

# Girl Scouts – North Carolina Coastal Pines

## Skill Splash 2026

Dive into Skill Splash, your ultimate day of fun and learning! Packed with exciting workshops and certifications, you'll leave better equipped and ready to conquer.



**April 25, 2026**  
**Camp Mary Atkinson**

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*For assistance with transportation throughout Camp Mary Atkinson, please visit the registration table for transportation sign up and contact information.*

- **Parking** - Please follow directions from parking assistants to maximize space and efficiency.
- **Lost and Found** for the day will be located at the registration desk.
- **Don't Forget** to bring your TP-106 form to the event and pick up before you go!
- **Please Return** all badge holders at the end of the day to the registration desk.

### **Cancellation Policy**

If you find that you can no longer attend Skill Splash, please notify Customer Care at 1(800)-284-4475 or email [helpdesk@nccoastalpines.org](mailto:helpdesk@nccoastalpines.org) as early as possible. A refund of any kind will not be issued after April 12<sup>th</sup>.

## Skill Splash Workshop Schedule

<b>Start Time</b>	<b>End Time</b>	
		<b>Registration (8:00 AM - 8:30 AM)</b>
8:00 AM	8:30 AM	Check In
		Shop Merchandise at our retail pop up!
		<b>Opening Session (8:30 AM - 8:45 AM)</b>
		<b>Workshop Transition (8:45 AM - 9:00 AM)</b>
		<b>Workshop Name</b>
		<b>Off Schedule Certifications Sessions (Bolded)</b>
9:00 AM	11:30 AM	<b>First Aid CPR AED</b>
1:15 PM	3:45 PM	<b>First Aid CPR AED</b>
9:00 AM	2:00 PM	<b>Outdoor Adventure Basics</b>
5PM Fri	10AM Sat	<b>Outdoor Adventure Extended (Friday and Saturday) 5pm - 10am</b>
9:00 AM	1:30 PM	<b>Archery Instructor Level 1</b>
9:00 AM	12:00 PM	<b>Axe Throwing Instructor Level 1</b>
8:45 AM	4:00PM	<b>BB Gun RSO Training</b>
9:00 AM	3:00 PM	<b>Youth Mental Health First Aid</b>
9:00 AM	1:00PM	<b>Belay Certification</b>
		<b>Session I (9:00 AM - 10:30 AM)</b>
9:00 AM	10:30 AM	Bound to Build: Mastering Knots and Tarp Shelters
9:00 AM	10:30 AM	Sitters in Action: Babysitter's Training Instructor Workshop
9:00 AM	10:30 AM	Barn Quilt Basics: Color and Creativity
9:00 AM	10:30 AM	Bullseye Bash: BB Guns, Just for Fun
9:00 AM	10:30 AM	Fold & Go: Make your own PVC Camp Chair
9:00 AM	10:30 AM	How CAN you do that? Let's Can Some Strawberry Preserves!
9:00 AM	10:30 AM	All In: Confidently Supporting Cognitive and Emotional Differences
9:00 AM	10:30 AM	Camp Mary Atkinson Uncovered: A Guided Tour
		<b>Workshop Transition (10:30 AM - 10:45 AM)</b>
		<b>Session II (10:45 AM - 12:15 PM)</b>
10:45 AM	12:15 PM	Make Waves: Waterfront Adventures for Volunteers!
10:45 AM	12:15 PM	Event Director Training for Volunteers
10:45 AM	12:15 PM	Fold & Go: Make your own PVC Camp Chair
10:45 AM	12:15 PM	Barn Quilt Basics: Color and Creativity

