



A YEAR IN THE LIFE OF JULIETTE

Get Active

Month of July



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Juliette Gordon Low enjoyed many sports and outdoor activities. Unfortunately, this was during a time when women were not free to enjoy extra-curricular activities outside of the home. The societal norm made it difficult for women to be active and get involved in sports. Despite those setbacks, Juliette was an avid horse rider and even rode bare back (another frowned upon activity for women). She also 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 they wanted to. She brought girls hiking, camping, and encouraged them to play sports and be physically fit. Even part of earning the Golden Eaglet (the first highest award in Girl Scouts similar to today's Gold Award) was to complete the Athlete Badge. Many famous athletes are also Girl Scout alums (Venus Williams, Peggy Fleming and Jackie Joyner-Kersey are just a few).

Patches and arcs are available for purchase at the Girl Scouts of Central California South Goldmine stores.

<https://www.girlscoutshop.com/CENTRAL-CALIFORNIA-SOUTH>

Questions: customercare@girlscoutscs.org or (800) 490-8653

Find your Girl Scout's Level below and complete the activities to earn this month's patch.

Daisy and Brownie Requirements:

- Pick one of the Discover options and complete.**
- Pick one of the Connect options and complete.**
- Pick one of the Take Action options and complete.**

Junior and Cadette Requirements:

- Pick two of the Discover options and complete.**
- Pick one of the Connect options and complete.**
- Pick one of the Take Action options and complete.**

Senior and Ambassador Requirements:

- Pick two of the Discover options and complete.**
- Pick two of the Connect options and complete.**
- Pick one of the Take Action options and complete.**

Recommended age levels are listed for each activity. Please complete the appropriate activity for the age levels in your Troop.

-DISCOVER Options-

-Girl Scout Central California South offers a Girl Sport opportunity every month, in the past they have offered fencing, swimming, indoor rock climbing, yoga, hiking and more. Find a sport that you would like to try and suggest it on your evaluation. (ALL)

-There are athlete badge options for most age levels. Find out what the athlete badge is for your level and then find out what the requirements are to earn it. (B,J,C,S,A)

-There are many sports that depend on particular weather. Learn about a sport that is best played during the summer and the winter seasons. Talk to your Girl Scout troop or a family member to discover more ideas. (ALL)

-Girl Scouts have many options to learn about the outdoors, there are even options to earn badges and journeys. Find an Outdoor badge or journey that you would like to earn. (ALL)

- Women are often perceived as not being as athletic or as agile as men in sports. People use the term “kick/run like a girl” to both male and female as a negative remark. Why do you think girls and women are stereotyped that way? Watch the following video:

<https://www.youtube.com/watch?v=XjJQBjWYDTs>

How do you think you can change the way that the message “Like a Girl” is perceived? What can you do to promote the message that girls should not be stereotyped? (J/C/S/A)

-Our Girl Scouts of Central California South CEO, Cathy Ferguson is a Gold Medal Olympian, and she is among many Olympians that are also Girl Scouts. Find out what other women were Girl Scouts before they were famous athletes. (ALL)

-CONNECT Options-

-The Olympics are held every 4 years: one for summer games and one for winter games. Cities all around the world submit a bid to have their city selected. Find out what the International Olympic Committee looks at when they are choosing a site for a future Olympics. Could your city host the Olympics, why or why not? Create a poster or flier that shows how your city could host the Olympics. (B/J/C/S/A)

-Many schools, community parks and recreation departments and groups offer opportunities to join a team sport. Learn about what sports are offered for your age level and what sport you would want to join. Imagine how this sport will fit in your life, remember that you need to make time to learn the sport, practice your position/role and participate in games/competitions. Talk to your parents about joining the sport. (ALL)

-Our council offers a Girl Sport opportunity every month, during July you can get your Girl Sport: Swimming, Archery and Trampoline Patches. Join fellow Girl Scouts in the Girl Scouts of Central California South Council in July by participating in one of these opportunities. Remember that not all levels can participate in all sports. (ALL)

-Sports and outdoor activities usually need equipment. Find out what equipment you need to play your favorite sport or a sport that you want to play. Ask an adult to take you to a sporting goods store to do deeper research. (ALL)

-Many famous female athletes were Girl Scouts. Learn about a Girl Scout athlete and find out how Girl Scouting helped them become successful. Write the Girl Scout athlete a letter and let them know you are also a Girl Scout and would like to know how Girl Scouting made a difference in their lives. If you receive a reply, share it with your troop and Miss Candice at the GSCCS Council Office. (ALL)

-TAKE ACTION Options-

-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 having to take legal action to receive the same pay. This is a new fight for equal pay, but in the 1970's, Billie Jean King took up the fight for equal pay for professional women's tennis. What can you do to support female athletes in a sport without equal pay? Share what you are doing and how will you share this message with others. (J/C/S/A)

-With all sports, injuries can occur. There are rules created to make the game safe and many sports require safety equipment. Choose a sport you are interested in and find out some of the safety rules and equipment you may need to stay safe. Create a poster to share what you learned with your troop. (ALL)

-Sport injuries are very common. There is even a profession where you can help those that have sport related injuries. Research some of those careers (Sports Medicine Doctor, Physical Therapist or Podiatrist for example) and find out what kind of education you will need to pursue in preparing you for that career. Share this information with your Troop Leader, troop or parent. Ask for their help to reach out to someone in that field if you want to know more. (J/C/S/A)

-Many college and professional athletes have a support team that provides them guidance in reaching their best performance during competition. Athletes can have sport nutritionists, sport psychiatrists, strength trainers, or, who the general public is most familiar with, a coach. Even if you have never had a coach before, you have had some type of leader. Sometimes this is a teacher, troop leader or camp counselor; your coach can be anyone that takes time to teach you how to do something in a better way. Write down what a good leader or coach means to you, then make a plan on how you can be a good leader or coach. Use this plan in the next year to help younger or new Girl Scouts in your troop. (ALL)

-Juliette believed that sports and fitness helped girls develop a strong mind and body. Create a daily schedule for a week that includes healthy eating, daily activity and plenty of rest. Follow your plan for a week and write down how you feel after that week. Do you feel healthier? What can you do to continue to include health and fitness into your daily life? (ALL)

-Summer usually means fun in the sun with your family. Some families travel during the summer or visit local parks. Find out if your family is going to be traveling or spending anytime outdoors and create a game for all of you to play. Remember to think about who will be there (younger siblings or older adults) and make it possible for them to play too. You may need special equipment or nothing at all. An example of an equipment-free game is “tag”. Brainstorm then plan your game and ask for help from adults if you need it. (ALL)

Additional Resources

Famous Girl Scouts:

https://www.washingtonpost.com/lifestyle/style/famous-former-girl-scouts/2012/02/29/gIQA5YA3qR_gallery.html?noredirect=on&utm_term=.b859ffdb67e2

How Olympic sites are chosen:

http://teacher.scholastic.com/activities/athens_games/backyard.htm

Information on the Title IX Federal Law:

https://www.washingtonpost.com/news/wonk/wp/2015/07/02/countries-who-treat-their-women-equally-have-better-womens-soccer-teams/?utm_term=.d2e316369ef8

List of sports recognized by the International Olympic Committee:

<http://www.askaboutsports.com/about/ioc-recognized-sports.htm>

Article about issues with women receiving less pay than men:

<https://www.nytimes.com/2016/04/22/sports/soccer/usmnt-uswnt-soccer-equal-pay.html? r=0>