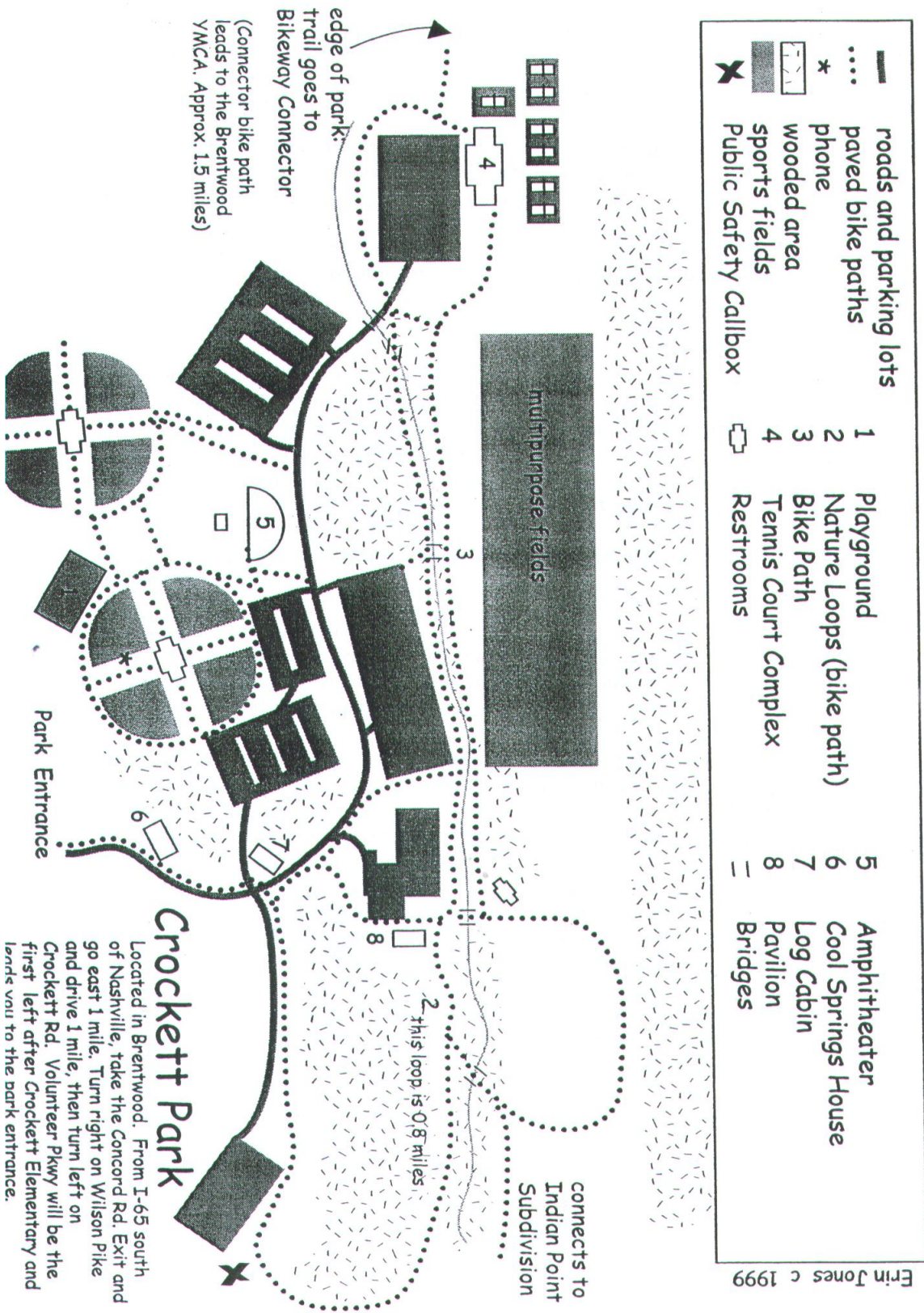


Crockett Park Patch Program



Crockett Park is Located in Brentwood, TN
Patches available through the Girl Scout Shop

This was the Silver Award project of troop 1253



CROCKETT PARK PATCH

This packet is full of fun, preplanned activities centered on the various areas of Crockett Park. For younger girls, this is a great first step to enjoying the great outdoors. For older girls, this patch can be earned or used as an opportunity to earn service hours by leading a younger troop through the requirements.

