

Skills & Chills

For Cadettes, Seniors, and Ambassadors (grades 6-12)

The 53rd Annual Skills & Chills Event
at Camp Seven Hills Goodyear!

September 22, 23, & 24, 2023

A weekend to remember full of camping, outdoors skills competitions, and field events!

\$45.00 fee per person for participants, leaders, and registered adults includes Friday snack, Saturday breakfast, lunch, supper, snacks, Sunday breakfast, and a Skills & Chills patch.

LEADER CHECKLIST:

- Permission slips and individual health forms for each girl and adult attending.
- Personal gear - *See full list in back of packet.*
- Two (2) rolls of toilet paper per troop/group to be used in your unit**
- Individual mugs and/or water bottle for each person attending
- Tag with troop/group name for participants, leaders and adults attending the weekend. **Troop/group name must be clearly visible on your front or back.**
- Troop/group flag/banner for opening ceremony on Saturday (*optional*)
- Rain fly/shelter for events (*optional*)
- Swaps (*optional*)

MORE INFORMATION:

Nancy Grimes
Call/text: 716-860-7464
Email: ngrimes@cradlebeach.org

Please email housing requests and team rosters to Sandi Bennett:
scb113@hotmail.com

AWARDS:

- Ribbon Awards for 1st, 2nd, and 3rd place for each event
- Sportsmanship Award
- All Awards will be announced at Sunday Morning Flag Ceremony

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Welcome Letter

Dear Friends of Skills and Chills,

Just a few notes and reminders for our favorite Girl Scout event.

Please remember that this is a friendly competition. We uphold the Girl Scout Law treating each other with respect. Although winning is fun, there is much more to be gained from the weekend than a few ribbons.

Please email a list of the team name, your troop number and leader name, and the names of the participants in your group to **Sandi Bennett at scb113@hotmail.com** so we can make sure you are housed properly. If anyone attending Skills & Chills in your group has a **need of a special sleeping arrangements based on a medical need**, please include that information in your email to Sandi as soon as possible, so we can try to accommodate.

Please pack your gear carefully. You must carry everything with you. Remember that make-up and electronics do not belong in camp. Please do not bring cell phones, mp3 players, gaming devices, or other expensive items. We know that a number of you use your cell phones as cameras and we understand that, but please refrain from any other use with them during the event. Girl Scouts of Western New York is not responsible for lost/stolen items.

If anyone attending Skills & Chills in your group has **special dietary needs**, please contact **Nancy Grimes (716-860-7464 or ngrimes@cradlebeach.org)** as soon as possible, so we can make sure we have appropriate meals available.

If anyone attending Skills & Chills in your group has **medical needs**, please inform the nurse at check in. If you are taking any medications, adults or girls, it must be turned in at registration with the health forms. The medication must be in its original container. The name on the bottle also **MUST** match the person's name to be able to have the nursing staff dispense. And don't forget to take them home!

In the packet are some simple outlines of all the events. To view the detailed rubric utilized by our judges, please go to **bit.ly/skillsandchills** under Skills and Chills. This will allow you to see exactly how the events are being scored.

We try to have everyone understand what you carry in, you carry out. I understand with costumes sometimes a wagon for gear transportation is great but camp's supply is very limited, so if you are in need of sleds and/or wagons, please feel free to bring one.

We want to make this a memorable weekend! We look forward to seeing all of you at the 53rd Annual Skills & Chills Event!

Sincerely,

Girl Scouts of Western New York Volunteer Outdoor Committee

Rules, Regulations, and Procedures

1. Please be sure to check on the most up to date Covid Guidelines found here: bit.ly/wnyccovid
2. We encourage each troop/group to try all the events. Individual registered girls will be placed together to create a group or will be included into an existing team for the duration of the weekend events. For those teams that are interested in including individual girls into their troop/group, please notify Sandi Bennett prior to the event.
3. Troops/groups participating in the Skills & Chills weekend may arrive Friday evening between 7:00 and 7:30 p.m. at Camp Seven Hills and are strongly requested to stay through the closing ceremonies Sunday morning.

