

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 <https://www.dofe.org/do/activitylogs/>
 - 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. Register their contact details on eDofE, agree on your goals 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:

To volunteer as part of the club, young people will be expected to get involved in the following:

- Support with the delivery of weekly coaching sessions
 - Support at junior tournaments by umpiring small sided games
 - Support at junior tournaments by co-managing a junior team
- 1.) Email the club to register your interest at being a volunteer by contacting info@norwichdragonshc.co.uk
 - 2.) The club will then discuss with you the best session to volunteer at and will allocate you an assessor for your Award.
 - 3.) Print from <https://www.dofe.org/do/activitylogs/>
 - An 'Activity Log' – Volunteering section
 - 6.) Complete your 'Programme Planner' – outlining which level of award you are undertaking and what your goals are during this Award. Meet with your Award assessor so you can register their contact details on eDofE, agree on your goals 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.