

Keys to Leadership 2010

USA Girl Scouts Overseas -
North Atlantic

2010

USA Girl Scouts
Overseas -
North Atlantic

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DSN 633-8696

Fax +39 050 54 7977

Revised 26 August 2010

This conference is a great opportunity for you to learn leadership skills, practice leadership skills and share leadership skills. Come and enjoy learning, sharing and doing with your Girl Scout Sisters!

USA Girl Scouts Overseas - North Atlantic

Keys to Leadership

Troop Registration Packet

Date: September 24-26, 2010

Location: Mannheim Germany

Purpose: A conference focused on leadership, learning and fun for Girl Scout Cadettes, Seniors and Ambassadors.

Event Fee:

USAGSO-NA Affiliate

- \$100 per Girl (includes \$50 non-refundable deposit)
- **\$75 per girl for Saturday only (includes \$50 non-refundable deposit)**
- \$50 per Adult (includes \$25 per adult non-refundable deposit)

Includes:

- Long sleeve event t-shirt
- Pouch to hold nametag, medical form, change, etc.
- All meals and snacks
- All activity fees
- Travel to and from activities off post

USAGSO Affiliate-New York

- \$130 per Girl (includes \$65 non-refundable deposit)
- \$80 per Adult (includes \$40 per adult non-refundable deposit).

- Sleeping bags, mats and pillows can be rented from Outdoor Recreation at a fee of \$9.00 for the entire event. You will need to bring a pillowcase.

No Borders... Just Horizons!

Deadlines:

1. Registration Deadline: 1600 Friday, 3 September 2010
2. Balance due in USA Girl Scouts Overseas - North Atlantic HQ office 1600: Friday, September 17, 2010
3. For Non-Military ID holders: provide a copy of their passport Friday, September 3, 2010

Non-refundable Deposit:

- For USAGSO-NA Affiliate there is a \$50 non-refundable deposit per girl and \$25 per adult
- For USAGSO Affiliate-New York there is a \$65 non-refundable deposit per girl and \$40 per adult.

Late Registration Fee: Registrations that arrive after 3 September 2010, will be charged a **\$25 late fee** per person.

Installation Access: Please be advised that for those who **do not** hold a US military ID, **must** provide a copy of their passport by no later than **Friday, September 3, 2010**. If a copy of the passport is not provided by the deadline, installation access will not be granted.

Cancellations: CONTACT USAGSO-North Atlantic if you are unable to attend:

- Phone: DSN 633-8696 or CIV 39 050 548696
- Email: gsreg@cmtymail.26asg.army.mil
- Fax: 39 050 547977



basis.

We are going to "Green our Routine!" We are asking that everyone brings their own mess kit. We will cut down on our waste by a considerable amount and save money in the process (Using our resources wisely and making the world a better place). If you need to rent a mess kit (plate, bowl, cup, fork, knife, spoon) for the weekend, you may do so for \$3.00. Available on a first come, first served

Don't Forget to Bring!!

- Travel mug and water bottle
- Mess kit (plate, bowl, cup, fork, knife, spoon)

Note: Depending on the course that you choose, you might need to bring additional items. Please refer to the Keys to Leadership 2010 course brochure for course details.

This packet includes the following:

- Part I: Troop Registration, Payment information and Kapers selection
- Part II: Course Tables
- Part III: Course Selection guidelines
- Part IV: Girl Grant guidelines and Girl Grant Form

No Borders...
Just Horizons!

For Keys to Leadership 2010 registration questions please contact USAGSO-North Atlantic:

Phone: DSN 633-8696 or CIV 39 050 548696; Email: gsreg@cmtymail.26asg.army.mil or Fax: 39 050 547977

Part I: Troop Registration

Please print legibly, complete all sections and email it back to gsreg@cmtymail.26asg.army.mil or fax it to DSN 633-7977, CIV +39 050 547977 WHEN CREDIT CARD INFORMATION IS INCLUDED. Do not send registrations by mail. They might not get to USAGSO-NA on time. **A confirmation packet will be emailed after 3 September 2010 registration deadline.**

Troop Leader complete name:

Mailing address of Troop Leader:

Day telephone:

Email address:

Overseas Committee:

Program Level:

Cadette Senior Ambassador (circle one)