Late arrivals: If a troop has a girl who is unable to arrive with the troop, the troop has the choice of having her arrive later Friday night or early Saturday morning. When checking-in between 7:00 and 7:30 p.m., the troop leader must let the Skills & Chills committee know who is arriving late with an expected arrival time. Please indicate this in an email to Nancy Grimes at ngrimes@cradlebeach.org. To be fair to all involved the gates will be locked at 11:00 p.m. Please make arrangements to be there before 11:00 p.m. or after 8:00 a.m. on Saturday. Girl Scouts arriving Saturday morning must check-in before the 9:00 a.m. deadline. Each girl must be met in the parking area by an adult of the troop. She may not walk into camp alone. When she arrives, you must notify the GSWNY Volunteer Outdoor Committee Chair, Nancy Grimes. Gear will be kept at the Dining Hall until after the afternoon program. Then girls may then take their gear to their housing for Saturday evening.
4. We encourage the troops/groups to be creative and pick a theme for their team including costuming, **BUT** for the safety of everyone, all participants must have **appropriate safe apparel** for the skill and field challenges. No clothing that will interfere with their safety and camp footwear. No flip flops or sandals, loose clothing, or additional pieces that can be caught up in the equipment. Please note that teams can add to their costumes for the Saturday evening event.
5. No vehicles will be allowed in central camp. You will need to carry your own luggage to the units. Pack accordingly.
6. **ALL LATRINES** in camp and **TOILETS** in the Shower Houses must be cleaned throughout the weekend. Capers will be assigned at the 411 meeting Friday evening.
7. Campfires are permitted only in the designated fire circles. All campfire safety procedures must be followed according to the Girl Scouts of Western New York Troop Camping Guide and Safety Check Points. Troops/groups will need to share fire circles.
8. The Skills & Chills weekend will be held **rain or shine**. Please come prepared for all kinds of weather—sun, rain, snow, hot, cold. Troops/groups may bring a tarp or canopy to use as a central troop/group location during events. Troops will carry their fly/shelters from their units Saturday morning to the skills event area. The Field Events will be held on the athletic field. Troops may NOT enter the Skills event area Friday night or Saturday morning prior to competition to set up shelters. Troops may not delay participation in their events to set up shelters! Shelters must be taken down when the Field Events are completed.
9. Troop/group leaders/adults are responsible for the behavior of their girls. **ALWAYS follow** standard Girl Scout camp rules and observe girl/adult ratios. PLEASE use the Buddy System, no one should be walking around Girl Scout property ALONE. **NO EXCEPTIONS.**

10. The following areas are **OFF LIMITS** to all girls, leaders, and adults during the Skills & Chills weekend: the pool, the boat shed, the waterfront area (**EXCEPT** during the Canoe and Kayak events), staff cabin, Trading Post, Dining Hall (with the exception of meals and events), and the kitchen.
11. Beverages and snacks will be available during the morning skill events and the afternoon field events. During the remainder of the weekend, coffee, etc. will be available for leaders/adults in the dining hall. **Please bring a water bottle and/or mug.** Absolutely no food or beverages in the tents due to our forest friends.
12. Smoking is not allowed at camp and never in front of the girls. Adults will be permitted to smoke only in their vehicles or off camp property at the road. Please remember that an adult must remain in camp with the girls.
13. Troop/group leaders/adults, girls, or any observer are asked to encourage the participants. Assistance and directions once a skill is started will be given by the judges.
14. Event areas will be marked. **NO ONE** is allowed inside the event area except current participants and judges. Troops/groups waiting their turn **MUST** wait outside the marked area. Please respect fellow competitors; do not disrupt another team's concentration.
15. Based on weather conditions and/or time constraints, the Skills & Chills committee may make the decision to change the order of an event, modify, or cancel an event.
16. Specialized sports equipment is not acceptable for any event, with one exception: **gloves ARE allowed in any event.**
17. Sportsmanship Award: Troops who live the Girl Scout Promise and Law are "good sports." We're looking for sincere encouragement and healthy respect for others. Remember, Girl Scouts "make new friends" and "keep the old." Troops/groups will be given a set of stickers to hand out to other troops you see being encouraging and helpful during the weekend.
18. **RETURNING THIS YEAR! THE SKILLS & CHILLS SCAVENGER HUNT - At the 411 meeting on Friday each team will be given a packet of tasks to complete and things to learn or find. It will include testing your knot skills and your team's expert knowledge of what's in a first aid kit and some emergency prep knowledge, as well as some fun things to accomplish while your at Seven Hills. In the Rubric packet (bit.ly/skillsandchills under Skills and Chills tab) will be some samples of what will be asked for knots and lashing, as well as first aid and emergency prep in the scavenger hunt.**
19. A schedule of the weekend is included in this packet. Any changes will be announced at the 411 meeting on Friday evening. **This schedule is subject to change.**
20. Skills & Chills patches will be handed out to the troop leader Sunday morning. All **PARTICIPANTS** (Girl Scouts and Leaders) will receive a patch.
21. A chart of all troop/group standings will be posted in the Dining Hall Sunday morning.
22. The phone number at Camp Seven Hills is 716-537-9421. There will be someone present to answer the phone 24 hours a day throughout the weekend. Incoming and outgoing calls should be for **emergencies only.**

