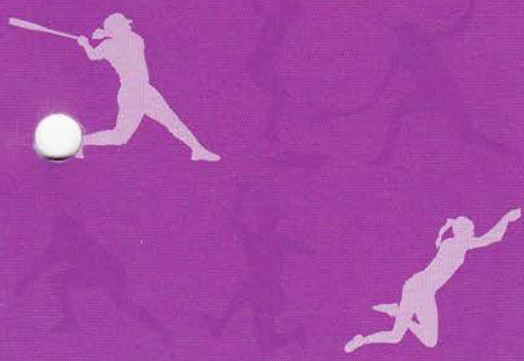


A great athlete is not born; a great athlete makes herself into one by hard work.

—Girl Scout Handbook, 1940



LEGACY: ATHLETE



Practice with Purpose

Even the best athletes weren't born great at sports: They had to practice with purpose. Have fun with these activities as you learn to improve a skill—no matter what track, court, rink, pool, slope, or field you like to play on. Game on!

Steps

1. Decide on your goal
2. Increase your endurance
3. Build up your strength
4. Drill for skill
5. Practice, practice, practice!

Purpose

When I've earned this badge, I'll know how to set a sports goal and practice to achieve it.



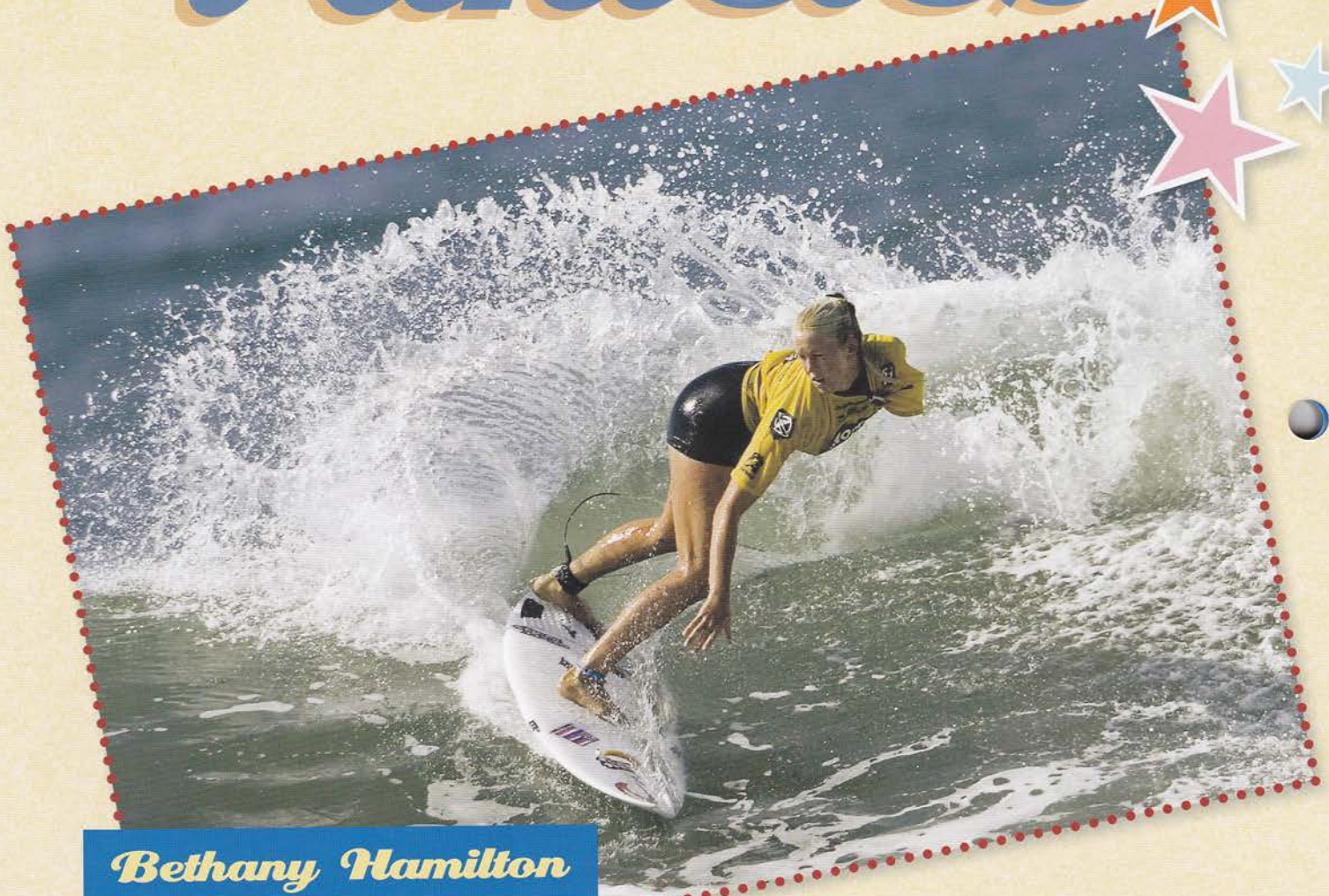
Tips Before Takeoff

- ▶ In this badge, you'll decide on a goal in step 1, make a plan to reach it in steps 2–4, and then put your plan into action for one month in step 5.
- ▶ If you're working on this badge with other Juniors, you could all choose goals in the same sport so you can work together. Every girl should pick her own skill that she wants to improve.
- ▶ If you know an Girl Scout Ambassador completing her Coaching badge, she needs to help a group of at least two girls practice for one month towards a sports goal. She might love to assist you with this badge!
- ▶ Keep a sports diary during this badge. It will help you track your progress and remember your purpose. You can write in it after each of your practices.

Possible Goals

- Swim a lap of freestyle faster than I can now
- Hit more forehand shots in bounds in tennis
- Be able to do 100 push-ups in a row
- Run a mile in less time
- Jump rope for 10 minutes straight
- Complete a downhill ski race in less time
- Perform two new gymnastics move
- Pitch a fastball
- Do three new yoga poses with ease
- Hit the ball more often when I'm at bat
- Make three baskets in a row from the free-throw line
- Score a goal in hockey two games in a row

Inspiring Athletes



Bethany Hamilton