Troop Number:

Payment Information

Number of Girls

X

deposit

\$

=

\$

Number of Adults

X

deposit

\$

=

\$

Rent Sleeping bag,

X

\$9.00

=

\$

mat & pillow (First come,
first served basis)

\$25

\$3.00

\$
\$

Late fee per person

Rent Mess kits

X

\$3.00

=

Total Balance Due (By no later than September 17, 2010) = \$_____

Method of Payment

Cash: \$_____ Check: \$_____ Check#: _____

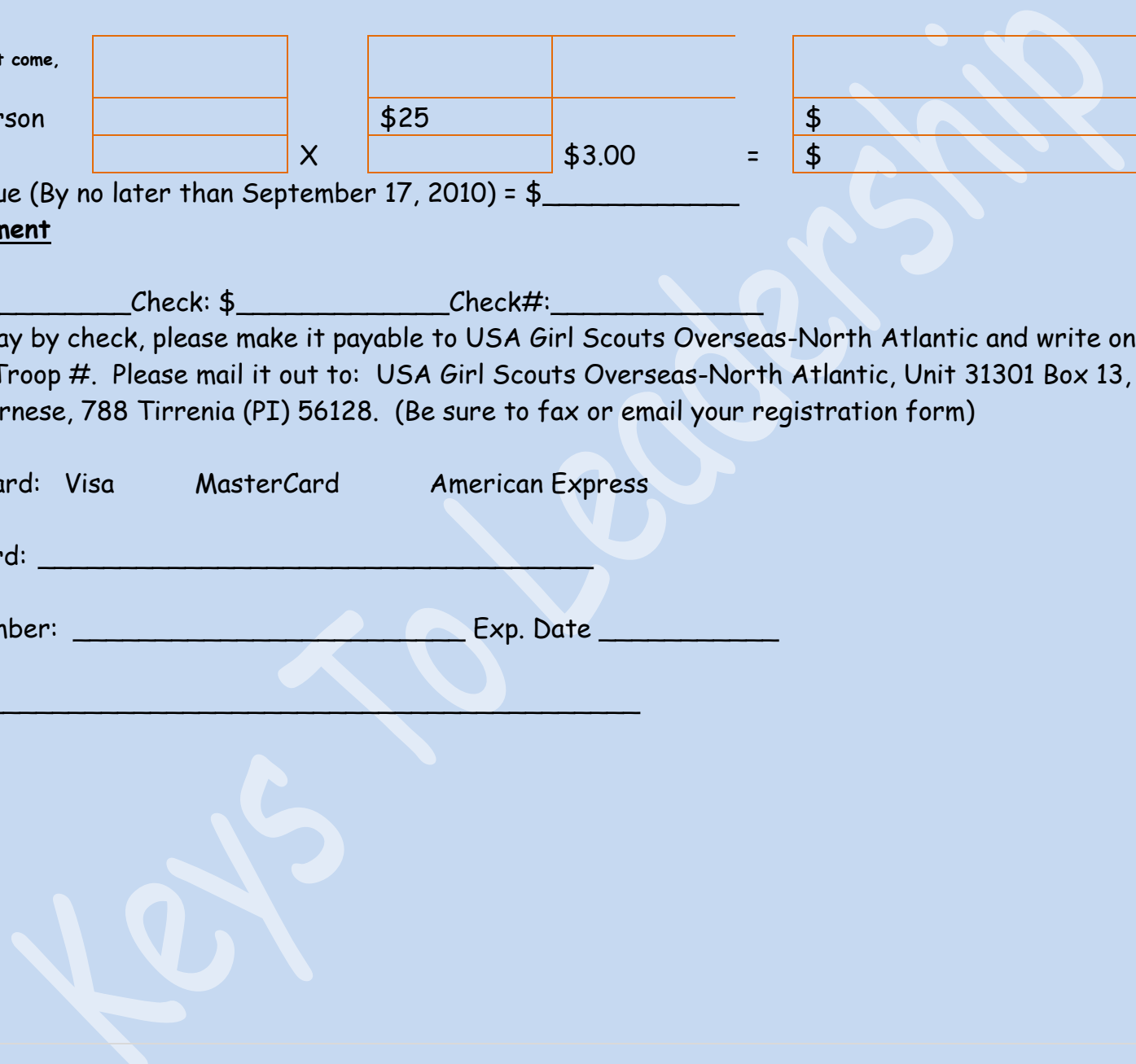
If you wish to pay by check, please make it payable to USA Girl Scouts Overseas-North Atlantic and write on the memo line KEYS and your Troop #. Please mail it out to: USA Girl Scouts Overseas-North Atlantic, Unit 31301 Box 13, APO, AE 09613, or Via Vecchia Livornese, 788 Tirrenia (PI) 56128. (Be sure to fax or email your registration form)

