



< 15  
Minutes

# YEAR 9 CONGRESSIONAL AWARD PROGRAM



YOUTH GROUP FOR INDIAN CULTURE  
**YGIC**  
Dayton, Ohio  
"Investing in our Children"



# CONGRESSIONAL AWARD

In this class the students will be working on the Congressional Award.

The students will be working towards a goal of a bronze, silver or gold award.

There are sections that are to be worked on to reach the goal:

- Personal Development
- Physical Development
- Expedition- Exploration
- Volunteering





# AWARD CHART



	BRONZE CERTIFICATE	SILVER CERTIFICATE	GOLD CERTIFICATE	BRONZE MEDAL	SILVER MEDAL	GOLD MEDAL
VOLUNTARY PUBLIC SERVICE	30 HOURS	60 HOURS	90 HOURS	100 HOURS	200 HOURS	400 HOURS
VOLUNTARY PUBLIC SERVICE MONTHS OF ACTIVITY	N/A	N/A	6 MONTHS	7 MONTHS	12 MONTHS	24 MONTHS
PERSONAL DEVELOPMENT	15 HOURS	30 HOURS	45 HOURS	50 HOURS	100 HOURS	200 HOURS
PERSONAL DEVELOPMENT MONTHS OF ACTIVITY	N/A	N/A	6 MONTHS	7 MONTHS	12 MONTHS	24 MONTHS
PHYSICAL FITNESS	15 HOURS	30 HOURS	45 HOURS	50 HOURS	100 HOURS	200 HOURS
PHYSICAL FITNESS MONTHS OF ACTIVITY	N/A	N/A	6 MONTHS	7 MONTHS	12 MONTHS	24 MONTHS
EXPEDITION/ EXPLORATION	1 DAY	2 DAYS	3 DAYS	1 OVERNIGHT	2 CONSECUTIVE OVERNIGHTS	4 CONSECUTIVE OVERNIGHTS

**2 HOURS PER WEEK**

**1 HOUR PER WEEK**

**1 HOUR PER WEEK**



# PERSONAL DEVELOPMENT

## Activity Ideas:

Agriculture/farming

Amateur radio

Arts and crafts

Astronomy

Automotive science

Career development programs

Clerical and office

Collecting (stamps, coins, etc.)

Conservation/environment

Construction

Creative writing

Cross cultural programs

Dancing

Dog training

Electrical engineering

Fashion design/tailoring

Floral art

Forestry

Gardening

Horsemanship

Job training programs

Language study

Leadership training

Learning For Life

Literacy programs

Magic

Model building

Music/singing

National Guard

Nursing

Part-time work

Photography

Speech and debate

Sewing/quilting

Theater/acting

Venturing

Video production

Woodwork





# PHYSICAL FITNESS

## Activity Ideas:

Gymnastics  
Archery  
Handball  
Backpacking  
Hiking  
Badminton  
Hockey  
Baseball  
Martial Arts  
Basketball  
Racquetball  
Bicycling  
Rafting/rowing  
Bowling  
Rollerblading  
Boxing  
Rugby

Canoeing/kayaking  
Running or jogging  
Dancing  
Sailing  
Exercise program  
SCUBA/skin diving  
Exploring  
Skateboarding  
Field events  
Skiing  
Figure skating  
Soccer  
Fencing  
Tennis  
Fitness walking  
Volleyball  
Football  
Weight training  
Golf  
Wrestling





# VOLUNTARY PUBLIC SERVICE

## Activity Ideas:

Animal care shelter work

Aquatics/water safety instructor

Camp/outdoor school volunteer

Civil Air Patrol

Conservation projects

Crime Prevention

Day care center volunteer

Disabled citizens assistance

Fire dept. or Police volunteer

First Aid Instructor

Health service

Hospital volunteer

Immigrant services (bilingual tutoring, etc.)

Interpreter

Leadership (Scout, 4-H leader)

Library work

Meals on Wheels

Nursing home/aid to elderly

Park volunteer

Peer counseling

Public housing services

Red Cross volunteer

Safety escort for young children

Tutoring

United Way volunteer

VISTA programs

YMCA volunteer





# EXPEDITION/EXPLORATION

## **Expedition Ideas:**

- Bicycle tour
- Canoe trip
- Horseback endurance ride
- Mountain climbing
- Outward Bound activities
- Camping
- Civil Patrol Rescue
- Reenactment
- Wilderness hiking

## **Exploration Ideas:**

- Undertake a special cultural project while studying abroad
- Live with an Amish family or on a Native American Indian Reservation
- Live the life of a ranch hand for cattle round-up
- Explore a new environment






# BRONZE MEDAL

- This means for Personal Development and Physical Fitness 1 hour a week is needed to finish, which can be done at home.
- Expedition/Exploration is two consecutive days of touring
- Volunteering will have to be done on the days YGIC will arrange at different places – Approx 2 hours a week
- There is no rule that it has to be a bronze. IF you have the time you can go for silver or gold or scale down.
- We at YGIC is planning to give an opportunity for a year
- You can continue the following year and make it into the next level.







# HOW DOES THE VOLUNTEERING WORK

- YGIC will plan and let you know for every week what volunteering job is planned.
- You need to be there to do the work. We will try to coordinate the job with some parents. We expect all parents to share the work of being there .
- If you do some of these work on your own place of preference that can be added to the award.
- We at YGIC is planning to give an opportunity for a year

## Examples and Ideas:

- Tutoring – Central State
- Help YGIC
- Library
- Gardening
- Maintaining Public Property (e.g. parks and trails)
- Raking Leaves
- Volunteering at PBS
- Fundraising for Charities
- Food Bank

We would like your suggestions for other places where children can volunteer.





# WHO ARE THE PEOPLE INVOLVED



- Your parents have to be a part of this exercise, to be able to do this program through YGIC.
- You need validators for everything you do – Parents cannot be validators.
- You need an advisor to set the plan. YGIC teacher will do that for you.
- Advisor can also be validator.
- Volunteering will be validated by the Advisors and in some cases someone at the location where the volunteering was carried out.
- In case of Personal development and physical fitness the family has to arrange for validator.



# ARE YOU READY?

- You need to go to the web [www.congressionalaward.org](http://www.congressionalaward.org) and register yourself
- Your Year 9 teacher is Anant. Please contact him via email at [year8@ygic.us](mailto:year8@ygic.us) for his contact info to register at congressional award website.
- The first session parents need to attend to tailor make the program with your advisor.
- **Parents have to be committed** to put in some time to make this happen
- Follow the emails and be responsive in answering emails on time. This is a team effort for 52 weeks.



# Thank You