Bethany was born into a family of surfers in Kauai, Hawaii. She had a knack for surfing from an early age and began winning competitions when she was eight years old. In 2003, Bethany was attacked by a shark. Her left arm was torn off just below her shoulder. Bethany was determined to get back on her surfboard. She taught herself how to surf with one arm and went back to surfing competitively. In 2004 she won the ESPY (Excellence in Sports Performance Yearly) Award for Best Comeback Athlete.

Diana Golden

Diana was born in Massachusetts and started skiing when she was five years old. When she was 12, she lost a leg to bone cancer. Right after her surgery, Diana asked the doctors if she would be able to ski again. She was back on the slopes in six months. Diana later won many competitions as part of the U.S. Disabled Ski Team. She also won two gold medals at the Paralympic Games.

Kerri Morgan

Kerri was only one year old when a virus attacked her spinal cord, leaving her permanently impaired from the chest down. After graduating from college, she began playing quadriplegic rugby. The sport, which was the subject of a documentary called *Murderball*, is co-ed—but few women ever play. Kerri was determined to change that. In 2009, she became the first female member of the U.S. quadriplegic rugby team.

Jean Driscoll

Jean was born in Milwaukee, Wisconsin, with a disease called spina bifida that made her unable to walk. When she was 15, she began using a wheelchair—and fell in love with wheelchair sports. She was recruited by the University of Illinois to play wheelchair basketball for them, and also joined the school's wheelchair track and field team. She won the Boston Marathon in 1990, and then followed it with seven more wins. She was the first eight-time winner of the marathon.



STEP 2 Increase your endurance

In any sport, athletes need to keep going even when they think they can't—that's endurance. You need endurance to run around all the bases in baseball or to keep playing a long match in tennis.

Practice helps you build endurance. The first time you run you might be able to go for 20 minutes, and pushing it to 25 will feel hard. But the magic of endurance is that the next time you run 25 minutes, it can seem easier! Choose the endurance activity that will help with your goal, and make it part of the routine you'll practice in step 5.

