

# A Year in the Life of Juliette

## September Patch Program



Juliette Low enjoyed many sports and activities in a time when it wasn't always considered appropriate for women. When Juliette started Girl Scouts, she encouraged girls to be active. This month's patch is organized by the three keys of leadership: Discover, Connect and Take Action!

# Get Active!





Juliette Gordon Low enjoyed many sports and outdoor activities in a time when it wasn't always considered appropriate for women. She was an avid horse rider (and even rode bare back when it was frowned upon for women at that time), she loved to hike, play tennis, and hunt. When Juliette started Girl Scouts, she encouraged girls to be active. She wanted to make sure that girls could do any type of activity that they wanted to do. She brought girls hiking, camping, and encouraged them to play sports and be physically fit. Even part of earning the Golden Eagle (the first highest award in Girl Scouts like today's Gold Award) was completing the Athlete Badge. Many famous athletes are also Girl Scout alumnae (Venus Williams, Peggy Fleming, and Jackie Joyner-Kersee are just a few).

The Girl Scouts Get Active Patch Program is for all girls, Daisy through Ambassador. Activities are organized by the three keys of leadership: Discover, Connect, and Take Action!

## Discover

Girls will discover what being an athlete means to them and how sports are important to them. Complete two of the following activities:

◆ Teamwork is an important part of playing a team sport. Fair play, teamwork, good sportsmanship, and following the rules aren't just important in sports- they are key life skills as well. Review the Girl Scout Law. How do the values of the Girl Scout Law relate to the concepts of fair play, teamwork, and good sportsmanship? Select two Girl Scout values and discuss how you could demonstrate those while playing a sport of your choice.

◆ Women are often perceived as not being as athletic or as agile as men in a sport. People use the term "Kick/run like a girl" to both males and females as a negative remark. Why do you

think girls and women are stereotyped that way? Watch the following video [Always #LikeAGirl - YouTube](#) How does the video make you feel about girls in sports? What can you do to promote the message that girls should not be stereotyped?

◆ There are many different sports you can participate in, and some are dependent on the season (downhill or cross-country skiing in the winter, softball in the spring, swimming in the summer, soccer in the fall, etc.) Pick a sport you would like to try each season and plan to try them out for the upcoming year. Talk with others in your Girl Scout troop or other group to see if anyone else is interested in trying these new sports with you.

◆ The Olympics is a way for the world to recognize and support their best athletes. The 2016 summer Olympic Games were in Rio de Janeiro, Brazil. Learn about the sports that are part of the summer Olympics. What are the differences and similarities in sports for men and women? What are the topmost watched sports during the summer Olympics? Find out what sport interests you most and try that sport for fun.

◆ Many sports that have been dominated by men are starting to recognize that women can be just as successful as men in that sport. For example, Danica Patrick is a top NASCAR driver, Venus and Serena Williams are tennis stars, and Laila Ali has highlighted women in boxing. How are women today breaking gender barriers in sports? What else needs to happen for women to overcome obstacles based on their gender? For example, do you think that women will ever be able to be professional football players? Talk with your group about what you have learned.

◆ The Girls Guide to Girl Scouting has an Athlete badge for each age level as part of the Girl Scout legacy badges. Find out about the athlete badge for your age level and then find a past Girl Scout sports or games badge that girls could earn for your age level. Look to see the differences and similarities in the current badge versus the past badge. Try at least one activity from each badge and talk with your troop about what activity you like best.

◆ When you exercise, your heart rate changes. This helps make your heart stronger and helps to keep you fit. Find out a typical heart rate for your body at rest, during physical activity, and find out what heart rate is too high for you. Share with your troop what you learned.

◆ Not all recognized sports require athletic ability. Chess and Bridge are recognized by the International Olympic Committee as sports. These sports require concentration, thought, and strategy to be successful. Learn how to play one of these games with your troop or family. How do the skills needed compare to the skills needed to play a more physical game?

## Connect

Girls will connect to others through shared experiences globally and locally. Complete two of the following activities:

◆ The Olympics are held every four years - one for summer games and one for winter games - and cities all around the world submit a bid to have their city selected. Find out about what criteria the International Olympic Committee looks at when they are choosing a site for a future Olympics. If possible, take a trip to a city that has hosted the Olympics. Discuss why a

city or country might be interested in hosting the Olympics. Create a poster or video showing why your hometown could host a future Olympics.