Select Credit Card: Visa MasterCard American Express

Name on the card: _____

Credit Card Number: _____ Exp. Date _____

Signature: _____



Part II: Course Selection

Rank your choices of workshops 1st, 2nd, and 3rd for morning and for afternoon classes. If all of your choices are all day classes, you do not have to indicate "all day" or " $\frac{1}{2}$ day" for Saturday afternoon. Enter course numbers only. Adults will be asked to help supervise classes. Adults may put in top 3 choices, but please realize that you while your preferences will be noted, you may not get the class that you choose and you may be assigned to assist with other courses. Indicate whether adult or girl is registering.

Name: _____ Troop # _____

Overseas Community: _____

Email: _____ @ _____

Girl/Adult (circle one)

Saturday Morning

1st Choice: Course # _____ all day $\frac{1}{2}$ day (circle one) Time: _____

2nd Choice: Course # _____ all day $\frac{1}{2}$ day (circle one) Time: _____

3rd Choice: Course # _____ all day $\frac{1}{2}$ day (circle one) Time: _____

Saturday Afternoon

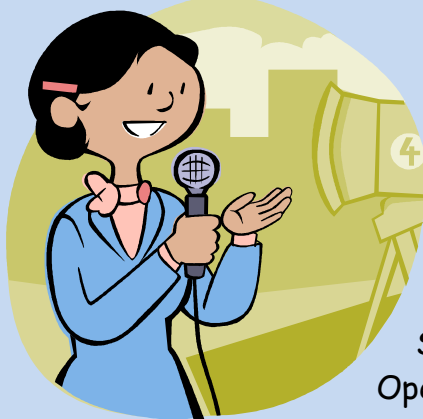
1st Choice: Course # _____ Time: _____

2nd Choice: Course # _____ Time: _____

3rd Choice: Course # _____ Time: _____

Course Descriptions

Broadcast Journalism



Spend a day learning the ropes of being a roving reporter. Join with an AFN producer and "follow a lead" and "get the scoop!" You will learn the ropes of finding a story, conducting interviews, editing copy and producing a video to share at our closing activities.

Saturday: 9:00-4:00

Open to all age levels

Minimum enrollment: 6 girls

Maximum enrollment: 10 girls

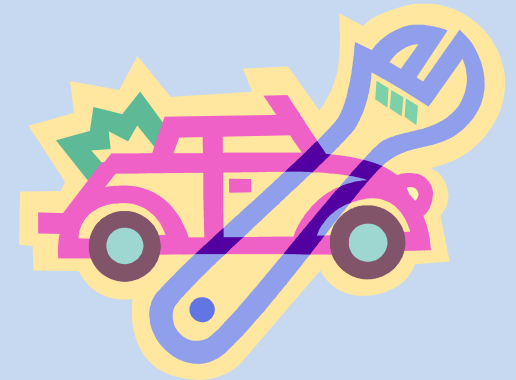
Car Repair

No need to rely on the repairman! You can take the lead! Gain basic car maintenance skills by learning how to check tire pressure, change a tire, check and change the oil, replace wiper blades and headlight and taillight bulbs. Don't ever be caught unprepared again!

Saturday: 9:00-12:00

Saturday: 1:00-4:00

Open to all age levels



Minimum enrollment: 6 girls

Maximum enrollment: 15 girls

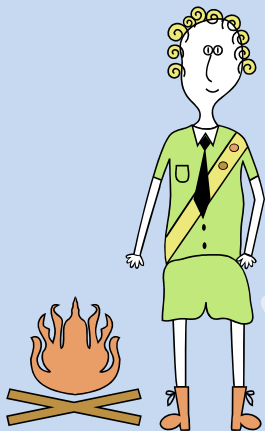
Cast Iron Chefs Unite!