Workout Words

CARDIOVASCULAR

means "relating to the heart." Cardiovascular exercises help keep your heart pumping and your heart rate up, which burns calories to keep you fit and healthy.

AEROBIC EXERCISE

is anything that increases your heart rate and breathing, improving cardiovascular fitness.



CHOICES – DO ONE:

- Run!** You might try sprint trials: Time yourself running to a certain point and back. Write down your first time in your sports diary, and try to improve on it every time you practice. Being able to run in short, fast bursts helps with any sport that requires cardiovascular endurance. Or you could build a course using cones, balls, or other objects to make obstacles you have jump over, go around, or even carry. Run through the course and write down everyone's time. See if you can improve on it during your month of practice. This kind of work helps with agility—that's changing direction or movements quickly.

Feed your Muscles

When you work your muscles hard, you need to take good care of them by stretching, cooling down, and eating healthy foods. Foods rich in protein, healthy carbohydrates, and vitamins will help build and fuel muscles. Here are examples of foods you might try:

- Fish
- Eggs
- Fruit
- Milk
- Lean beef, chicken, and turkey
- Nuts
- Cheese
- Vegetables
- Yogurt

STEP 3 Build up your strength

Training your muscles to get stronger is another important part of reaching a sports goal. In this step, work with someone to learn three strength exercises that will help you toward your goal. You'll put them into practice in step 5.

CHOICES – DO ONE:

Work with an older athlete in your sport. Ask her to show you how she trains. Perhaps there's an older Girl Scout who can help you. Ambassadors working toward their Coaching badge might be excited to help!

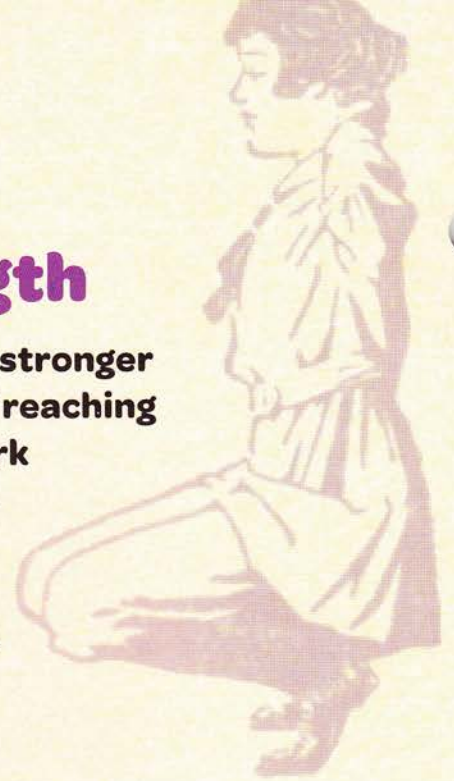
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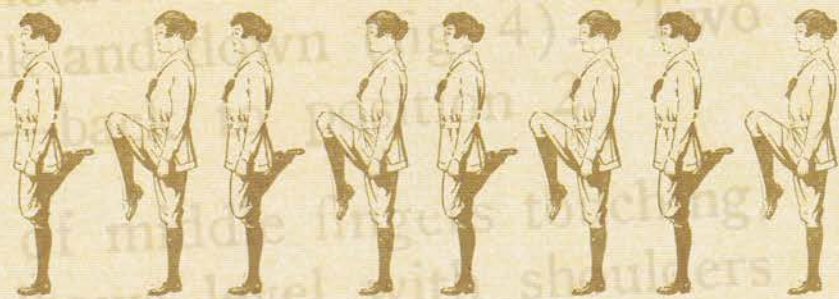
Work with an expert, coach, or community center trainer.

Ask them to teach you exercises that will strengthen the muscles you use most in your sport.

OR

Find a video with strength exercises. Watch the instructor closely so you can do the exercises safely and correctly. If you want to watch an online video, team up with an adult to find the right one.