To help you plan your visit, we would like to point out the great facilities this park has to offer. Crockett Park is unique in offering a blend of natural areas with modern facilities. Crockett Park is a recently completed park that includes ball fields, tennis courts, a wooden playground, multipurpose fields and a bike path for bikes, runners and rollerbladers, which connects all three sites. There is a sheltered pavilion with picnic tables where you can have meetings. The pavilion is easily reserved and there is a small deposit. The wooden bridges that cross the creek in several places are picturesque locations for bridging ceremonies. There are restrooms located conveniently throughout the park, although some may be closed during winter.

This park is beautiful and we would like you to help us keep it in good condition. Remember, as in a national park, "Take only pictures, leave only footprints". Please put your trash in the many waste receptacles located throughout the park. Park rules include: Keeping all dogs on a leash and staying on the paved path with your bikes and skates.

The patch requirements are broken up into 6 sections, each dealing with an area of the park. To earn this patch, **Daisy Girl Scouts** must complete three activities from any section. **Brownie Girl Scouts** must complete four activities from any section. **Junior Girl Scouts** must complete six activities from any section. **Cadette and Senior Girl Scouts** must complete at least two sections or host a younger troop as they earn the patch.

Suggested materials are as follows:

Bike Path: inline or roller skates, bicycle, proper safety equipment (helmet, knee/elbow pads, wrist guards)

Nature Trail: crayons, folder with paper, tree identification book

Amphitheater: music, battery-powered music player

Tennis: tennis racket, tennis ball, a pair of sneakers

Crockett House: dowels or smooth surfaced sticks, a coat hanger to stretch to make a ring (about 9 inch diameter), jump rope

Playground: crayons, paper

Pavilion: snacks, such as: shoestring licorice, mini-marshmallows, pretzel sticks, raisins, coconut and candy corn

If you want to reserve the pavilion call 371-2208. Groups of more than 20 must reserve playground time at 371-2208. For information on the concerts at the amphitheater, call 371-0080.

1. Around the Playground

Do the starred activities and 3 other age appropriate activities.

(D+B+J) **Swingin' Style** Find 5 different types of swings and try them all out.

(D+B) **A Little Strategy** Play tic-tac-toe with a friend on the rotating tic-tac-toe board located near the entrance.

(D+B+J) **Follow the Leader** Play follow the leader thorough the Dragon and Castle Mazes. Take turns being the leader.

(D+B+J) **Puppeteer** Find the puppet theater. Use your hands as puppets and act out your favorite nursery rhyme.

(D+B+J) **Gymnastic Fun** Pretend you are a gymnast on the parallel bars. Make up a routine, or play copycat: the first girl does one element of the routine, the second girl copies what the first girl did and adds an element, the third girl repeats both elements and adds a third...

***Pipe Play** Play on the musical pipes. Make up a song, or pick out a song you know, and play it for your troop.

***Playground Art** Find a painting and copy it on paper. If you were going to paint a picture for the playground, what would it look like?

***Scavenger Hunt** Do the scavenger hunt below. Then make up a scavenger hunt of your own. Answers are on the Extras! page. Find the Following:
What Country Music star donated a maze?
Where is Dolly Parton's name and why?
What color is the castle that Suzanne McGoldrick painted? (her signature is on her painting)

(J + S2B) **Tire Power** Look around at all the ways they used old tires. What else could tires be used for?

(S2B) **Graphic Design** Look at the designs and images they used on the playground. How does this appeal to younger children?

(S2B) **Strength in Structures** What kind of supportive structures do you see underneath and around the wooden playground? What makes them strong?

***Safety Wise** Think about it... what safety precautions do you have to think about when creating a park? Find five ways this park is made safe. Consider the measure of the gaps between wooden slats on the outside walls of the castle. Could someone squeeze through there? Would they get stuck? You

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probably know how much it hurts to fall on concrete, what is the surface like inside the playground?

Safety Corner

*Watch out for small children when you're running around.

*Make sure not to run too fast.

2. Nature Trail

Do the two starred activities and two others.

(B+J) Take a Micro Hike Measure about a square foot of ground in a field and examine it closely. Are there any insects? Did you find any other interesting things? On a piece of paper, draw three or four of the items that you found.

* **Signs** While walking around the park, notice the different park signs. Learn what these signs mean as you see them. How do these signs help the park? Design your own sign on a piece of paper.

* **Nature Thoughts** Take 5 minutes of quiet time to sit and enjoy nature. A nice place to sit is by the creek. Write a poem or draw a sketch of whatever you think of during this time. Share your product with the troop and discuss the meaning of it.