## Skill Splash Workshop Schedule

10:45 AM	12:15 PM	Stitching Basics: Embroidery Made Easy!
10:45 AM	12:15 PM	Campfire Cooking Classics: Pie Irons, Dutch Ovens & Box Ovens
10:45 AM	12:15 PM	All In: Confidently Supporting Cognitive and Emotional Differences
10:45 AM	12:15 PM	Bullseye Bash: BB Guns, Just for Fun
10:45 AM	12:15 PM	Camp Mary Atkinson Uncovered: A Guided Tour
		<b>Transition to Lunch (12:15 PM - 12:30 PM)</b>
		<b>Lunch (12:30 PM - 1:30 PM)</b>
		<b>Session III (1:30 PM - 2:30 PM)</b>
1:30 PM	2:30 PM	Navigate with Confidence: Orienteering for Girl Scout Volunteers
1:30 PM	2:30 PM	Resource Kit Evolution: Retiring the Past, Launching the Future
1:30 PM	2:30 PM	Sharp Skills and Shaving: Knife Safety & Whittling Skills
1:30 PM	2:30 PM	Teen Troop Talk: Real Voices, Real Success!
1:30 PM	2:30 PM	Traditions that Connect: Celebrating the Heart of Girl Scouting
1:30 PM	2:30 PM	No Faucet Available? Water Purification Techniques
1:30 PM	2:30 PM	Events Big & Small and How to Plan Them All
1:30 PM	2:30 PM	Passport to Possibility: Inside our Older Girl Travel Troop
1:30 PM	2:30 PM	Make Waves: Waterfront Adventures for Volunteers!
1:30 PM	2:30 PM	Nature Explorers: I Notice, I Wonder, It Reminds Me Of
1:30 PM	2:30 PM	Bullseye & Bond: Axe Throwing for Fun!
1:30 PM	2:30 PM	Climb Higher: The Alpine Tower Adventure! (Note: The Start Time)
		<b>Workshop Transition (2:30 PM - 2:45 PM)</b>
		<b>Session IV (2:45 PM - 3:45 PM)</b>
2:45 PM	3:45 PM	On Target & On the Move: Archery Games that Build Skill Through Play
2:45 PM	3:45 PM	Spark to Flame: Fire Building Basics
2:45 PM	3:45 PM	AI for Girl Scout Leaders: Save Time, Plan Smarter, Lead with Confidence
2:45 PM	3:45 PM	From Choices to Ownership: Girl-Led Programming in Practice
2:45 PM	3:45 PM	Mobile Programming Uncovered: Programs, Impact and Possibilities
2:45 PM	3:45 PM	Yoga for Physical and Mental Wellness
2:45 PM	3:45 PM	Sing, Sing together...
2:45 PM	3:45 PM	Bullseye & Bond: Axe Throwing for Fun!
		<b>Transition to Closing Ceremony (3:45 PM - 4:00 PM)</b>
		<b>Closing Ceremony (4:00 PM - 4:15 PM)</b>

**Session I**  
**9:00 a.m. - 10:30 a.m.**

**Bound to Build: Mastering Knots and Tarp Shelters**

**Seats Available:** 20

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Discover the art of lashing and knot tying in this hands-on workshop designed to build your outdoor confidence. You'll learn essential knots — from foundational ties to more advanced techniques — and immediately put them to work constructing a functional tarp shelter. Walk away with practical skills you can use on your next camping adventure or confidently teach and model for your girls.

**Sitters in Action: Babysitter's Training Instructor Workshop**

**Seats Available:** 50

**Additional Cost:** \$0

*Recommended Audience: American Red Cross First Aid/CPR instructors Only*

Ready to expand your impact? If you are a current American Red Cross First Aid/CPR instructor, you are eligible to teach the new Babysitter's Training course. We'll walk through the updated curriculum, review instructor materials, and explore effective course delivery methods to help you confidently lead engaging, hands-on trainings. You'll also learn how to schedule your courses and what supplies and support the Council will provide. Join us to get prepared, get equipped, and get ready to train the next generation of safe and confident babysitters.

**Barn Quilt Basics: Color and Creativity**

**Seats Available:** 25

**Additional Cost:** \$10

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Curious about barn quilts but not sure where to start? This beginner-friendly workshop is the perfect introduction! This session will walk you through the fundamentals of barn quilting— from understanding traditional quilt block patterns to learning simple layout and painting techniques.

Participants will explore basic design principles, practice mapping out a classic quilt block, and create a small barn quilt square to take home. No artistic experience is required—just bring your creativity and willingness to learn!

## **Bullseye Bash: BB Guns Just for Fun**

**Seats Available:** 12

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Ready, aim... fun!

