



## **2012 Teen Conference: Take Action for Yourself**

# **REGISTRATION PACKET**

Get ready for 25 hours of fun, discovery and friendships as you "Take Action for Yourself" at the Teen Conference! The conference is designed to help you tap in to the powerful person you are, as you learn and try new things and have a whole lot of fun with other girls your age from all over the council area.

The conference is open to Girl Scout Cadettes, Seniors, and Ambassadors. It begins on Saturday, April 28 at 10:00 a.m. and ends at 11:00 a.m. Sunday, April 29. The cost of the conference is \$50 per girl and \$45 per adult. Cost includes 3 meals, a hotel room with three other people, program supplies and a gift bag for all girls!

### **Conference Highlights**

#### **Workshops, Workshops, Workshops!**

Saturday will be a fast-paced day, jammed full of workshops in which you can try something new, learn to be your best, and have a lot of fun! You will attend five workshops of your choosing from a selection of fifteen.

#### **Fabulous Free Time!**

Saturday night will be for hanging out with your Girl Scout friends, old and new. We will have a costume contest, so dress like a rock star – prizes will be awarded for the best individual costume and the best group costume. We will Karaoke, have a dance party and end the night with a movie.

#### **Make Your Voice Heard!**

Sunday morning we will have a "Girls Voices" session. We will share our dreams as we work together to help decide the future of programming for teen Girl Scouts.

#### **Be Independent!**

Girl Scouts attending the conference will need to be self-reliant. You will be responsible for following the conference schedule, finding your workshops and getting to them on time. You must also follow conference rules, especially the nighttime curfew: girls must be in their room by midnight and must stay in their rooms until 7:00 a.m. That rule is in place for your safety; girls who break that rule will be sent home immediately.

#### **Rooms!**

The conference price of \$50 per girl is based on four girls to a room. On your registration form, there is a space to list the girls you would like to share a room with. If you do not list three other girls, you want to share a room with, you will be assigned roommates. You may request a room with less than four people in it, but you will be required to pay an additional fee.

#### **Information for Adults:**

Leaders who wish to attend the conference may do so for a fee of \$45 to pay for meals plus the cost of their hotel room. This price is also figured for four adults in a room, but adults may have less people in their room for an additional charge.

## Workshop Descriptions

**Stress Less:** Just relax... Life can be stressful, especially for teens! Catch your breath with relaxation, find your peace with yoga, and learn about techniques to reduce your stress.

**Money Matters:** Cash in on your future! How far can your investments take you? Get tips on how to be financially savvy, make strong financial decisions and get the most for your money.

**College Life:** Get tips for preparing for college, choosing the right university and meeting new friends. Then, ask questions about what college life is really all about.

**Healthy Relationships:** Communication and compromise are the keys to a healthy relationship. Find out how to deal with friends, family and foes using proven techniques, and come up with creative ideas for perfect parties!

**Your Best Defense:** Kick butt with self defense. Learn basic self-defense maneuvers and tactics. Get techniques to squash hostile encounters.

**Learning to Speak Out:** Public speaking is the number one fear of many Americans, yet it's something that we all must do from time to time. Are you planning to earn your Girl Scout Silver or Gold Award? Your projects may require you to speak in public or face-to-face with community leaders. This session will help you get comfortable speaking in any environment.

**Get Organized!:** Can't find that gift card that you got for your last birthday? How about your favorite pair of jeans or tube of lip gloss? Lost your book report again? Maybe it's time for you to get organized! Get helpful tips on organizing your room, your locker, and everything in between.

**Let's Get a Makeover!:** We all know that true beauty comes from the inside out, but this session will help you use makeup to enhance your natural beauty. A makeup expert will teach you tons of tips and tricks to let your beauty shine!

**Dress for Success:** Feel like you have nothing in your closet to wear? Are you always clueless on what to wear out on a Friday night with your friends? This is your chance to find out your personal style and discover the right clothes for you. You will find out what is in season and what clothes are timeless pieces.

