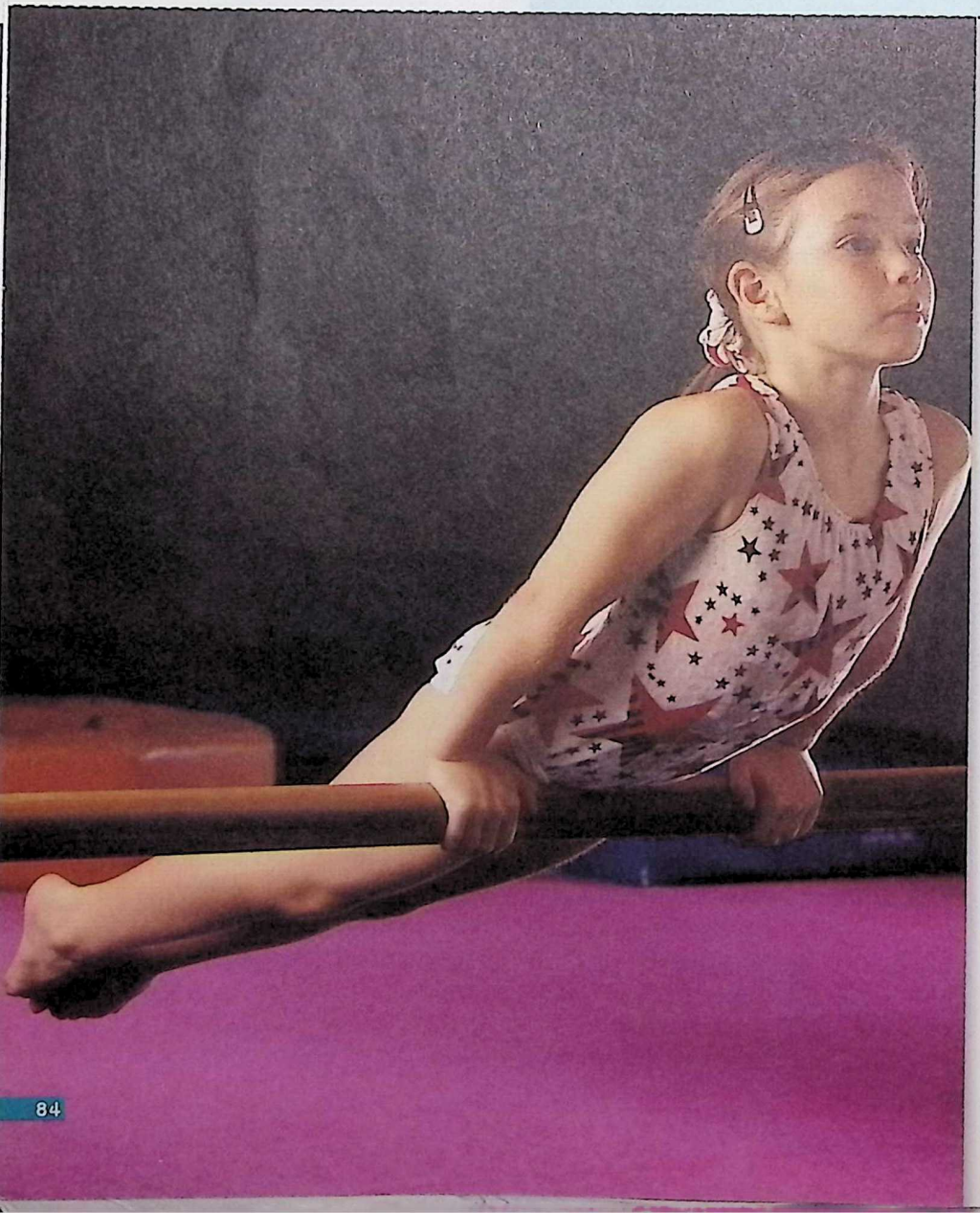
Sports Sampler

Playing sports is fun and it helps you build a strong body and a quick mind. Learn about different sports and activities with this badge, and discover the ones you like best.





1. Stretch It Out

A proper warm-up before you take part in sports and fitness activities will help reduce your chances of getting hurt by increasing the blood flow to your muscles and preparing them for exercise. Create a five-minute warm-up and a five-minute cool-down. Learn three stretches for your upper body and three for your lower body. Do them before and after you play—every time!

2. Practice Makes Perfect

Choose a sport that you want to learn or improve on. Pick three skills that you want to practice, either with a friend or on your own. With a coach, teacher, or parent, set some improvement goals. Then spend at least an hour a week practicing for the next three weeks.

3. Play Time

Participate in a sport by taking part in a tournament or play day, or become a member of a club, team, or intramural program. Discover two ways you can improve your play.

4. Try Something New

Playing the same sport over and over again can stress your body out. So try a new sport in addition to your regular favorite. In-line skating, volleyball, tennis, snowboarding, cycling...you make the choice. Spend at least six sessions at the sport. Decide if you like it or not.

5. Safety First

Safety awareness is vital when you play a sport. Still, accidents can happen. Learn how to treat two of these basic injuries that might happen when you are learning or practicing a new sport: skinned knees, nosebleeds, blisters, ankle sprains, and muscle strains. Can you think of ways to avoid these injuries in the future?

6. See and Tell

For one week, look through the sports section of your local newspaper. Compare articles about sports with male players and sports with female players. The sports can be played by professional, high school, or college teams. Write a letter to the sports editor of your newspaper complaining if sports weren't covered equally or congratulating if they were.

7. You Go Girl!

You can almost feel like you are participating in a sport by cheering for someone else. Write a cheer—with at least two verses—for your troop or favorite team. If you want, you or a friend can make up a movement routine to go along with it. Show your cheer to your troop and encourage them to perform it with you at a local girls' or women's sports event.



8. "HerStory" of Sport

Pick a sport you would like to know more about. Trace the role of women in the sport's history. When did women start playing it? Were the rules changed for women? How did it become popular among girls and women? Do many girls and women play this sport? Do famous women athletes compete in this sport?

9. Spread the Word

Some people can't play certain sports because they don't have the proper equipment. With some friends, find a group in your community that needs help with its sports program. Ask what the group needs and what you can do to help. For example, you could start a sports equipment drive for the group. You might need to work with someone from a sporting goods store, or another adult, to collect equipment. Make sure the equipment is safe and in good working order.

10. Sport Search

Find out about two sports that are new to you. Are they played or taught in your community? Check out the local Parks and Recreation Department, community centers, or the yellow pages. Collect the following information about these sports. Where can you play them? How do you start learning? What are the fees? What equipment do you need? How many people do you need to play? Share your findings with your troop and see if anyone wants to learn a sport with you!