Camp Seven Hills Evacuation Procedures

In the event of an emergency:

KEEP CALM

KEEP QUIET

**LISTEN FOR
INSTRUCTIONS**

1. **SIREN WARNING IS:** 3 long blasts. **ALL CLEAR IS:** 1 long blast.
2. **CAMPERS:** When you hear the siren, report to your leader immediately.
3. **LEADERS:** Gather campers, line up by buddies, take a head count, take your first aid kit that contains a troop/group roster. Campers are your sole responsibility. You should know where **ALL** your campers are at **ALL TIMES**.
4. **LEAVE AREA IMMEDIATELY**, hurrying, but with caution.
5. **REPORT TO THE SKILLS & CHILLS CHAIR** around field in front of the pool, giving troop/group number, number of campers/adults, and anyone not accounted for.
6. Troop/group stays together and separated from other troops/groups. **DO NOT** block pathways and stay well back from driveways and roadways. Watch for emergency vehicles.
7. Listen carefully for further directions on leaving camp.

Fire Drill Procedures For Dining Hall

1. **LEADERS** at table nearest the exit doors are responsible for an orderly exit.
2. Be sure girls have a buddy.
3. Exit quickly and quietly to the parking lot near dining hall.
4. Girls report to their troop/group leader.
5. Troop/group leader reports to the event chairs.
6. Listen carefully for further directions on leaving camp.

Saturday Morning Event Descriptions

TENT PITCHING AND STRIKING

- A. Each troop/group can send TWO teams of two girls to event.
- B. Pitching: correct placement of parts, proper set up, alignment, teamwork.
- C. Striking: All equipment must be clean, folded, and bagged.
- D. All equipment will be supplied.
- E. Scored & timed event. Time used to break a tie.
- F. Time limit: 11 minutes to pitch, 7 minutes to strike.

ONE-GIRL BOW SAW

- A. Each troop/group can have **ALL** girls participate in this event – *One hand on saw and one hand on log will be allowed.*
- B. Points given for cut quality and techniques, body position, and safety.
- C. Sharp saw, saw horse, and log are provided.
- D. Scored and timed event. Time used to break a tie.
- E. 8-minute time limit per participant.

TWO-GIRL BOW SAW

- A. Each troop/group can send TWO teams of two girls to event – *One hand on saw and one hand on log will be allowed.*
- B. Points given for cut quality and techniques, body position, teamwork, communication, and safety.
- C. Goggles, Gloves, Sharp saw, saw horse, and log are provided
- D. Scored and timed event. Time used to break a tie.
- E. 8-minute time limit per team.

FIRE BUILDING

- A. Each troop/group can send TWO teams of two girls to event.
- B. Girls work together to lay an A-frame and build and light a fire.
- C. Limit of 10 matches. Fire should be sustained for 2 minutes.
- D. Fire must be properly extinguished.
- E. Points for proper layout, safety procedures, knowledge of wood sizes (tinder, kindling, and fuel), and proper/skillful use of and number of matches, and teamwork.
- F. Scored and timed event. Time used to break a tie.

COMPASS EVENT

- A. Each troop/group can send TWO teams of two girls to event.
- B. Compasses are provided.
- C. Teams will be given compass directions at points along the way. At certain points, clues will be provided.
- D. Winner will be determined by points given for proper identification and use of clues, following of compass, use and accuracy, and teamwork.
- E. Time limit MAY be announced prior to the event.
- F. Winner determined by points. Time used to break a tie.

JACK KNIFE EVENT

- A. Each troop/group can send TWO teams of two girls to event.
- B. Teams will be asked to demonstrate safety, proper knife care, technique, and the creation of 4 tent stakes.
- C. Points will be given based on demonstrated safety, proper knife care, technique and the creation of tent stakes.
- D. All equipment will be provided.
- E. Winner will be determined by points. Time used to break a tie.

Saturday Afternoon Event Descriptions

COOKIE CASE TRUNK PACK

- A. TWO teams of two girls per troop/group.
- B. Girls will work together to place as many cookie cases in a 6ft x 6ft square frame as possible in 5 minute.
- C. One point for each case with a whole side touching the floor within the square frame.
- D. Winner will be determined by points.