Step up to the range for a relaxed and exciting BB gun experience designed just for Girl Scout adult volunteers. Whether you're brand new to shooting sports or simply want to sharpen your skills, this hands-on workshop gives you the chance to learn proper range safety, basic marksmanship techniques, and equipment handling in a supportive, low-pressure environment. You'll gain confidence, practice your aim, and enjoy a little friendly target competition along the way. This session is all about building skills, asking questions, and having fun—so you can better understand the experience your girls may have at camp or events.

No prior experience needed—just bring your sense of adventure! Please note that this is NOT a certification.

## **Fold & Go: Make You Own PVC Camp Chair**

**Seats Available:** 10

**Additional Cost:** \$15

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Get ready to build your own collapsible PVC camp chair in this hands-on make-and-take session! You'll assemble a sturdy, folding chair featuring a wooden seat—perfect for camping trips, outdoor events, or relaxing at troop activities. All materials are provided, and you'll leave with a finished chair that supports up to 250 lbs. Practical, portable, and made by you!

## **How CAN you do that? Let's CAN some strawberry preserves!**

**Seats Available:** 10

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Have you been interested in canning forever and just haven't put the pieces together so you can learn? It's time! Join us as we talk about canning. We will look at the different types of processing, check out the items you need to get started and review some recipes. Strawberries will be in season. We will make some yummy jam. You will go home with a jar of jam, some recipes and feeling brave enough to start canning this summer.

## **All In: Confidently Supporting Cognitive and Emotional Differences**

**Seats Available:** 50

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Girl Scouts is an inclusive organization and there is a place for all girls. In this workshop, you will learn more about engaging Girl Scouts with disabilities, including developmental disabilities that may not be visible. We will explore constructive ways of adjusting to successfully meet the needs of all girls during troop meeting time and how to effectively communicate with parents so they may help their girls be successful in Girl Scouts and feel a sense of belonging. In addition, we will brainstorm best practices and strategies that troop co-leaders can use when navigating challenges related to behavior, cognition, and/or mental health.

## **Camp Mary Atkinson Uncovered: A Guided Tour**

**Seats Available:** 50

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years)*

Join us for an inside look at Girl Scout Camp Mary Atkinson and discover all the possibilities this beautiful camp has to offer your troop! Whether you're planning your first overnight or looking to expand your outdoor programming, this guided tour will introduce you to key camp areas, lodging options, program spaces, waterfront activities, and outdoor adventure sites. You'll gain helpful tips on reserving camp, planning a successful stay, understanding available equipment and resources, and making the most of the property year-round. Come explore, ask questions, and leave inspired and confident to bring your girls back for their own camp adventure!

**Session II**  
**10:45 a.m. - 12:15 p.m.**

## **Make Waves: Waterfront Adventures for Volunteers!**

**Seats Available:** 20

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Discover the joy, confidence, and connection that waterfront activities can bring to your troop. This experiential workshop invites you to hop into a canoe or kayak and try it for yourself! You'll explore foundational paddling skills and water safety best practices. No prior experience needed—just a willingness to try something new and have fun on the water. Let's make waves together!

### **Event Director Training for Volunteers**

**Seats Available:** 25

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Ready to take the lead and bring exciting Girl Scout events to life? This interactive training is designed for volunteers who want to serve as Event Directors and confidently guide events from idea to execution.

You'll learn the essentials of event planning, including timelines, budgeting basics, safety and risk management, volunteer coordination, communication strategies, and council guidelines. We'll walk through the event approval process, required paperwork, and best practices for creating engaging, girl-centered experiences.

Whether you're planning a small service unit gathering or a larger council-wide event, this session will equip you with the tools, resources, and confidence to lead a successful and memorable Girl Scout experience. Let's build events that inspire, connect, and celebrate our girls!

### **Fold & Go: Make Your Own PVC Camp Chair**

**Seats Available:** 10

**Additional Cost:** \$15

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Get ready to build your own collapsible PVC camp chair in this hands-on make-and-take session! You'll assemble a sturdy, folding chair featuring a wooden seat—perfect for camping trips, outdoor events, or relaxing at troop activities. All materials are provided, and you'll leave with a finished chair that supports up to 250 lbs. Practical, portable, and made by you!

