

Badge Blueprint



Good Sportsmanship Badge

Purpose: This badge teaches Cadettes about sportsmanship and how to put it into action.

Step 1: Watch a sporting series or event.

Pick a sport that interests you. Go to a game or find old videos of competitions on YouTube or ESPN. Possible choices include baseball, hockey, dance, soccer, gymnastics, X Games, tennis, cheerleading and more! While watching, notice how the athletes interact with each other, their coaches and officials. Is it a team or individual sport? Did you witness any good or bad behavior?

Step 2: Create a biography of a female athlete who is a great competitor.

Do you have a favorite sport and female athlete? This athlete can be a fellow teammate, high school/college player or even a professional. Do some research on the athlete and then use your creativity. You can write a poem, essay or song, or even make a video that focuses on why and how this athlete is such a great competitor and practices good sportsmanship.

Step 3: Be a good teammate.

Test out your communication, listening and trust skills with this activity. Create an obstacle course about 20 yards long. Don't be afraid to get creative with materials and course design, but keep one thing in mind—participants will be blindfolded. Think of shows like *Survivor* and the *Amazing Race* if you need some inspiration. Once you have the obstacle course set up you're ready to go. Take turns being the caller, directing your blindfolded teammates by using only your words. The caller cannot touch or guide the person who is blindfolded, unless they are in harm's way. For larger groups, set up two courses and have two groups going at once. This makes the challenge even more difficult, with the blindfolded girls focusing on their caller and trying to block out other noise.

Step 4: Psych yourself up.

Some sports—like figure skating, dance, cheerleading and gymnastics—are subjective. If you know an athlete who practices one of these sports, see if they can talk to you or your troop about knowing some parts of their competition are out of their control. For example, maybe a judge didn't like the music, costume or choreography. You can also ask an athlete about visualization, mental training that can improve performance. For example, a golfer might visualize a perfect stroke over and over to help her muscles remember it.

Step 5 on next page

Step 5: Put your new skills to the test.

Plan a fun game or activity. Get creative! It could be a simple recipe like do-it-yourself play dough, using paper bags to make puppets, or getting some jump ropes and hula-hoops and making a field day. Regardless of the activity, make sure you feel comfortable teaching it to others. Contact a local Girl Scout troop to see if you or your troop can present to their girls so you get some practice.

Congratulations! You have now earned the Good Sportsmanship Badge!

Remember, the Volunteer Toolkit Online has more activities to explore and is a great resource for planning meetings.