You will learn to start a fire three different ways and cook on an open fire. You'll make your own lunch using a Dutch (not the country) oven. We start big with a bonfire and work our way through wood to charcoal then down to a propane grill. You will also be taking the lead on the campfire for the night. Sign up while it's hot!!

Saturday: 9:00-12:00

Saturday: 1:00-4:00

Open to all age levels



Minimum enrollment: 6 girls

Maximum enrollment: 15 girls

Counselor-in-Training: The Intro

CIT: The Intro

Ever been to summer camp? If not, you are missing out. And what better way to go than to be one of the counselors? One of those infamous people who lives on in a girl's memory forever. Fancy being a part of that? Or just want to find out exactly what it's like to be a Counselor-In-Training? Come join me as we escape to the wonderful place that is camp for a day. Taught by a Camp Lachenwald counselor - 'Jack' - this session is designed to give you an insight into what it would be like to be a CIT at Camp Lachenwald and Campeggio Bosco Ridente, and lets you tick some of the boxes on your way to earning your CIT pin. The only requirement? You promise not to laugh at my singing!

You will spend a day-in-the-life of a camp counselor. Learn what it takes to run a camp and develop activities for campers. In the class you will learn songs that you will teach the other girls at the campfire on Saturday night. Discover if you have what it takes to pack it up and take it with you!

Saturday: 9:00-4:00

Open to Girl Scout **Seniors and Ambassadors**

Minimum enrollment: 6 girls

Maximum enrollment: 15 girls

CPR & First Aid



You will learn the basics of Red Cross CPR and First Aid--your key to taking the lead in case of an emergency. Girl Scouts are expected to Be Prepared. What better way, than to arm yourself with the skills to help save a life. A certified Red Cross instructor will provide you with the training necessary to earn your basic CPR, First Aid and AED certification.

Saturday: 9:00-4:00

Open to girls **ages 13-17 years old**



Minimum enrollment: 6 girls
Maximum enrollment: 12 girls

Empower Yourself

The focus of this workshop is to help you identify barriers to success and to help you to identify and discover the Inner Strengths you possess that make great Leaders. Risk taking behaviors will be addressed, along with the alternative healthy decision making strategies that can help you create a healthy relationship with yourself and with others. By the end of the workshop you will be empowered to use your Inner Strengths as Keys to Success to help you transition on your life journey.

Saturday: 9:00-12:00

Open to girls in 8th-9th grades

Saturday: 1:00-4:00

Open to girls in 10th-12th grades

Minimum Enrollment: 6 girls

Maximum Enrollment: 15 girls

Girls Just Want to Have FUNDS!

Money management skills that will last a lifetime. Learn how to manage your money with all the ins and outs of credit and financial planning.

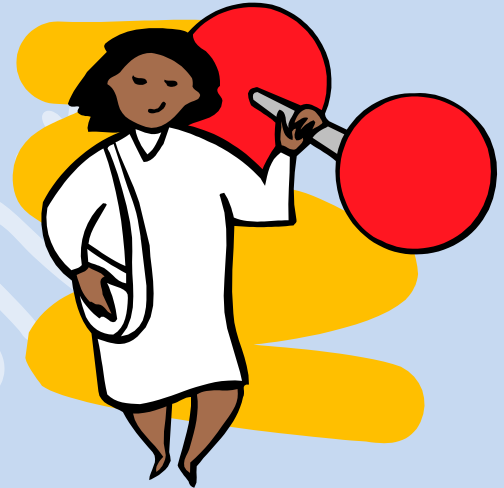
Saturday: 9:00-12:00

Saturday: 1:00-4:00

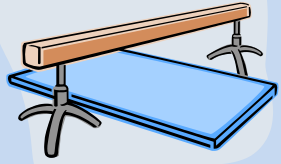
Open to all age levels

Minimum enrollment: 6 girls

Maximum enrollment: 12 girls



Gymnastics



Enjoy SUPER FLIP, SUPER FUN, while you learn the basic concepts of gymnastics. You will learn by watching and then by practicing basic body positions, rolls and jumps. You will overcome your fear of trying new things under the direction of Mr. Jared Siple, Mannheim CYSS Head gymnastics coach. He will teach you the basics of floor, bars, beam, vault and the tumbling trampoline. You will learn proper stretching techniques, warm-up exercises, basic gymnastics skills, conditioning, leadership and team building techniques. Let's roll with it! WEAR COMFORTABLE CLOTHING!!



