

B Xtreme!



Breakin' It Down

Ever feel like "venturing" out and doing something extreme? Maybe something like rock climbing, white water rafting, caving/spelunking, dirt bike racing, Taekwando, kayaking, skateboarding, surfing, or snowboarding? For those about to rock, Girl Scouts salutes you!

HERstory

The "B Xtreme!" Interest Project echoes suggestions from volunteers like Kathi Krankoski of Brookfield, Illinois. The girls in Kathi's Troop 1921 want to experience more adventurous activities in Girl Scouting, like archery, caving/spelunking, white-water rafting, and rock climbing.

Meanwhile, girls in advisor Carla Gleason's Troop 24 asked that individual sports be better represented: "If a girl is into an individual sport, or an unusual one, there [currently] isn't much they can apply all their hard work and effort toward [for] Girl Scout recognition."

You've Got MAD Skills

By completing activities in the "B Xtreme!" Interest Project, girls like you across the country can:

- Experience exciting adventures and extreme sports
- Earn recognition for participation in individual, or unusual, sports
- Improve and expand healthy living skills
- Discover careers off the "beaten path"

Helpful Links

There are several organizations that would be helpful for researching and doing the activities in this IP, such as:

- United States Ski and Snowboard Association (www.ussa.org)
- United Professional Skateboarder's Association (www.sk8upsa.com)
- American Alpine Club (www.americanalpineclub.org)
- American Bicycle Association (www.ababmx.com)
- National Speleological Society (www.caves.org)

Important!

Work closely with your adult advisor to make sure you're within *Safety-Wise* guidelines when participating in any adventure or sport. You may even want to ask your advisor and/or Girl Scout council to connect you with adults who have more expertise in these areas.

Need Help?

No problem. Read the [Intro](#) before diving into "B Xtreme!" Just want a quick refresher on what to do? Okay, in order to earn any of these Interest Projects:

- Do the one REQUIRED activity
- Do ONE activity of your choice from each of the THREE categories (LEARN, DO, SHARE)
- Design and do ONE activity of [YOUR OWN](#)
- Create a short [REFLECTION](#) after you've completed [all of the activities](#)

Food for Thought! Often, an activity in the "LEARN" category will help you build a skill that you'll have the chance to try in the "DO" category and then share in the "SHARE" category. Make connections between the "steps" when planning which activities you'll do. For an example of a skill-building connection, check out the third activity of each "B Xtreme!" category.

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Required: Where you live determines the kinds of sports you can play and the adventures you can have. If you want to try white-water rafting but don't live anywhere near white water, it might be a challenge. You could plan a trip—or you can make the best of what's around you. Based on your area's geography, make a detailed list of all the extreme sports and adventures available to you *outdoors*. Include other extreme sports and adventures that could take place *indoors*. Review your list with a local camp director, gym teacher, or parks department director to make sure you haven't missed anything.

LEARN

1. Check out Exploratorium's Skateboard Science page (www.exploratorium.edu/skateboarding/) to find out the "tricks science" behind an "ollie." Consider Newton's First Law of Motion, which states that an object in motion will stay in motion and an object at rest will stay at rest unless the object is acted upon by an outside force. What outside forces are at play while doing an "ollie"? Prepare a presentation that explains how Newton's laws apply to an extreme sport of your choice, (skateboarding, for example).
2. If you have an interest in a sport, chances are others do, too! Make a list of books, magazines, websites, and organizations dedicated to your sport (limit the list to 10).
3. Imagine your group is going on the extreme adventure of your dreams. Prepare a first-aid kit to take on an overnight extreme adventure. Make a list of common injuries that might occur on this trip and what the remedy is for each.
4. Choose an extreme or uncommon sport you'd like to participate in (one activity—not an entire season). Before participating, make a list of "the basics", including:
 - WHAT (basic sport skills)
 - WHERE you participate in this sport
 - GEAR and PRICES for equipment
 - KNOW the LINGO (any "slang" used in the sport)
 - TIPS and SAFETY (rules to follow, warm-up or conditioning routines)
 - HOW TO HANDLE (describing proper attire, care for equipment, and injury prevention)
 - GAME ON (competitions, rules, and the history of the sport)

Try to identify an adult in your area who is an expert in the sport and willing to give pointers and advice to you.

DO

1. Interview a female athlete in your area (collegiate or professional) about opportunities for women in sports beyond high school. What is their educational and athletic background? Do they have another job besides competing in sports? What is their training regimen like? If possible, watch them practice or compete in their sport. Observe their discipline and training techniques in action.
2. Go to a park in your neighborhood and sketch its layout on a pad. Design where you would build an area for extreme activities like a skateboard ramp, dirt bike course, or rock-climbing wall.
3. Plan an overnight trip for the extreme adventure of your dreams that includes one extreme sport! Include plans for the number, age, and ability of the trip's participants. What are the trips' costs and required equipment? Who will join you (Girl Scouts, family)?
4. Participate in an extreme sport (one activity—not an entire season). Consider taking your game to the next level, if possible. Enter a competition for your Xtreme sport. Keep a diary of your training and preparation for the competition as well as your feelings and fears about it—and how you feel after the competition.

SHARE

1. Discuss the effects of Newton's Law in skateboarding and other extreme sports in a presentation to a group in or outside of Girl Scouts. (Consider an assignment you may already have at school—could this satisfy it?)
2. Help your community "B Xtreme!" Present your ideas and design sketch to your city council (or a local newspaper) about where you would build an area for extreme activities like a skateboard ramp, dirt bike course, or rock-climbing wall in a local park. Or, create a safety poster for younger children about equipment they should wear, rules they should observe, and injuries they might suffer if they don't. Or, design a public service announcement or ad that describes why people should give your extreme sport or adventure a try. Include how the extreme activity you chose helps promote healthy living. Provide a list of careers one could have that are a part of or dependent upon this extreme activity. Consider including a list of books, magazines, websites, and organizations dedicated to your sport. Submit your design to your school newspaper or local newspaper/radio station.
3. Make your dream extreme adventure a reality! Partner with your adult advisor to organize an extreme event for your group (a day at the skate ramps or in the caves).
4. Partner with a community center and help another kids experience your sport as a participant or spectator. If possible, organize an event that will enable a group of disabled people to experience the sport as participants. Be sure to have someone from the community center with you at the event.