◆ The United States has many famous Olympic Athletes who broke records and changed the way that sports are played. Learn about a famous Olympian who is from your area. Create a poster, video, or give a presentation on that person's life, and how they became an Olympian.

◆ Many schools, community organizations, and sports facilities offer opportunities to join a team sport. Learn about what sports are offered for your age level and join a team sport you are interested in playing. Plan time to practice your skills for the position you play on your team. Share with others what you are learning about being part of a team.

◆ Runners need proper footwear, hockey players need a stick to fit their size, ice skaters need skates that support their ankles, and snowboarders need a board that fits their weight and height. Choose a sport you are interested in playing and learn about the equipment you would need to play that sport. Visit a sporting goods store and ask a staff member to show you the equipment you would need, how to know if it is the right equipment for you, and what the cost would be for all of the equipment to play your sport.

◆ Sports teams can be classified as Professional or as Minor League. The game they play is the same but there are differences in how they are supported by fans and in the pay the athletes receive. Price the difference in tickets to see a pro vs minor league team at a sporting event you are interested in. Look for special kids' events with local teams. If you are able, go with your family or troop to a sports game.

◆ Visit a facility where you can try a new sport. It can be a ski area that offers winter and summer programs, a karate dojo, a gym, a skating rink, or other facility in your area. Ask what types of programs they offer, learn about what they offer for instruction and what type of certification their instructors have. If possible, sign up for a class or program to try the sport.

◆ Ropes courses and adventure sports are a great way to work on teambuilding with your troop. Find a facility in your area where you can participate in a program with your troop. Participate in the program you planned and make sure to talk with your troop after your event to share how the experience made your troop more of a team.

◆ Talk with your family members about what sports they played growing up. Why did they choose that sport? What is their favorite memory of playing on a team or participating in their sport? Ask to see any old photos of them with their team and if they have any medals or certificates from their team days. What made those awards important to them?

## Take Action

Girls will make a positive difference in their lives and the lives of others. Complete two of the following activities:

◆ In many professional sports, men often receive a higher salary than women for doing the same activities. Most recently there have been issues with women in professional soccer taking legal action to receive the same pay. Why does this happen? What are professional female athletes doing to change this in their sport? Learn how tennis became an equal pay sport based

on the work of Billie Jean King and others to create the Women's Tennis Association in 1973. Find out what you can do to help support female athletes in a sport without equal pay. For example, you could write a letter, start a petition, or make a video. Share your efforts with others!

◆ Juliette believed that sports and fitness helped girls develop a strong mind and body. Create a daily schedule for a week that includes eating healthy, daily fitness, limited time with technology, and adequate rest. Follow your plan for a week and write about how you feel after that week. Do you feel healthier? What can you do to continue to include health and fitness in your daily life?

◆ All sports have a history that can be linked back to a culture or person who created that sport (the earliest recorded sports are sprinting and wrestling, in cave drawings from 173,000 years ago) and the Olympic Games first started in Ancient Greece. Over the years, rules, equipment, and sporting facilities have been modified or changed to represent what is appropriate for the current times. Research how a sport has changed over time and present your findings to your troop or family.

◆ New sports are always being invented and some are even recognized by the International Olympic Committee. Create a new sport. Write down the rules for your sport and get a group together to try it!

◆ Even with proper equipment, sports injuries happen. Choose a sport that interests you and find out what is the most common injury for that sport. Find out what you can do to treat common injuries like strains, abrasions, broken bones, and torn ligaments. You can use a Girl Scout First Aid Badge for your age level to help you in learning some basic skills or invite a health professional to attend a troop meeting to teach you basic first aid skills for injuries.

◆ Concussions are a common injury in many sports and can be life threatening. Find out about the signs and symptoms of concussions, treatment for concussions, and what can be done by athletes to prevent concussions. Create a flyer, poster, or short video to share what you have learned.

◆ Many children are not able to play a sport because they can't afford the equipment needed to play or the cost to participate in a program. Look at the needs in your area and see what you can do to make a difference. For example, you could collect used sports equipment and donate that equipment to a school or other community center that can distribute them to children in need. Share with others the needs you found in your community and how they can also help make a difference.

◆ Everyone is unique and just because you are not the best at a certain sport doesn't mean that you are not successful. Start a personal journey to set your own goal to improve your skills at your sport. Track your success each time you play and plan time for practice at least 4-5 times a week. Continue to track your successes to see if you are doing better than your past performances. Talk with a coach or other athlete to see if they also have suggestions of things you can do to help you develop the skills you need.