

The Duke of Edinburgh Award at Norwich Dragons Hockey Club



Norwich Dragons Hockey Club supports and encourages its members to become involved with the Duke of Edinburgh Award Scheme.

BEFORE you start working towards your Award you will need to do the following:

PHYSICAL ACTIVITY SECTION:

- 1.) Print from http://www.dofe.info/en/content/cms/leaders/resources-download/programme_support_do/
 - A 'Programme Planner Sheet' – Physical section
 - An 'Activity Log' – Physical section
- 2.) Complete your 'Programme Planner' – outlining which level of award you are undertaking and what your goals are during this Award.
- 3.) Approach your coach/captain and ask if they would be happy to be your assessor for the award. Agree on your goals (with your Programme Planner) and how these are going to be achieved.
- 4.) Complete your Activity Log on a WEEKLY basis, to monitor your progress at achieving your goals.
- 5.) Arrange to meet with your award assessor at the end of your Award to review your progress and 'Sign Off' your record book.

VOLUNTEERING ACTIVITY SECTION:

- 1.) Email the club to register your interest at being a volunteer:
 - For helping with Junior Training sessions: youth@norwichdragonshc.co.uk
 - For helping with Adult Training sessions: info@norwichdragonshc.co.uk
- 2.) The club will then discuss with you the best session to volunteer at and will allocate you an assessor (usually the coach you will be working with) for your Award.
- 3.) Print from http://www.dofe.info/en/content/cms/leaders/resources-download/programme_support_do/
 - A 'Programme Planner Sheet' – Volunteering section
 - An 'Activity Log' – Volunteering section
- 4.) Complete your 'Programme Planner' – outlining which level of award you are undertaking and what your goals are during this Award. Discuss with your Award assessor.
- 5.) Complete your Activity Log on a WEEKLY basis, to monitor your progress at achieving your goals.
- 6.) Arrange to meet with your award assessor at the end of your Award to review your progress and 'Sign Off' your record book.