Setting-Up Exercises — Girl Scout Handbook, 1930

Our bodies are like machines that need frequent oiling and testing to see that all parts are working right.

Or they are like instruments that must be tuned before they are played.

If this is not done, the machinery gets rusty and clogged, or the instrument gets out of tune and makes horrid noises.

That is the way it is with our bodies; our muscles and joints should be bent and stretched every day to take the kinks out and keep them strong and flexible.

The best way is to tune up every morning, for just a few minutes before you put on your clothes, and then again at night, to rest the tired parts and exercise the parts that have not been used so you can even things up.

General Rules

Stretch to the very tips of your middle fingers—stretching makes your muscles flexible.

- ① Breathe in as arms rise and out as they fall.
- ② Stand tall.
- ③ Sit tall.

Imagine that a string or a straight line is running from the top of your head down to between your ankles.

- ① Keep limber, don't let your knees grow stiff.
- ② Sit cross-legged on the floor. Sit on your heels.
- ③ Rise without help from your hands.



Target Ball



Grab a group of friends and practice your footwork!

Materials Needed:

- Large play space
- Soccer ball or kickball
- 3 cones or targets

Directions:

Divide into teams of three. One girl will be the “roller,” one will be the “kicker,” and one will be the “retriever.” Set up cones or something else you can use for your targets. (Stuffed animals might work!)

- 1 The roller rolls the ball to the kicker and calls out which target she’s aiming for (1, 2, or 3).
- 2 The kicker kicks the ball toward that target. Keep track of how many targets she hits.
- 3 The retriever collects the ball and returns it to the roller.
- 4 After 6 tries, rotate positions. Keep going until everyone has at least one turn as the kicker.

For more challenge:

- Move the roller further from the kicker.
- Move the kicker farther away from the targets.
- Make targets smaller.

STEP

4 Drill for skill

A drill is a routine of movements that helps you improve a specific skill. For example, in basketball, you might practice a dribbling drill to perfect your ball-handling skills. Instead of working your whole body, drills help improve one part of your game. In this step, choose a drill specific to your goal!

CHOICES - DO ONE:

- Talk to a coach or gym teacher.** Ask them to help you create a drill that improves one part of your game. Show them what your skills are now, and tell them where you want to be in the future so they know what drill will work best.

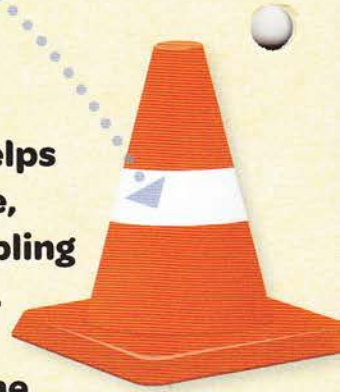
OR

- Work with a friend who likes the same sport.** Run each other through a fun drill that helps you both improve. Even if your sports goals aren’t the same, working on a variety of skills will help your overall game or competition.

FOR MORE FUN: Keep practicing together—work together in step 5 when you set your practice sessions in motion!

OR

- Find a drill in a book or online.** Try out the drill with an expert—or watch closely as an expert does it so you understand how it works—before you decide it’s the perfect one for you.

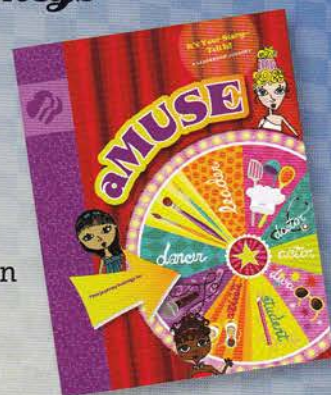




Add the Badge to Your Journeys

As you are getting your game on, you might also collect ideas for a Take Action project.

Hints: Are there enough fun, safe places for kids to play and practice in your community? Would families enjoy more chances to come out and play together? Maybe your Take Action project could organize people to make such spaces available!



Now that I've earned this badge, I can give service by:

- Sharing my tips for practicing with other athletes
- Creating a fun obstacle course for Brownies or Daisies
- Helping my family make and reach their fitness goals



I'm inspired to: