

Express Leadership Development & Scholarship Application

Applications due: July 15

Scholarship awarded: August Team Awards Night (date TBA)

Scholarship max: \$500, min \$125. One to four individuals will be awarded scholarships each year.

Applicants must meet the following criteria:

- Must complete Senior year in high school, pursuing a college degree or specialized training program that requires a high school diploma.
- At a minimum applicant will have competed for Express for 4 seasons prior to scholarship being awarded in August.
- Finish their career with Express in good standing financially.
- If competing in college, swimmers are expected to practice and compete the summer following graduation and meet expectations for Senior White, Senior Black or National Team.
- Participation in practices and meets according to expectations for swimmer's group.
- Participate in team activities outside of practices and meets.
- Be a role model, in and out of the pool.
- Complete application and submit by July 15th deadline. No late applications will be accepted.
- Include at least one letter of recommendation from a teacher, employer, or volunteer supervisor (no swim coach letters will be accepted to meet this requirement).

Name: _____

Express group: _____

Address: _____

Phone number: _____

Graduation year: _____

Post graduation plans: _____

Years with Express: _____

Person writing your letter(s) of recommendation and your relationship with each: _____

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Use additional sheets of paper as necessary or type responses and attach to Page 1 of application.

1. Please write one to two paragraphs on your strengths and weaknesses and what you have done to address any weaknesses.

2. Give an example of a time you stepped out of your comfort zone to try something new, what you learned from that experience, and how that has helped you in your swimming career.

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3. Write one to two paragraphs on how you have demonstrated leadership during your time with Express.

4. Write about a time you had to be a selfless team player.

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5. How have you been a role model for your younger Express teammates?

6. Share an experience you have had on the pool deck where you have chosen to be inclusive, OR an upstander instead of a bystander.