event. (Horse show, Gymkhana, hunt or trail ride in a group).

### KARATE -

1. Participate in a minimum of 25 hours in supervised practice. No more than 3 hours per day may count toward the total.
2. Demonstrate what you have learned to your troop.

### SKATING - (Roller or Ice)

1. Skate a minimum of 40 hours. No more than 3 hours per day may count toward the total.

### SOCCER -

1. Participate in a minimum of 25 hours of supervised practice.
2. Participate in 5 organized games or 5 extra hours of practice.

### SOFTBALL/TBALL -

1. Participate in 25 hours of supervised practice.
2. Participate in 5 organized games or 5 extra hours of practice.

### STEP

1. Participate in 25 hours of step skills and drills.
2. Participate in at least 3 special activities and/or events

### SWIMMING -

1. Participate in 25 hours of supervised practice.
2. Participate in 5 swim meets or 5 additional hours of practice.

### VOLLEYBALL -

1. Participate in 25 hours of supervised practice.
2. Participate in 5 organized games or 5 extra hours of practice.

### DESIGN YOUR OWN - (Specify whether Junior or Senior Division)

If there is a sport that you participate in regularly and it is not included in the qualifying standards for the JUNIOR or SENIOR DIVISION (which ever one applies) of the Sports Award, you may design your own requirements. Write your requirements in the same format as the ones listed in this folder. Send them to the Director of Program Services, Girl Scouts of Virginia Skyline Council, Inc., 3663 Peters Creek Rd. NW, Roanoke, VA 24019 for approval. Once your requirements have been approved, you may begin to work on the award.

## SENIOR DIVISION REQUIREMENTS

### BACKPACKING - (No Pin Available)

1. Backpack for a minimum of 35 hours. No more than 6 hours per day may count toward the total.
2. The weight of the pack must be at least 10% of the body weight.

### BASKETBALL -

1. Participate in a minimum of 50 hours of supervised practice.
2. Participate in 5 organized games or 5 extra hours of supervised practice.

### BATON -

1. Participate in a minimum of 40 hours of supervised practice.
2. Participate in 3 recitals or public appearances.

### BICYCLING - (No Pin Available)

1. Bicycle a minimum of 75 miles. No more than 5 miles per day may count towards the total.

### BOWLING -

1. Play a minimum of 50 games. No more than 3 games per day may count toward the total.

### CANOEING - (No Pin Available)

1. Paddle a minimum of 50 miles. No more than 10 miles per day may count towards the total.

### CHEERLEADING -

1. Take part in a cheerleading try-out.
2. Participate in 50 hours of supervised practice.
3. Participate in cheerleading at 5 organized games or participate in 3 special activities such as parades, festivals, cheerleading competitions.

### DANCE - (Tap, Jazz, Modern, Ballet)

1. Participate in at least 40 hours of supervised practice and 10 hours of at-home practice.
2. Participate in 3 recitals or public appearances or 2 recitals and 5 extra hours of practice.

### FITNESS WALKING/HIKING - (No Pin Available)

1. Walk a minimum of 75 miles - no more than 3 miles a day count toward the total.

### GYMNASTICS -

1. Participate in 50 hours of supervised practice.
2. Participate in 5 meets or 5 extra hours of supervised practice.

### HORSEBACK RIDING - (No Pin Available)

1. Participate in a minimum of 50 hours of supervised practice (lessons, workouts under teacher's supervision, trail rides or individual workouts).
2. Participate in at least 3 organized events (horse show, Gymkahna, hunt or trail ride in a group).

### KARATE -

1. Participate in a minimum of 40 hours of supervised practice. No more than 3 hours per day count toward total.
2. Demonstrate what you have learned to your troop or other group.

### SKATING - (Roller or Ice)

1. Skate a minimum of 60 hours. No more than 5 hours per day may count toward the total.

### SOCCER/FIELD HOCKEY -

1. Participate in a minimum of 50 hours of supervised practice.
2. Participate in 5 games or 5 extra hours of supervised practice.

### SOFTBALL -

1. Participate in a minimum of 50 hours of supervised practice.
2. Participate in 5 games or 5 extra hours of supervised practice.

### STEP

1. Participate in 50 hours of supervised practices and drills.
2. Participate in 5 events, presentations, competitions or community events.

### SWIMMING -

1. Participate in 45 hours of supervised practice.
2. Participate in 5 swim meets or 5 additional hours of practice OR Swim a minimum of 50 miles.

### TENNIS/RACQUET BALL -

1. Participate in a minimum of 50 hours of practice. No more than 2 hours per day may count towards total.
2. Participate in 5 meets or 5 hours of extra practice.

### TRACK AND FIELD -

1. Participate in 50 hours of supervised practice.
2. Participate in 5 meets or 5 hours of extra practice.

### VOLLEYBALL -

1. Participate in 50 hours of supervised practice.  
Participate in 5 organized games or 5 extra hours of supervised practice.