



western oklahoma

# Activity Guide

In earning the **Dick's House of Sport patch**, Girl Scouts will build confidence, try new things, and grow as leaders through hands-on sports, fitness, and teamwork activities. Girls will walk away with practical skills, a sense of accomplishment and the courage to keep moving forward, on and off the field.

## Complete the designated number of activities to earn your patch:

Daisy - 3

Brownie - 5

Junior/Cadette - 7

Senior/Ambassador - 10

<p>Try a New Sport: Participate in a free fitness activity (yoga, lacrosse, soccer, HIIT, etc.)</p> <p>All Ages</p> <input type="checkbox"/>	<p>Test Your Skills: Test your personal best in and use the in-store Hit Trax Cage. Choose 2 of the 4 sports (baseball, softball, soccer, lacrosse).</p> <p>Ages 6+</p> <input type="checkbox"/>	<p>Knowing Navigation: Practice your Navigation skills by mapping out Dick's House of Sport</p> <p>Ages 7+</p> <input type="checkbox"/>	<p>Bike Basics Stop by our service counter and learn the basics of bike building &amp; safety.</p> <p>All Ages</p> <input type="checkbox"/>
<p>Confidence &amp; Communication: Shadow the greeter to build confidence, communication, and people skills</p> <p>Ages 7+</p> <input type="checkbox"/>	<p>Knot Tying Basics: Master 3 essential knots for camping and climbing.</p> <p>Ages 9+</p> <input type="checkbox"/>	<p>Team Sports 101: Learn about different sports and how teamwork plays a role in success.</p> <p>All Ages</p> <input type="checkbox"/>	<p>Meet a Sports Pro: Interview our PGA Pro or our Master Club Fitter in the Golf Performance Center.</p> <p>Ages 11+</p> <input type="checkbox"/>
<p>Inspire the Team: Attend a store huddle before opening to help prepare the team for the day.</p> <p>Ages 11+</p> <input type="checkbox"/>	<p>Lead Like a Pro: Shadow a Head Coach in the store and learn the behind-the-scenes of retail.</p> <p>Ages 11+</p> <input type="checkbox"/>	<p>Event Planning: Learn how the store operates and brainstorm an event idea.</p> <p>Ages 11+</p> <input type="checkbox"/>	<p>Test Your Skills: Test your skills by using the putting green &amp; rock wall to achieve a new personal best.</p> <p>Ages 6+</p> <input type="checkbox"/>
<p>Shoe Science: Test different types of athletic shoes and learn how to choose the right fit for different sports.</p> <p>Ages 7+</p> <input type="checkbox"/>	<p>DIY Jersey Design: Create a jersey design for a team you'd love to play for. Include colors, logo and team name.</p> <p>All Ages</p> <input type="checkbox"/>	<p>Speed &amp; Agility: Complete a ladder drill on the field and 6 laps around the track</p> <p>All Ages</p> <input type="checkbox"/>	<p>Climbing Safety: Learn safety tips &amp; tricks from our climbing team at the Rock Wall.</p> <p>Ages 6+</p> <input type="checkbox"/>