**How to Advocate for Change:** You have lots of great ideas and are ready to change the world, but how do you get started? Experts in affecting community change will teach you how to advocate for change. This workshop is perfect for girls planning their Girl Scout Silver or Girl Scout Gold Award or who just want to make the world a better place.

**Spa-it Yourself:** Ever wish you could go to the spa? Now you can with items found in your own kitchen! We will create and use spa treatments that you can do at home!

**Understanding Difference:** The world is full of rich diversity, which helps us develop new ideas and perspectives! Learn more about what makes people different—culturally, socially and physically—and find out how differences can be overcome to develop more positive relationships.

**Culinary Discovery:** Do you dream of being the next Food Network star? Get cooking with some simple recipes that will please your friends!

**World Traveler:** Girl Scout *destinations* are your chance to go somewhere cool, do something different and meet new people. Learn about the travel opportunities available to Girl Scouts and how you can turn your travel dreams into reality!

**Zumba:** Get ready to join in the fitness craze that's sweeping the nation! Part dance, part aerobic exercise, Zumba will have you shaking, stepping, swaying and sweating!



Girl Scouts of the Missouri Heartland, Inc.  
**Program Registration (Girls)**  
**Teen Conference: Take Action for Yourself**

**Registration Instructions:**

1. Please complete the GSMH *Parent Permission Form* and *Health History Form* (included in this packet) and submit it with this conference registration form.
2. **Forms must be received by April 13, 2012.** Email it to [programs@girlscoutsmoheartland.org](mailto:programs@girlscoutsmoheartland.org), fax to 417-862-4120, or mail to Girl Scouts of the Missouri Heartland, Attn: Melody Hutchison, 1420 Girl Scout Way, Dexter MO, 63841. Please use only one registration method.
3. Rank your top five workshops choices and three alternate choices, with number one being the workshop you most want to attend. We will try to get everyone in their top five choices.
4. Confirmation packets will include last-minute details, directions and a list of things to bring.

**Participant Information**

Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ Troop # \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP Code \_\_\_\_\_  
 Phone Number \_\_\_\_\_ E-mail \_\_\_\_\_

**Workshop Choices**

*List your top five workshop choices:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*Alternate choices (in case first choices are full):*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Roommate Preferences** (*List up to three roommates.*)

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

*If you do not list three roommate preferences, you will be assigned roommates to place four girls in a room. If you do not wish to share a room with three people, you may have fewer roommates for an additional charge:*

- One other person for an extra charge of \$30 (*List roommate above.*)  
 Two other people for an extra charge of \$15 (*List roommates above.*)

**Additional Information**

Please share any special needs, including dietary. \_\_\_\_\_

If you will be leaving the event before 11:00 a.m. on Sunday, please specify when: \_\_\_\_\_

**Payment (Conference Cost = \$50 plus any additional room charges selected above)**

Check, made payable to Girl Scouts of the Missouri Heartland, Inc. \$ \_\_\_\_\_

Cookie Credit (if applicable) (Make sure to include 2-digit security code located on back of card).  
 Cookie Credit Gift Card #: \_\_\_\_\_ \$ \_\_\_\_\_

500+ Box Seller Program Credit (if applicable)  
 Girl's Name \_\_\_\_\_ 5-Digit Code (from Program Voucher) \_\_\_\_\_ \$ \_\_\_\_\_

Credit Card (*Please complete information below.*) \$ \_\_\_\_\_

Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ **TOTAL ENCLOSED** \$ \_\_\_\_\_  
 Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

**Girl Scouts of the Missouri Heartland, Inc.**

T 877-312-4764 • F 417-862-4120 • [www.girlscoutsmoheartland.org](http://www.girlscoutsmoheartland.org) • [gscouts@girlscoutsmoheartland.org](mailto:gscouts@girlscoutsmoheartland.org)





Girl Scouts of the Missouri Heartland, Inc.  
**Program Registration (Adults)**  
**Teen Conference: Take Action for Yourself**

**Registration Instructions:**

1. Please complete the GSMH *Health History Form* (attached) and this supplemental conference registration form.
5. **Forms must be received by April 13, 2012.** Email it to [programs@girlscoutsmoheartland.org](mailto:programs@girlscoutsmoheartland.org), fax to 417-862-4120, or mail to Girl Scouts of the Missouri Heartland, Attn: Melody Hutchison, 1420 Girl Scout Way, Dexter MO, 63841. Please use only one registration method.