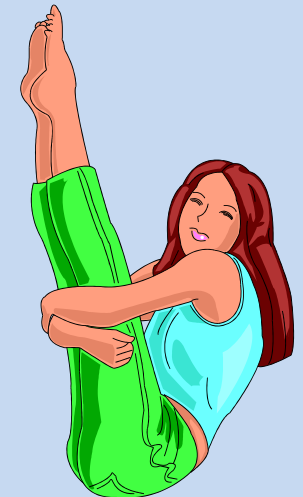
Saturday: 9:00-12:00

Saturday: 1:00-4:00

Open to all age levels

Minimum enrollment: 6 girls

Maximum enrollment: 12 girls



Kick it into High Gear

Learn how to defend yourself with combatants training. You will learn the basics of how to protect yourself and practice different moves to keep you empowered, from a certified Army Combatants trainer. WEAR COMFORTABLE CLOTHING!! YOU WILL BE MOVING AROUND!

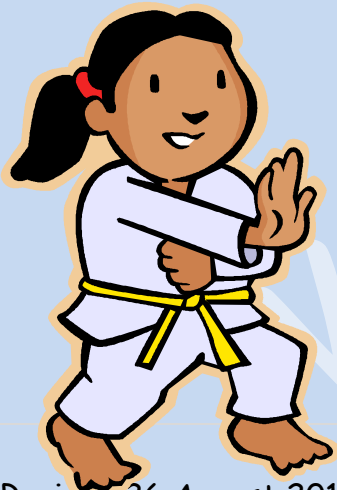
Saturday: 9:00-12:00

Saturday: 1:00-4:00

Open to all age levels

Minimum enrollment: 6 girls

Maximum enrollment: 15 girls



PA

Program Aide

Program Aides (PAs) are older girls, grades 6-12, who are practicing leadership skills. This class will provide you with the training to work with younger Girl Scouts and assist Girl Scout adults. As a Program Aide, you can volunteer to help at troop meetings, and other Girl Scout events. You will learn how to facilitate activities such as songs, games, crafts, hikes, and how to plan events. Program Aide pin will be earned at the completion of this class.

Saturday: 9:00-5:00

Open to all age levels

Minimum enrollment: 6 girls

Maximum enrollment: 15 girls



Red Cross Babysitting

Learn the essential skills necessary to be a responsible, reliable and fun babysitter, who will get jobs, time and time again.

Saturday: 9:00-4:00

Open to girls ages 13-17 years old

Minimum enrollment: 6 girls

Maximum enrollment: 15 girls



Shoot to the Top!

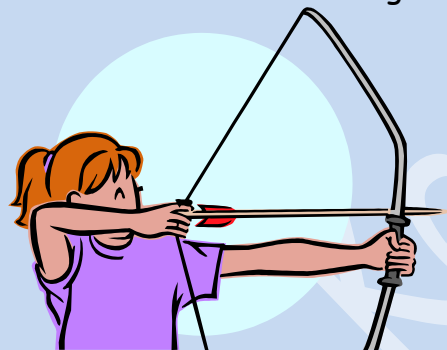
Experience target practice with some time at the range. Learn how to appropriately handle a bow and arrow with lessons in archery. Test your marksmanship skills with shooting!!

Saturday: 9:00-4:00

Open to all age levels

Minimum enrollment: 6 girls

Maximum enrollment: 15 girls



Show Us Your Style!

Learning style, that is! Identify your dominant learning style and experience multiple intelligences. Find out what kind of leader you are and determine what your style means for you. You will experience team building activities and learn the power of words. Learn how to best utilize your skills and how to develop new ones.

Saturday: 9:00-12:00

Saturday: 1:00-4:00

Open to all age levels

Minimum enrollment: 6 girls

Maximum enrollment: 12 girls



Spend a day with German Scouts

Spend the day touring one of Germany's oldest cities, Worms, and getting to know new friends in some German scouts. Climb the tower of an International Scouting center, in the Nibelungenturm--the old bridge tower overlooking the Rhein River. Take the lead in bridging our cultures and building new international friendships. Be prepared to do some walking and climbing the stairs of the tower.