### **Barn Quilt Basics: Color and Creativity**

**Seats Available:** 25

**Additional Cost:** \$10

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran*

*Volunteers (5+ years)*

Curious about barn quilts but not sure where to start? This beginner-friendly workshop is the perfect introduction! This session will walk you through the fundamentals of barn quilting—from understanding traditional quilt block patterns to learning simple layout and painting techniques.

Participants will explore basic design principles, practice mapping out a classic quilt block, and create a small barn quilt square to take home. No artistic experience is required—just bring your creativity and willingness to learn!

### **Stitching Basics: Embroidery Made Easy!**

**Seats Available:** 12

**Additional Cost:** \$5

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Have you ever wanted to try embroidery but weren't sure where to start? This beginner-friendly, hands-on workshop will introduce you to the art of decorative stitching in a relaxed and encouraging environment. You'll learn the top 12 foundational embroidery stitches that will give you the confidence to create beautiful designs and take on larger projects including taking the art of embroidery back to your girls! All supplies are included!

### **All In: Confidently Supporting Cognitive and Emotional Differences**

**Seats Available:** 50

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Girl Scouts is an inclusive organization and there is a place for all girls. In this workshop, you will learn more about engaging Girl Scouts with disabilities, including developmental disabilities that may not be visible. We will explore constructive ways of adjusting to successfully meet the needs of all girls during troop meeting time and how to effectively communicate with parents so they may help their girls be successful in Girl Scouts and feel a sense of belonging. In addition, we will brainstorm best practices and strategies that troop co-leaders can use when navigating challenges related to behavior, cognition, and/or mental health.

## **Camp Mary Atkinson Uncovered: A Guided Tour**

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years)*

**Seats Available:** 50

**Additional Cost:** \$0

Join us for an inside look at Girl Scout Camp Mary Atkinson and discover all the possibilities this beautiful camp has to offer your troop! Whether you're planning your first overnight or looking to expand your outdoor programming, this guided tour will introduce you to key camp areas, lodging options, program spaces, waterfront activities, and outdoor adventure sites. You'll gain helpful tips on reserving camp, planning a successful stay, understanding available equipment and resources, and making the most of the property year-round. Come explore, ask questions, and leave inspired and confident to bring your girls back for their own camp adventure!

## **Campfire Cooking Classics: Pie Irons, Dutch Ovens & Box Ovens**

**Seats Available:** 15

**Additional Cost:** \$5

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Ready to level up your outdoor cooking game? Join us for a hands-on exploration of three Girl Scout camp favorites: pie irons, Dutch ovens, and box ovens! In this interactive workshop, you'll learn the basics of safe setup, heat management, and simple recipes that are perfect for troop camping trips.

We'll cover tips and tricks for perfectly toasted pie iron creations, mastering temperature control with a Dutch oven, and using a box oven for baking at camp. You'll walk away with practical skills, menu ideas, and the confidence to bring delicious outdoor cooking experiences to your girls—whether you're at a campsite, day camp, or backyard adventure.

No prior cooking experience required—just bring your appetite for fun and a willingness to try something new! PLEASE NOTE: This is not a certification!

## **Bullseye Bash: BB Guns Just for Fun**

**Seats Available:** 12

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Ready, aim... fun!

Step up to the range for a relaxed and exciting BB gun experience designed just for Girl Scout adult volunteers. Whether you're brand new to shooting sports or simply want to sharpen your skills, this hands-on workshop gives you the chance to learn proper range safety, basic marksmanship techniques, and equipment handling in a supportive, low-pressure environment. You'll gain confidence, practice your aim, and enjoy a little friendly target competition along the

way. This session is all about building skills, asking questions, and having fun—so you can better understand the experience your girls may have at camp or events. No prior experience needed—just bring your sense of adventure!

**Session III**  
**1:30 p.m. - 2:30 p.m.**

**Navigate with Confidence: Orienteering for Girl Scout Volunteers**

**Seats Available:** 20

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Ready to find your way with confidence? In this hands-on workshop, you'll learn the fundamentals of orienteering and how to bring this exciting outdoor skill back to your troop. We'll cover how to read a map, understand topographic features, use a compass, and practice basic navigation techniques. You'll even test your new skills with a short orienteering challenge!

