

The *Get in the Game* Patch Program objective is to increase girls' participation in sports, healthy living, and fitness activities so that girls develop positive, lifelong habits in sports and fitness.

This patch program is designed to recognize girls who may already be participating in different sports in their community or school. Although this patch can be worked on as a troop, a record sheet must be kept for each individual girl. Please duplicate this form as needed or get additional copies from your service unit, service center, or council office.

The patches for this program consist of a *Get in the Game* Patch and segments for each of the sports listed. If your sport of choice is not listed, you may utilize the "other" category by writing in your sport. Once complete, you may purchase a blank segment and embroider or use fabric markers to indicate the sport. You may earn patch segments for as many different sports as you wish. If you continue playing or participating in a particular sport for several years, you can earn another segment for the same sport to put with your *Get in the Game* Patch. For instance, as a Brownie you had a *Get in the Game* Patch with segments for bicycling, roller skating, and soccer. When you became a Junior, you continued to play soccer on a community team. You can earn another soccer segment to go with your new *Get in the Game* Patch for the next level.



## Requirements

There are three requirements that must be completed before starting the participation hours.

## These requirements are:

- 1. Learn all the safety rules for the sport chosen.
- 2. Find out what kind of clothing and equipment are needed for the sport selected.
- 3. Find out what facilities or leagues are available in your area for playing the selected sport.

After finishing the three requirements, participants must complete the appropriate number of hours for the sport selected. Be sure to record the hours of participation and the completion of the requirements on the record sheet. Have a coach, troop leader, or parent sign the record sheet to verify hours.

## **GSUSA** Program Links

**Girl Scout Brownies** Fair Play

**Girl Scout Juniors** Practice with Purpose

Good Sportsmanship

**Girl Scout Seniors** Cross-Training

Girl Scout Ambassadors Coaching



SPORT	DAISIES	BROWNIES	JUNIORS	CADETTES	SENIORS	AMBASS.
ARCHERY	5	5	5	10	10	10
BASKETBALL	10	10	10	20	20	20
BICYCLING	10	15	15	30	30	30
BOWLING	5	10	10	20	20	20
CHEERLEADING	10	10	10	20	20	20
DISTANCE RUNNING	5	10	20	40	40	40
DOUBLE DUTCH	5	5	10	20	20	20
FIELD HOCKEY	5	10	10	20	20	20
GOLF	5	10	10	20	20	20
GYMNASTICS	10	10	10	20	20	20
HORSEBACK RIDING	5	5	5	10	10	10
ICE SKATING	10	10	10	20	20	20
LACROSSE	5	10	10	10	10	10
MARTIAL ARTS	5	10	10	20	20	20
ROLLER SKATING	10	10	10	20	20	20
SKIING	5	5	5	10	10	10
SOCCER	10	10	10	20	20	20
SOFTBALL	10	10	10	20	20	20
SWIMMING	10	15	15	30	30	30
TENNIS	5	10	10	20	20	20
TRACK AND FIELD	5	10	10	20	20	20
VOLLEYBALL	10	10	10	20	20	20
OTHER	10	10	10	20	20	20

## Total hours of Participation required for each sport

**Record Sheet** (duplicate—one per girl) Have your coach, troop leader or parent date and initial columns 1, 2 and 3 as you complete each requirement. Then shade in one circle for each hour of participation in the sport of your choice.

Sport	1	2	3	Hours Completed		