Saturday: 9:00-4:00

Open to all age levels

Minimum enrollment: 6 girls

Maximum enrollment: 25 girls





Stress for Less!

Don't let the new school year get you down. Learn strategies to decrease the stress in your life. You will learn techniques of how to eliminate the unnecessary and handle the necessary stresses in your everyday life. Be prepared to move around and learn how to take care of YOU!

Saturday: 9:00-12:00

Saturday: 1:00-4:00

Open to all age levels

Minimum enrollment: 6 girls

Maximum enrollment: 15 girls

Walk in the Footsteps of the Romans

Take a day to hike in the Odenwald and visit the geologically unique terrain known as Felsenmeer (Sea of Rocks). There you will see where the ancient Romans went to find granite for their grand columns and buildings. Hike the trail, or climb the boulders. You will learn basic orienteering skills and search for a geocache along the way! **WEAR COMFORTABLE, WEATHER APPROPRIATE CLOTHING. THE HIKE GOES...RAIN OR SHINE!!**

Saturday: 9:00-4:00

Open to all age levels

Minimum enrollment: 6 girls

Maximum enrollment: 15 girls



Workshop	Wksp #	Saturday all day	Wksp #	Saturday AM	Wksp #	Saturday PM	Program Grade levels	Min & max # of girls
Counselor-in-Training: The Intro	102	Saturday: 9:00-4:00					Open to Girl Scout Seniors and Ambassadors	Min: 6 Max:15
CPR & First Aid	103	Saturday: 9:00-4:00					Open to girls ages 13-17 years old	Min:6 Max:12
Red Cross Babysitting	105	Saturday: 9:00-4:00					Open to girls ages 13-17 years old	Min: 6 Max: 15
Shoot to the Top!	106	Saturday: 9:00-4:00					Open to all age levels	Min: 6 Max:15
Walk in the Footsteps of the Romans	108	Saturday: 9:00-4:00					Open to all age levels	Min: 6 Max:15
Broadcast Journalism	101	Saturday: 9:00-4:00					Open to all age levels	Min: 6 Max 10
Program Aide	104	Saturday: 9:00-5:00					Open to all age levels	Min: 6 Max: 12
Spend a day with German Scouts	107	Saturday: 9:00-4:00					Open to all age levels	Min: 6 Max:25
Cast Iron Chefs Unite!			202	Saturday: 9:00-12:00			Open to all age levels	Min: 6 Max 15
Empower Yourself			203	Saturday: 9:00-12:00			Open to girls in 8th-9th grades	Min: 6 Max: 12
Girls Just Want to Have FUNDS!			204	Saturday: 9:00-12:00			Open to all age levels	Min:6 Max:12
Gymnastics			205	Saturday: 9:00-12:00			Open to all age levels	Min:6 Max 12
Kick it into High Gear			206	Saturday: 9:00-12:00			Open to all age levels	Min: 6 Max:15
Show Us Your Style!			207	Saturday: 9:00-12:00			Open to all age levels	Min:6 Max:12
Stress for Less!			208	Saturday:			Open to all age levels	Min: 6

Workshop	Wksp #	Saturday all day	Wksp #	Saturday AM	Wksp #	Saturday PM	Program Grade levels	Min & max # of girls
				9:00-12:00				Max:15
Car Repair			201	Saturday: 9:00-12:00			Open to all age levels	Min: 6 Max 15
Cast Iron Chefs Unite!					302	Saturday: 1:00-4:00	Open to all age levels	Min: 6 Max 15
Empower Yourself					303	Saturday: 1:00-4:00	Open to girls in 10th-12th grades	Min: 6 Max: 12
Girls Just Want to Have FUNDS!					304	Saturday: 1:00-4:00	Open to all age levels	Min:6 Max:12
Gymnastics					305	Saturday: 1:00-4:00	Open to all age levels	Min:6 g Max:12 g
Kick it into High Gear					306	Saturday: 1:00-4:00	Open to all age levels	Min: 6 Max:15
Show Us Your Style!					307	Saturday: 1:00-4:00	Open to all age levels	Min:6 Max:12
Stress for Less!					308	Saturday: 1:00-4:00	Open to all age levels	Min: 6 Max:15
Car Repair					301	Saturday: 1:00-4:00	Open to all age levels	Min: 6 Max 15