COOKIE BOX TETRIS

- A. TWO teams of two girls per troop/group.
- B. Girls will work together to fit as many cookie boxes in the shape as possible in 1 minute.
- C. One point for each box in frame.
- D. Winner will be determined by points.

GIRL SCOUT CAN JAM

- A. TWO teams of two girls per troop/group.
- B. Girl will be given five tries each to throw a Frisbee across into their partner's bucket.
- C. Winner will be determined by points.

KAYAK EVENT

- A. Each troop/group can have ALL girls participate in this event.
- B. Each girl will be asked to kayak out to a buoy in the lake, go around the buoy, and return to the shore.
- C. Points will be given based on stroke technique and safety.
- D. All equipment will be provided.
- E. Winner will be determined by points. Time used to break a tie.

CANOE

- A. TWO teams of two girls per troop/group.
- B. Each team of girls will be asked to canoe out to a buoy in the lake, go around the buoy, and return to the shore.
- C. Points will be given based on stroke technique and safety.
- D. All equipment will be provided.
- E. Winner will be determined by points. Time used to break a tie.

ARCHERY

- A. Each troop/group can have ALL girls participate in this event.
- B. Each girl will get two practice shots.
- C. Girls will get three scoring shots.
- D. Winner will be determined by points.

Full Team Fun

MYSTERY FULL TEAM CHALLENGE COURSE

- A. ALL MEMBERS of each team will be ENCOURAGED to participate.
- B. Points given for each element completed.
- C. Scored and timed event. Time used to break a tie.

TUG OF WAR

- A. One team of 4 girls per troop/group
- B. Event will be on an elimination basis, one pull per troop/group, with the winning troop/group advancing to the next round
- C. Gloves may be worn (other specialized sports equipment is NOT allowed)

2023 GSWNY Skills & Chills Event Packet

Weekend Schedule

This schedule is subject to change. Changes will be announced at the 411 meeting on Friday.

DAY & DATE	TIME	PLANNED EVENT
Friday September 22, 2023	6:30-7:30 PM	Arrive at Camp Seven Hills <ul style="list-style-type: none"> • Leaders check in at the Registration table in the Dining Hall
	7:30 PM	411 meeting in the Dining Hall. Please bring the following: <ul style="list-style-type: none"> • Participants Sheet (Note **Graduating Seniors**) • Everyone attends the meeting. Girls, leaders, volunteers and judges that are here and available.
	8:00 PM	Judges Q & A Event/Open House in the Dining Hall: to allow any last-minute questions or concerns that can be covered in advance.
	11:00 PM	Lights out. Please be considerate of all other troops/groups.
Saturday September 23, 2023	7:00 AM	Rise & Shine!
	7:30 AM	Judges Breakfast in the Dining Hall
	8:00 AM	Participant Breakfast in the Dining Hall
	8:45 AM	<ul style="list-style-type: none"> • Opening Flag Ceremony • Morning Events will begin immediately following in the Pool Field
	12:30 PM	Lunch in the Dining Hall
	1:30 PM	Afternoon events begin at their designated location
	4:00 PM	Everyone to the Sports Complex for Mystery Relay / Tug of War
	6:30 PM	Flag Ceremony immediately followed by supper in the Dining Hall
	7:30 PM	Evening fun program in the Dining Hall with snack
11:00 PM	Lights out. Please be considerate of all other troops/groups.	
Sunday September 24, 2023	7:30 AM	Rise & Shine!
	8:30 AM	<ul style="list-style-type: none"> • Breakfast in the Dining Hall • Awards at Closing Ceremony • Break camp and head for home. CHECK OUT in the dining hall and receive your Skills & Chills souvenirs for the troop
	10:00 AM	See you in 2024!

Friday Arrival Procedures

PARKING

- Troop/group parking is located in the first parking lot when you enter. Please watch for people in the parking lot.
- If you are staying for the weekend, PLEASE follow Girl Scouts parking instructions and back into the spots in the lot.
- Only troop/group leaders, adults, and participating Girl Scouts are allowed beyond the parking lot.
- Judges may drive up to the Bunkhouse to unload.

TRANSPORTATION OF TROOP/GROUP GEAR

- Troops are responsible for carrying their own luggage in and out of camp.
- Troops may bring a wagon or sled to use to bring gear to their campsite.

TROOP/GROUP CHECK-IN

- One leader per troop/group must check-in at the Dining Hall.
- Pick up directions to your campsite.
- Participants with medications MUST check-in with the nurse, in the infirmary.
- If you'll have participants running late, let Skills & Chills Volunteers know at check-in.