**Nature Explorers: I Notice, I Wonder, It Reminds Me Of**

**Seats Available:** 20

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

During this session participants will learn practical skills, participate in iNaturalist training, and use research-based techniques from BEETLES to improve discovery and learning on nature hikes. Our focus will be on using the BEETLES tool "I notice, I wonder, It reminds me of" paired with iNaturalist to deepen engagement and promote curiosity. Let's go explore nature together!

**Resource Kit Evolution: Retiring the Past, Launching the Future**

**Seats Available:** 50

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Get ready to unbox the future of Girl Scout programming!

Join us for an exciting, hands-on workshop where we'll introduce our brand-new resource kits

and share what's evolving in our program lineup. We'll walk through the retirement of the Journey Kits and PA Core Kits and explore what's taking their place including dynamic new Cybersecurity, Space & Science, and Body Image kits designed to spark curiosity, confidence, and critical thinking.

We'll also highlight updates to our Knife Safety and Compass kits, ensuring leaders feel confident delivering safe, skill-building outdoor experiences.

## **Sharp Skills and Shavings: Knife Safety and Whittling Skills**

**Seats Available:** 17

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Build confidence and skill as you learn the fundamentals of pocketknife safety and care. In this hands-on session, participants will practice how to properly hold, use, clean, sharpen, and store a knife with safety as the top priority. Once you've mastered the basics, we'll put those skills into action by whittling on both soap and wood to create your very own handcrafted magic wand. Perfect for volunteers looking to model safe knife skills and bring a timeless outdoor craft back to their girls.

## **Teen Troop Talk: Real Voices, Real Success**

**Seats Available:** 50

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

What does it take to build a thriving older girl troop? Hear directly from those who are living it! This engaging panel features experienced troop leaders and teen Girl Scouts who are part of highly successful troops with strong retention and active engagement.

Panelists will share practical tips, creative program ideas, favorite resources, and the strategies that keep older girls excited, connected, and coming back year after year. From girl-led planning and leadership opportunities to travel, service, and managing busy teen schedules, you'll gain insights you can bring straight back to your troop.

Bring your questions! We'll wrap up with an open Q&A session so you can dive deeper into the topics that matter most to you. Whether you're just starting with older girls or looking to strengthen your current troop, you'll leave inspired and equipped with fresh ideas.

## **Traditions that Connect: Celebrating the Heart of Girl Scouting**

**Seats Available:** 50

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years)*

From ceremonies to campfire sing-alongs, Girl Scout traditions are the threads that connect generations of girls and volunteers. In this engaging session, we'll explore the history, meaning, and practical ways to incorporate beloved traditions into your troop experience. Learn about ceremonies, songs, swaps, founder's celebrations, and other timeless moments that build belonging and pride in Girl Scouts!

## **No Faucet available? Water Purification Techniques!**

**Seats Available:** 50

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Did you underestimate the water needed for a hiking/camping trip? Are you taking your troop on a multi-day hike but can't carry all the water needed? Did a hurricane, ice storm or water main break impact your regular supply? This workshop will cover some water purification techniques and then let you work as a team to test some of the options.

## **Events Big & Small and How to Plan Them All**

**Seats Available:** 50

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

You've stepped up to plan an event in your area, now what? Let's take the guesswork out of planning events and share a handful of steps to help you plan the most epic event ever! We will talk about 6 easy steps that will help you build your event(s), share some ideas and sources/websites to help plan activities, and more. This isn't the Girl Scout Event Director training class, but more so an extra workshop to give you ideas on where to look, what to do, and more for all your events - from small events for your troop to events/activities for your area volunteers to larger events like county camporees and more.

## **Passport to Possibility: Inside Our Older Girl Travel Troop**

**Seats Available:** 50

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Ever wondered how a travel troop really works? Join our experienced older girl travel troop as we share an inside look at how we plan, fund, and lead their adventures. Learn how our troop is structured, how decisions are made, and what it takes to turn big travel dreams into reality.