(D+B) Bark Rubbings Using a crayon and a piece of paper, make a rubbing. Place your paper against a tree and rub your crayon against it. Try to pick a different tree than the other troop members. Do you see the bark design on the paper? Compare your rubbing with the others.

(D+B+J) State Features Learn the different state symbols (flower- Iris, tree- Tulip Poplar, bird- Mocking Bird, insect- Ladybug and animal- Raccoon.) Also be able to recognize the state flag. See if you can find any of these things as you are exploring the park.

(J+S2B) Blindfolded Walk Divide into pairs. One person is blindfolded as the other leads her around. What do you still enjoy about the park even when you can't see? Trade places and have the other girl be blindfolded.

(S2B) Park Appeal What makes the park appeal to people? What would you incorporate into a park if you were to build one?

(All) Homes Notice the many birdhouses throughout the park, especially in the woods. Do you see how man has made room for animals in an area of recreation?

(B+J) Leaves Be able to identify leaves of common trees in Tennessee. Observe at least three different kinds of leaves in the park.

Safety Corner

*Be sure to know what poison ivy and look like before starting.

*Remember to buddy up!

*Stay on the paved trail in forested areas.

*Bringing a bandana, insect repellent, water and sunscreen is a great idea!

3. Rolling Along

Complete three of the following:

(D, B) Staying In-Line Using in-line skates or roller skates, skate forward, to your right, to your left, and around corners. Then skate backwards, to your left, to your right and around corners. Skate with a buddy, practicing the skills you just learned.

(D, B) Bicycle Basics Using a bicycle, ride as slowly as you can without stopping. Ride in a long straight line, seeing how far you can go. Then ride in circles, as small as possible.

(J, S2B) And the Winner is... Attend or watch a cycling or skating event. Learn something about the rules of the sport or the participants.

(S2B) Make it a Day! Plan a cycling day or skating day. Choose a route, equipment needed, how long it will take, etc. Remember to look in Safety-Wise to give detailed safe instructions.

(S2B) Stress Relief Physical activity such as cycling or skating can relieve stress. Compare how you feel after a one month period, doing the activity at least twice a week. Share your findings with the troop.

(D, B, J) Safety Signs It is important to always use certain signals when riding a bike. Learn to use these signals whenever you are riding your bike. To turn left, put your left arm straight out with the palm forward. To turn right, put your left arm out and bent upward at the elbow, with fingers pointing up. To stop, put your left arm out and bent down at the elbow, with fingers pointing down.

(B, J) Clothing for Rolling Find out the proper equipment and clothing for cycling and skating. Practice putting the equipment on correctly and discuss the importance of wearing it. You may bring this from home or visit a bike shop and have someone demonstrate.

(S2B) "Repair for Rolling" Learn simple bike repair such as changing a flat tire. Your troop might want to visit a bike shop to have this demonstrated.

Safety Corner

*Wear proper safety equipment at all times.

*When coming up behind pedestrians, warn them by calling "Passing on your left"

and then pass them on that side.

4. Take Time for Tennis

Anyone can play tennis. The purpose of this section is to introduce beginners on how to use tennis courts. You must complete two of the requirements below.

(ALL) Keep it Neat Using the sign located near the tennis courts, review the basic court rules. Answer the following questions: Can you wear hiking boots on the tennis courts? Should you wear sandals to play

tennis? Is it appropriate to go barefooted? Should you ride your bike or roller blade on the tennis courts? Explain why or why not.

(ALL) Court Capers There are seven courts open for public use. Take a walk around the courts to become familiar with the layout. If you have a racket, hit the ball to another girl. If you don't have a racket, you can throw the ball over the net. Try to hit or throw the ball between the white lines.

(S2B) Just Play It! If you know how to play tennis, play a match, or teach it to a younger troop. You can makeup your own game or use these skill drills:

Ball control: bounce a ball into the air with your racket repeatedly. Count how many times you can bounce the ball into the air without letting it hit the ground. To make this more difficult, try standing in place or flipping your racket over with each hit. Hit the ball high for more time.

Basic Ball Sense: To improve your coordination, work with a partner. Stand about 6 feet apart and simultaneously play catch with two balls. To make this more difficult, clap or turn around before catching the ball.

Quick Reactions: Your partner holds the ball out in front of her body palm down, while you rest your hand lightly on top of her hand. Your partner can drop the ball at any given moment. Your job is to try and catch the ball before it hits the ground. If you find this difficult, try holding it higher.

Crossover Steps: Test your footwork and coordination by sidestepping on the baseline. Continue until you reach the end of the line, then do the opposite to travel back. Repeat three times.