**Participant Information**

Name \_\_\_\_\_ Service Unit # \_\_\_\_\_ Troop # \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP Code \_\_\_\_\_  
 Phone Number \_\_\_\_\_ E-mail \_\_\_\_\_

Please share any special needs, including dietary. \_\_\_\_\_

*The adult cost of \$45 includes three meals and a hotel room with four adults. You may have fewer than four people in your room for an additional charge. Please indicate your preference below:*

I would like a room:

- To myself for the added cost of \$45.
- To share with one person for added cost of \$30.  
 Roommate \_\_\_\_\_  Please assign me a roommate.
- To share with two other people for an added cost of \$15.  
 Roommates: 1. \_\_\_\_\_ 2. \_\_\_\_\_  
 Please assign me a roommate.
- To share a room with three other people for the included cost.  
 Roommates: 1. \_\_\_\_\_ 2. \_\_\_\_\_  
 3. \_\_\_\_\_  Please assign me a roommate.

**Trainings** *(Please check any that apply.)*

- CPR/First Aid Certified Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_
- BOS Trained Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_
- I am available to assist with program as:  First Aider  Check-in Desk

**Payment Information**

Adult Program Cost \$45.00  
 Additional Room Cost (if applicable) \$ \_\_\_\_\_  
**TOTAL ENCLOSED** **\$ \_\_\_\_\_**

**Payment Methods**

- Check, made payable to Girl Scouts of the Missouri Heartland, Inc.
- Credit Card *(Please complete information below.)*  
 Credit Card Type: \_\_\_\_\_  
 Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_  
 Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

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Girl Scouts of the Missouri Heartland, Inc.

# Health History Form for girl/adult

This form is needed if a participant is registered as:

- An individual for a council-sponsored event
- A participant for physically demanding activities (e.g., water sports, horseback riding, or skiing, etc.)

See X[ | } e^ | A • • ^ } c e for more information.

## Participant Information

Participant's name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Last First Middle initial

Parent/Guardian: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

## Emergency Information

In case of emergency, contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home: ( ) \_\_\_\_\_ Work: ( ) \_\_\_\_\_ Cell: ( ) \_\_\_\_\_

Name of Physician: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

Family Medical Center/Preferred Hospital: \_\_\_\_\_

## Health History

Date of participant's last health examination: \_\_\_\_\_

Were there any complicating medical problems noted in the last health examination?  Yes  No

If yes, please explain: \_\_\_\_\_

**ALLERGIES** (List all known medications, foods, insect bites/stings, plants/pollens such as ragweed, poison ivy, etc.) \_\_\_\_\_

**CHRONIC RECURRENT ILLNESS** (Include heart disease, seizures, bleeding disorders, asthma, diabetes, etc.) \_\_\_\_\_

**OTHER ISSUES** (Include issues such as nosebleeds, menstrual cycle, hearing impairment, etc.) \_\_\_\_\_

**Does the participant have any special needs?** (Includes physical, emotional, food-based, etc.)

Yes  No If yes, please list: \_\_\_\_\_

Please indicate any activities that need to be encouraged or restricted: \_\_\_\_\_

**By my signature below, I indicate that this person is in satisfactory condition and may engage in all the usual activities of this program, except as noted above.**

Signature of Parent/Guardian or Adult Participant: \_\_\_\_\_ Date: \_\_\_\_\_

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