We'll highlight past destinations, lessons learned along the way, and exciting plans for future travel. Leaders will gain practical insights on building girl-led experiences, organizing travel logistics, budgeting, and sustaining engagement with older girls.

Come ready to be inspired, ask questions, and discover how travel can strengthen leadership, sisterhood, and confidence in your troop.

## **Make Waves: Waterfront Adventures for Volunteers!**

**Seats Available:** 15

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Discover the joy, confidence, and connection that waterfront activities can bring to your troop. This experiential workshop invites you to hop into a canoe or kayak and try it for yourself! You'll explore foundational paddling skills and water safety best practices. No prior experience needed—just a willingness to try something new and have fun on the water. Let's make waves together!

## **Bullseye & Bond: Axe Throwing for Fun**

**Seats Available:** 12

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Ready to try something bold and exciting? Join us for a hands-on axe throwing experience - no experience necessary! In this supportive, instructor-led session, you'll learn the basics of safe axe handling, proper stance, and throwing technique before stepping up to the target for

plenty of practice and play.

Whether you're hitting the bullseye or just enjoying the laughs along the way, this workshop is all about building confidence, having fun, and discovering a new outdoor skill. Come ready to cheer each other on and experience the thrill firsthand!

### **Climb Higher: The Alpine Tower Adventure!**

**Seats Available:** 15

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Prepare to reach new heights at the Alpine Tower at Camp Mary Atkinson! Standing 50 feet tall, this impressive tower invites you to clip in, step up, and climb your way toward the top!

Challenge yourself as you test your strength, strategy, and determination. Whether you're aiming for the very top or pushing just a little higher than you have before, this experience is all about growth, confidence, and trying something new. You'll see new sights from 50 feet up, conquer new challenges, and maybe even surprise yourself along the way. Are you ready to take the first step?

**Session IV**  
**2:45 p.m. - 3:45 p.m.**

### **On Target & On the Move: Archery Games That Build Skills Through Play**

**Seats Available:** 10

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Let's shake up range time and have some fun! In this interactive session, you'll learn and play a variety of engaging archery games designed to build skills, confidence, and focus while keeping

energy high. Research shows that mastering a new skill can take up to 400 repetitions—but when learning happens through play, it may take as few as 12. So let's play with purpose!

You'll leave with a collection of ready-to-use games that reinforce fundamentals, encourage teamwork, and keep girls excited about returning to the range. Have a favorite archery game? Bring it along and share your creativity as we build a strong toolbox—together.

## **Spark to Flame: Fire Building Basics**

**Seats Available:**

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Build your confidence from spark to steady flame! In this hands-on workshop, Girl Scout volunteers will learn the fundamentals of safe and effective fire building. Explore fire safety guidelines, proper site selection, types of fuel (tinder, kindling, and fuel wood), and simple fire lays that work well with girls of all age levels.

Participants will practice building and lighting a small fire, learn tips for teaching fire skills progressively, and review how to model safety and stewardship outdoors.

## **AI for Girl Scout Leaders: Save Time, Plan Smarter, Lead with Confidence**

**Seats Available:** 50

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Feeling stretched thin as a Girl Scout leader or volunteer? This course introduces artificial intelligence in a clear, approachable way and shows how it can support your day-to-day leadership work. Learn what AI is (and isn't), how to use popular AI tools to streamline planning, manage troop logistics, and generate ideas for meetings and events—while staying mindful of safety, privacy, and ethical concerns. You'll leave with practical skills, real examples, and confidence to use AI as a helpful assistant, not a replacement for your leadership.

## **From Choices to Ownership: Girl-Led Programming in Practice**

**Seats Available:** 35

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Girl-Led is a core part of the Girl Scout Leadership Experience, but putting it into practice can be challenging—especially as girls grow older and more capable. This interactive workshop helps troop leaders move beyond basic “girl-led decisions” and find a meaningful balance between adult guidance and authentic girl leadership. Participants will explore what Girl-Led and Girl Progression look like in real troop settings, focusing on how leadership responsibilities shift across levels. The session goes beyond charts to address the practical side of facilitation: when to guide, when to step back, and how to support girls without taking over.