Safety Corner

*Proper shoes provide proper support and don't scrape the court. The tennis courts have special surfaces and their care is important.

*Girls should make sure to spread out in order not to hit someone.

*Drink plenty of water when exercising.

*Wear sun block and a hat when it is sunny.

5. Amphitheater

Do one starred activity and two other requirements.

*** Learn the Stage Directions.** Ex: up, left, middle, down. Have someone call out directions as you practice moving to the spots.

(D, B, J) Folk Dance Sing a folk song or bring some folk music and dance to it. You can even make up your own dance. Perform it in front of the troop.

(All) Crockett Concert Attend a Crockett Park concert in the Spring/Summer.

(B, J, S2B) Park Plays Write & Perform a skit about the problems of pollution. Think of a positive way to help the park.

(All) Echo Action Try standing at four different spots in the amphitheater/field area. Have someone yell from the stage and see how you hear them differently at different points. Do you think the architects who built the stage thought about sound? Then stand on the stage and yell at the wall. Do you hear the echo?

(B, J, S2B) Guess What? Play charades with your troop/group. Act out animals that live there, or different activities in the park.

6. Time Travel

The historic Cool Springs House and Log Cabin are buildings from Tennessee's early history that were relocated to Crockett Park. The purpose of having these landmarks is to recreate a typical Tennessee farmstead for the education and pleasure of all visitors. Do two of the following activities:

(All) Log Cabin in the Dark Imagine what it was like to live 200 years ago in this log cabin. You had no electricity or no plumbing. How would you cook your meals? How would you get water? Answer these questions and think of other ways your life would be changed.

(D, B, J) Build a Rain Storm Start building your rainstorm by rubbing your hands together to simulate light rain. Then as the heavier rain moves change from snapping to clapping and then slap your thighs. Then the thunder starts: stomp your feet.. Reverse the order as your rainstorm dies off in the

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distance.

(All) Spin a Story Sit in a circle with your troop. Starting with the girl closest to the log cabin, start your story. The first girl starts with a sentence like, "One hundred years ago, a girl named Katy lived in this log cabin." The story continues around the circle as each girl adds a sentence to "Katy's" adventure in the log cabin. How has this area changed in 100 years and how will it change in the next 100 years?

See the Extras! page

****Also,** The rock behind the log cabin is a good place to sing a song or just relax!

Safety Corner

The Cool Springs House and Log Cabin have a 24 hour alarm system, and if you touch the windows or door, the system will go off.

Extras!

Pavilion Break

It is important to take a break in the shade when you are playing outside all day. Sit back, relax and have a snack or picnic lunch. The suggested activities below are for all ages. We would like to point out to the leaders that this area is a perfect spot for bridging ceremonies: there are several wooden bridges crossing the Little Harpeth River that would be perfect. This is also a good spot for meetings.

Red Licorice Lashing!

An edible way to learn those tricky knots. Give out a strand per knot to each girl. Practice tying the knots one per strand. Have your leader check them before you eat them.

Build a campfire that you can consume!

Circle of Safety: Make a circle of mini marshmallows to represent rocks outlining the boundary for fire tenders.

Foundation: Three pretzel sticks laid as an overlapping triangle represent large logs. (These should be the size of your arm in real life.)

Tinder: Sprinkle coconut to represent small sticks (match-stick size), and dry leaves or wood-shavings.

Kindling: Broken pretzel sticks are placed on top to represent thin dry wood (pencil size).

Fuel: Raisins represent charcoal needed for cooking, or more large logs.

Flame: Candy corn on the top leaps from your well-built fire!

Answers to the Scavenger Hunt: *Alan Jackson (and family) *rubber surface donated by Dolly Parton
*red

Story of the Historic Cool Springs House

The Historic Cool Springs House started as two log rooms built in the 1830's. In 1970, a two-story ell, or L-shaped addition to the house was added. The house used to be located on Mallory Road in Franklin, Tennessee at the Cool Springs Farm. Now Cool Springs Galleria stands there. In 1933, the house was moved

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to the “Historic Area” of Crockett Park in two halves. The house and the land it was originally on were closely associated with original pioneer families from the Brentwood area. The Historic Cool Springs House is a well-preserved example of the evolution of Tennessee Vernacular architecture featuring log cabin, Greek Revival and Victorian styles. The group of buildings in the historic area represents a time of rural life from the past.

REFERENCES:

Brentwood Department of Parks and Recreation
Deb Robinson, Director of Parks
Girl Scouts of Middle Tennessee
The Young Tennis Player by Arantxa Sanchez Vicario