

**THE MAVERICK FOUNDATION
CONGRESSIONAL AWARD PROGRAM SUMMARY**

	<u>Bronze Medal</u>	<u>Silver Medal</u>	<u>Gold Medal</u>
Completion Schedule	December Sophomore Year	December Junior Year	December Senior Year
Minimum Duration	7 Months	1 year	2 Years
Physical Activity	50 Hours	100 Hours	200 Hours
1 All Organized Sports			
2 Bicycling			
3 Dancing			
4 Fencing			
5 Hiking			
6 Martial Arts			
7 Skeet Shooting			
8 Weight Training			
9 Yoga			
Maximum Number of Goals	2	2	2
Personal Development	50 Hours	100 Hours	200 Hours
1 Art (Drawing, Painting, Photography)			
2 Baking			
3 Dancing			
4 Dog Training			
5 Fashion Design			
6 Music			
7 Part-Time Work			
8 Sewing			
9 Speech & Debate			
10 Theater/Acting			
Maximum Number of Goals	2	2	2
Community Service	100 Hours	200 Hours	400 Hours
1 Animal Rescue Centers			
2 Conservation Projects			
3 Day Camp Volunteer			
4 Hospital Volunteer			
5 Meals on Wheels			
6 Nursing Home Volunteer			
7 Special Olympics			
8 Tutoring			
9 YMCA Volunteer			
Maximum Number of Goals	4	4	4

Essential Point: "Benefit the GREATER community at large."

Expedition/Exploration

Day Trips	3 Required	None Required	None Required
Overnight Trips	2 Day/1 Night	3 Day/2 Nights	5 Day/4 Nights

Essential Point: Trips have a cultural or historical basis or the exploration of a natural environment

Keys to Success:

- 1 Accurate Record Keeping - Journal
- 2 Plan ahead & Schedule
- 3 Kids Taking the Initiative
- 4 Parental Support
- 5 Well-rounded & Balanced Approach

Key Points:

- 1 No activity will count if it occurred during normal school hours.
- 2 No activity will count if it contributes in any way towards a student's grade
- 3 College trips, cruises, Disney, & Great Adventure do not count for Expedition/Exploration