## **Sing, Sing Together!**

**Seats Available:** 45

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years)*

Let's sing some traditional folk and girl scout songs. Show your creativity and dynamic expression using percussion instruments to create, accompany, and enhance the songs.

## **Mobile Programming Uncovered: Programs, Impact, and Possibilities**

**Seats Available:** 50

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Curious about everything our Mobile Programming Team has to offer? This is your all-access pass.

Join us for a comprehensive overview of our Mobile Programming initiative designed to bring hands-on, high-impact experiences directly to your troop. During this session, you'll explore the full range of programs delivered through our mobile units, including STEM, leadership, life skills, and outdoor education.

## **Yoga for Physical and Mental Wellness**

**Seats Available:** 50

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Participants will learn some basic yoga postures, myofascial release, and breathing techniques

that they can use to help maintain optimal physical and mental wellness. To have the best experience participants should bring a yoga mat, yoga block, lacrosse or tennis ball, and water bottle.

### **Bullseye & Bond: Axe Throwing for Fun!**

**Seats Available:** 12

**Additional Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Ready to try something bold and exciting? Join us for a hands-on axe throwing experience - no experience necessary! In this supportive, instructor-led session, you'll learn the basics of safe axe handling, proper stance, and throwing technique before stepping up to the target for plenty of practice and play.

Whether you're hitting the bullseye or just enjoying the laughs along the way, this workshop is all about building confidence, having fun, and discovering a new outdoor skill. Come ready to cheer each other on and experience the thrill firsthand!

### **Special Sessions/ Certifications Outside of Schedule**

### **First Aid/ CPR/AED – Blended \***

**Max No. of Participants:** 12

**Additional Cost:** \$14

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

Join us for a hands-on journey into Level 1 First Aid Training (the first part will be completed online). Tailored to meet the safety requirements outlined in Safety Checkpoints.

Upon successfully completing this workshop you will receive a two-year certification from the American Red Cross, ensuring you're equipped with the essential skills to nurture a safe and secure environment for your Girl Scout troop.

*Please remember that the 2-hr online course is a pre-requisite for attending the in-person session at Skill Splash.*

## **Outdoor Adventures - Basic Training \***

**No. of Participants:** 15

**Cost:** \$0

Are you looking to take your troop camping overnight on one of our Girl Scout Properties? This class is for you! In this day-only training you will learn the skills you need to take your troop overnight camping in any of our pre-existing structures on our camp properties.

**Prerequisite:** you will need to complete your online video training prior to this class.

Upon completion of this course, you will receive an Outdoor Adventures Basic Certificate for pre-existing structures on GS properties. This certificate is valid for 5 years.

## **Outdoor Adventures – Extended**

**No. of Participants:** 15

**Cost:** \$15

This in-person, overnight training teaches volunteers the skills they need to take their troops overnight camping both on and off council properties in off-site pre-existing structures and portable structures. Volunteers must have completed Outdoor Adventures: Basic to be eligible to take this class.

**Prerequisites:** Outdoor Adventures: Basic

## **Archery Level I Instructor Training \***

**No. of Participants:** 20 participants per session.

**Cost:** Archery Level 1 is \$60. (There is a +\$50 fee for the class plus a \$10 fee for lunch.)

Get certified to bring the love of archery to your troop or Service Unit. Learn how to safely handle bows, arrows, and manage and teach your Girl Scouts at the same time!

This session will prepare adults to facilitate archery instruction with a Level 1 certification that is valid for three years. This training meets Safety Activity Checkpoint standards to facilitate archery for your troop, service unit, and more.

**Prerequisite:** Prior to attending your in-person practical session during Skill Splash, you will need to complete an online learning module that will take between 3 and 5 hours. This program closes for registration 4/13/2026. All cancellation and refund requests must be received in writing by this date.

Please feel free to select additional workshops after your archery session is completed. Can't wait to see you take aim!

## **Axe Throwing Instructor Level I \***

**No. of Participants:** 12

**Cost:** \$10

Come join us at the range and learn how to set up and close the axe throwing range, how to safely instruct participants and give tips and tricks to be successful on the range.

Adults who complete this training will be certified in Axe Throwing Instruction for 5 years if the individual teaches 5 hours each year.

