



Jason Ahrendt and Barry Hein Award of Excellence

## Application Form

*Deadline: February 1<sup>st</sup>*

**DATE:**

**NAME:**

**ADDRESS:**

**TOTAL NUMBER OF YEARS ON SIOUX FALLS SWIM TEAM  
(including Seals & Snowfox):**

**This application must include:**

- Typed Essay (250 words or less)
- Recommendation Letter

*Please email completed applications (including essay and recommendation letter) to Sioux Falls Swim Team President at [president@sfswimteam.org](mailto:president@sfswimteam.org).*