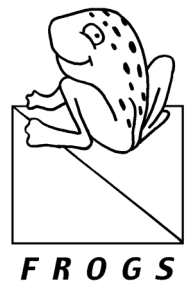


# what are the frogs?



## Fantastic Racing Orienteering Girl Scouts

Cadettes - Seniors - Ambassadors

### ***A special group for girls with an interest in navigation and orienteering!***

Orienteering is a sport involving running through the woods using a map to navigate around a course and **WIN PRIZES!**

- Have lots of fun with friends!
  - Learn to read compasses!
  - Training in the woods!
  - Learn to navigate!
  - Go on treasure hunts!
  - Travel to orienteering competitions all over the country!
  - Work our way up to advanced orienteering!
  - Teach younger scouts
  - Compete for awards!



**Join our team and prepare for adventure, competition and fun!**

- No experience necessary
- Individuals and families of girls are welcome
  - Since we meet at public events, tagalongs are welcome if they are accompanied by an adult.
- Join FROGS in addition to your regular troop OR register with the FROGS as your troop!
- The FROGS meet once a month at LA Orienteering Club events. These are usually held on Sunday and open at 9:30 am. Bring a sack lunch. FROGS and families run the courses and then have a picnic meeting. We are usually finished between 1:30-2:00 pm. Arrange for your own transportation; however, once we have a full roster, we may try to arrange some carpooling.
- Meeting and event notices are sent via email.

**For more information or to be added to the mailing list,  
contact Clare "Smitty" Durand at (818) 200-7377  
gssmittyo@gmail.com**