Prerequisite: there is a brief online module you will need to complete prior to the course.

### **BB Gun RSO Training \***

**No. of Participants:** 10

**Cost:** \$10 (plus \$60 or \$35 paid directly to the RSO after the completion of the course)

Learn how to safely handle BB Guns and equipment, while understanding how to manage and teach your Girl Scouts at the same time! This session will prepare adults to facilitate BB Guns for Girl Scouts - North Carolina Coastal Pines and certify you as a national Rifle Association (NRA) Range Safety Office (RSO) for 2 years.

Class Details: There are two portions of this class: Classroom and Practical.

*Classroom Section (4-5 hours):* You will start in a classroom setting and be trained as a Range Safety Office (RSO) through the National Rifle Association (NRA). This portion is a gun (not BB Gun) related course that teaches how to ensure safety on a gun range where gun owners already know how to use their guns or have taken separate courses on how to use their guns. It has no information about BB Gun specifics, but it is what GSUSA deems appropriate to prepare BB Gun instructors at a Girl Scout Activity.

*Practical Section (1-2 hours):* This is where you will learn all about BB Guns! You will go to the BB Gun range and get hands-on, practical instructions on how to run the range, load and shoot the BB Guns, and care and maintain the equipment. This section will last as long as needed until participants feel comfortable and ready to lead a range.

The RSO certification itself is a separate fee of \$60 and the participants will pay out-of-pocket directly to the NRA upon completion of the course to obtain their certificate. If the participants choose to renew their credentials, that fee will be \$35 every two years. Current NRA members will be eligible for an additional discount.

### **Belay Certification Course \***

**No. of Participants:** 100

**Cost:** \$0

Join us for a day at the tower. During this day-long training, you will learn basic tower safety, how to belay, and be able to climb while having fun!

Participants who successfully complete the course will be able to belay for groups with a certified facilitator. To maintain certification, you will need to join us for bi-annual practice days. This certification is valid for 1 year.

## **Youth Mental Health Certification \***

**No. of Participants:** 30

**Cost:** \$0

*Recommended Audience: New Volunteers (1-2 years), Mid-Level Volunteers (3-5 years), Veteran Volunteers (5+ years)*

What is Youth Mental Health First Aid (YMHFA)? Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18. You'll build the skills and confidence you need to reach out and provide initial support to young people who are struggling. You'll also learn how to help connect them to appropriate support. We hope that you decide to join us!

Special Note: \*Youth Mental Health First Aid does not teach participants to diagnose or treat mental health challenges.



**Youth Mental Health First Aid (YMHFA) Training**

*Supporting Our Youth When They Need Us the Most!*

What is Youth Mental Health First Aid (YMHFA)? Youth Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among adolescents ages 12-18. You'll build the skills and confidence you need to reach out and provide initial support to young people who are struggling. You'll also learn how to help connect them to appropriate support.

**Workshop Maximum Participants:**

30 Volunteers/Staff

**Cost:** No Charge – FREE

**Special Instructions:**

This workshop has an online component that must be completed prior to the start of the class and takes approximately 2.5 hours to complete.

**Training Location:** C M A

9:00 a.m. – 9:35 a.m.	Segment 1
9:35 a.m. – 10:00 a.m.	Segment 2
10:00 a.m. – 10:10 a.m.	Break
10:10 a.m. – 11:55 a.m.	Segment 3
11:55 a.m. – 12:05 p.m.	Transition to Lunch
	Lunch
1:05 p.m. – 3:05 p.m.	Segment 4 and Break
3:05 p.m. – 3:25 p.m.	Segment 5
3:25 p.m. – 3:35 p.m.	Prize Drawing, Survey and Closing
4:00 p.m. – 4:15 p.m.	Closing Ceremony and Prize Drawing <i>Leadership Center</i> <ul style="list-style-type: none"> <li>• YMHFA participants are welcome to stay and attend the larger closing ceremony at the Leadership Center</li> </ul>

Thank you for your interest in Youth Mental Health First Aid Training. If you have any questions about the training, please contact Shawna Peaks at [speaks@nccoastalpines.org](mailto:speaks@nccoastalpines.org).  
Thank you!

# Camp Mary Atkinson