If you have any questions regarding our registration packet, please contact gsreg@cmtymail.26asg.army.mil or phone (CIV)+39 050 548696, or (DSN)633-8696

Part III: Course Selection Guidelines

1. Submit the names and workshop selection in an Excel format. You can find a downloadable form on the [Keys to Leadership](#) page or please use the directions below to create your own. Once completed, please send it via email as an attachment to gsreg@cmtymail.26asg.army.mil

Write on the subject line KEYS Troop # ____ course registration.

2. Please create the following Excel spreadsheet format:

Column 1:	Date submitting	Column 12:	Type of transportation	Column 21:	AM 3 rd choice course selection
Column 2:	Adult/Girl	Column 13:	Place of arrival	Column 22:	PM 1 st choice course selection
Column 3:	First Name	Column 14:	Date of arrival	Column 23:	PM 2 nd choice course selection
Column 4:	Last Name	Column 15:	Time of arrival	Column 24:	PM 3 rd choice course selection
Column 5:	Program Level	Column 16:	Place of departure	Column 25:	Comments
Column 6:	Military ID Holder Yes/No	Column 17:	Date of departure	Column 26:	T-shirt Size
<i>*Column 7:</i>	<i>Passport #</i>	Column 18:	Time of departure		
<i>*Column 8:</i>	<i>Passport Issue Date</i>	Column 19:	AM 1 st choice course selection		
<i>*Column 9:</i>	<i>Date of birth</i>	Column 20:	AM 2 nd choice course selection		
<i>*Column 10:</i>	<i>Citizenship</i>				
Column 11:	Dietary/Other Restrictions				

Note:

- *Columns 7-10 are for NON-ID card holders only. A copy of the passport must be provided at time of registration. If a copy of the passport is not provided by the deadline, Friday September 3, 2010, installation access will not be granted.
- Please use XS, S, M, L, XL, 2XL or 3XL under Column 25. to make an accurate selection, please see the following women's chest size guide:

XS(30-32) S(34-36) M(38-40) L(42-44) XL(46-48) 2XL(50-52) 3XL(54-56)

Formatting dos and don'ts:

- Please do not get creative with changing column order. We download this excel into another program and we cannot guarantee proper and accurate registration if submissions are in wrong format.
- Please do NOT submit data in ALL CAPS

- Do read over list before submitting: Check name spelling, numbers, etc.
- Please use workshop numbers only when selecting your choices.

Kapers selection:

Kapers are the responsibility of every troop participating and each troop is expected to help! Please make sure that you sign up for Kapers according to your troop size. Troop should sign up for **at least** one Kaper a day. Kapers will be assigned according to facility needs. Kapers will be assigned by a "first come, first served" basis. **A list of the assigned Kapers will go out via email prior to the start of the Conference.**

Date	Time	Kapers	Choice
Sat, Sept 25	06:00	Breakfast set up	
Sat, Sept 25	08:00	Breakfast cleanup and recycle	
Sat, Sept 25	17:30	Dinner setup	
Sat, Sept 25	20:00	Dinner cleanup and recycle	
Sat, Sept 25	20:00	Girls' Bathroom clean up Sports Arena	
Sat, Sept 25	20:00	Boys' Bathroom clean up Sports Arena	
Sat, Sept 25	20:00	Girls' Bathroom clean up Community Center	
Sat, Sept 25	20:00	Boys' Bathroom clean up Community Center	
Sun, Sept 26	06:30	Breakfast set up	
Sun, Sept 26	08:00	Breakfast cleanup and recycle	
Sun, Sept 26	08:00	Girls' Bathroom clean up Sports Arena	
Sun, Sept 26	08:00	Boys' Bathroom clean up Sports Arena	
Sun, Sept 26	08:00	Girls' Bathroom clean up Community Center	
Sun, Sept 26	08:00	Boys' Bathroom clean up Community Center	
Sun, Sept 26	08:00	Sweep floor, roll up mat, etc, Sports Arena	
Sun, Sept 26	08:00	Sweep floor in Community Center	