At 7:30 p.m. on Friday night, a meeting will be held in the Dining Hall for ALL Troop Participants, Leaders, Adults, Volunteers, and Judges.

Participant Sheets from the packet must be completed. They will be collected at the meeting. Please circle all graduating high school seniors on the troop/group roster. Please bring your Skills & Chills packet.

On Friday night, right after the 411 meeting the dining hall will be setup with Volunteers and Judges seated around the room with event signs. This will allow you to get any last-minute questions answered or last-minute tips.

MEETING AGENDA WILL INCLUDE:

- Weekend procedures
- Handout of NEW Scavenger Hunt to be completed by Saturday Evening!
- Overview of changes to packet from previous year

Suggested Packing List

Please pack for comfort and come prepared for any type of weather. You will be outside most of the weekend. All participants will be sleeping in platform tents or similar structures. Please pack for sleeping in cooler weather. **The event is rain or shine.**

Please keep in mind that all you bring you have to carry in and carry out of the camp.

ITEMS YOU WILL NEED:

- T-Shirts/Long-Sleeve Shirts
- Pants/Shorts
- Sweatshirts
- Socks & Underwear
- Pajamas
- Jacket
- Hat/Gloves
- Rain Gear
- Sneakers/Hiking Boots - **NO FLIP FLOPS or SANDALS**
- Toiletries
- Hair bands to pull back long hair for event safety
- Towels/Washcloths
- Sleeping Gear (warm sleeping bag, pillow, blanket, etc.)
- Flashlight with extra batteries
- Water Bottle/Mug - ***NOTE* we are going green, so you will need this for drinks during the day.**
- Medication (**ALL Medication must be turned into the nurse.** All medication (over-the-counter, and prescription) must be in its original container and have your name on the prescription. This applies to children and adults.
- Girl Scout Health Form. ALL attendees (Girl Scouts and Adults) must turn in a completed health form at check-in. (The Girl Scout Health forms will not be returned.)
- Troop/group identification tag and/or uniform/costume
- Leaders: See page 1 for additional items to bring.**

Troop/Group Name:

Leader/Adult:

Participants Sheet

Leader Copy: Keep for your records.

Event	Participant	Participant
Tent Pitching / Striking – Team A	1	2
Tent Pitching / Striking – Team B	1	2
Two-Girl Bow Saw – Team A	1	2
Two-Girl Bow Saw – Team B	1	2
One-Girl Bow Saw	ALL TEAM MEMBERS CAN PARTICIPATE	
Compass – Team A	1	2
Compass – Team B	1	2
Jack Knife – Team A	1	2
Jack Knife – Team B	1	2
Fire Building – Team A	1	2
Fire Building – Team B	1	2
Archery	ALL TEAM MEMBERS CAN PARTICIPATE	
Canoe – Team A	1	2
Canoe – Team B	1	2
Kayak	ALL TEAM MEMBERS CAN PARTICIPATE	
Cookie Case Trunk Pack – Team A	1	2
Cookie Case Trunk Pack – Team B	1	2
Cookie Box Tetris – Team A	1	2
Cookie Box Tetris – Team B	1	2
Girl Scout Can Jam – Team A	1	2
Girl Scout Can Jam – Team B	1	2

Team Roster

Leaders: _____

1	7
2	8
3	9
4	10
5	11
6	12

Troop/Group Name:

Leader/Adult:

Participants Sheet

Judges Copy: Submit upon arrival.

Event	Participant	Participant
Tent Pitching / Striking – Team A	1	2
Tent Pitching / Striking – Team B	1	2
Two-Girl Bow Saw – Team A	1	2
Two-Girl Bow Saw – Team B	1	2
One-Girl Bow Saw	ALL TEAM MEMBERS CAN PARTICIPATE	
Compass – Team A	1	2
Compass – Team B	1	2
Jack Knife – Team A	1	2
Jack Knife – Team B	1	2
Fire Building – Team A	1	2
Fire Building – Team B	1	2
Archery	ALL TEAM MEMBERS CAN PARTICIPATE	
Canoe – Team A	1	2
Canoe – Team B	1	2
Kayak	ALL TEAM MEMBERS CAN PARTICIPATE	
Cookie Case Trunk Pack – Team A	1	2
Cookie Case Trunk Pack – Team B	1	2
Cookie Box Tetris – Team A	1	2
Cookie Box Tetris – Team B	1	2
Girl Scout Can Jam – Team A	1	2
Girl Scout Can Jam – Team B	1	2

Team Roster

Leaders: _____

1	7
2	8
3	9
4	10
5	11
6	12