

**STUDENT NOMINATION FORM**

**Deadline: December 11, 2020**

Excellence in Community, Education and Leadership

To be eligible for the ExCEL Award, students must:

1. be a junior in high school

2. make satisfactory progress toward graduation requirements

3. participate in a League-sponsored fine arts and/or athletic activity

1. hold a leadership position in their school
2. work voluntarily in their community
3. meet MSHSL General Eligibility Requirements (Bylaw 206)

# instructions:

* **Type** all information and answer all questions in the space provided. Handwritten applications will not be accepted. *Addendums will not be accepted*
* **PLEASE PROVIDE ALL INFORMATION REQUESTED**
* Do not use acronyms or abbreviations
* Complete one form for each student **(ONE BOY and ONE GIRL**) nominated from your school

**Include with each nominee’s form:**

* One-page letter of recommendation written by a school staff member (see form provided)
* ORIGINAL and 5 copies of complete Nomination Form *(Nomination Form, Student Essay & Letter of Recommendation)*
* Student essay (see form provided)
* One wallet-size photo of student *– do not staple or paper clip picture to this form.* Electronic photos must be at least 300 dpi AND emailed as an attachment*.* Please include the student name and school on all photos.
* Return nomination form(s) to MSHSL - ExCEL, 2100 Freeway Blvd., Brooklyn Center, MN 55430, postmarked no later than **December 11, 2020.**
* Winners will be notified of their selection via League website on February 1, 2021

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Student/School Information  | MSHSL Administrative Region |       | Class | A or AA |
| **Student’s Name:** |       |
| **Student’s Email** |       |
| **School Name:** |       |
| **School Street Address:**  |       |
|  **P.O. Box City Zip** |
| **School Phone Number:** |       | **Fax Number:** |       |
| **Principal's Name:**  |        **Email:** |
| **Athletic Director’s Name:**  |        **Email:** |
| **Student’s Parent(s)/Guardian(s):** |        **Email:** |
| **Student’s Home Address:**  |       |
|  **P.O. Box City Zip** |
| **Home Telephone Number:** |       |
| **Nominator’s Name:** |       | **Email:** |         |
| **Title:** |       |
|  |  |

This nomination becomes complete and valid only when you have submitted:

* Original Nomination Form and 5 copies of the complete nomination form *(and Student Essay & Letter of Recommendation)*
* Student Essay
* Letter of Recommendation
* Student Photo (Do not staple to this form—put name on back of photo)

## Participation in interscholastic Activities (\* = Fall activities only)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MSHSL Athletic Activities** |  | **Grade** |  | **Awards/honors, records, outstanding** |
| **(list sport once w/awards)** |  | **9** |  | **10** |  | **11\*** |  | **performances, leadership roles, etc.** |
|       |  |       |  |       |  |       |  |       |
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**(\* = Fall Activities Only)**

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| **Fine Arts Activities** |  | **Grade** |  | **wk/mo/yr** |  | **Awards/honors, records,** |
| **(list activity once w/awards)** |  | **9** |  | **10** |  | **11\*** |  | **hours** |  | **outstanding performances, leadership roles etc.** |
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## General Contributions to School (\* = Fall Activities Only)

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|  |  | **Grade** |  | **wk/mo/yr** |  |  |
| **Activity** |  | **9** |  | **10** |  | **11\*** |  | **hours** |  | **Offices held, awards/honors, leadership roles, etc.** |
| Honor Roll (Indicate A or B) |  |  |  |  |  |  |  |  |  |  |
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# Volunteer Community Service (\* = Fall Activities Only)

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| --- | --- | --- | --- | --- | --- | --- |
|  |  | **Total Hours** |  | **Grand** |  |  |
|  |  | **Grade** |  | **Total** |  |  |
| **Activity** |  | **9** |  | **10** |  | **11\*** |  | **Hours** |  | **Offices held, awards/honors, leadership roles, etc.** |
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| **GRAND TOTAL HOURS** |  |       |  |       |  |       |  |       |  |       |

Principal Certification

The student named on this nomination form is currently a high school junior, has been enrolled in high school for the last five semesters, and is designated to represent our school as its ExCEL student winner.

 Principal's Signature Date

sr:g:ex.fm nomination - table 9/11/2020

**ExCEL Student Essay**

|  |  |  |  |
| --- | --- | --- | --- |
| Name |  | School  |  |

###### *1. Please share with us your favorite leadership quote and the qualities that you believe make a good leader:*

######

###### *2. In 250 words or less, please choose one volunteer experience listed on your application and describe how the experience benefited yourself and others.* The essay must be one-sided, typewritten, and double-spaced on this form.

 ExCEL Award Letter of Recommendation

(written by school staff member)

|  |  |  |  |
| --- | --- | --- | --- |
| Student (first & last name)  |       | School  |       |
| Written by (name & title)  |       |

*In 250 words or less, please explain how the student positively influences others.* Please be sure to describe the student’s leadership skills. Letter must be one-sided and typewritten on this form.

**Nomination Form Instructions**

 ***TYPE ALL INFORMATION AND ANSWER ALL QUESTIONS IN THE SPACE PROVIDED.***

*Complete the nomination form and submit it to the Minnesota State High School League by the date specified on the nomination form.*

*Please list all of the activities in which the student is involved. Below are sample activities you may list on the nomination form. Do not use acronyms or abbreviations.*

*Indicate the number of hours involved in each activity per week, per month, or per year (i.e. 10/wk). Include only those activities that require eight or more hours per week, per month, or per year.*

*When completing the ExCEL nomination form please consider the following:*

**Athletic Activities**

List each MSHSL athletic activity in which the student participates. Please include the following information:

Team captain

All-conference honors

All city/metro honors

All-tournament teams

Number of years on team

School/team awards

Team academic awards

Team member or manager

**Fine Arts Activities (School/Community)**

Any involvement in state, section, sub-section, school or community-sponsored activities such as instrumental/vocal music, drama, debate, speech, or visual arts. Write “class” in the “hours” column if the activity is part of your course work.

Band (includes marching, jazz, and pep)

Choir

Orchestra

Debate

Speech

One Act Play

Visual Arts

Lead/major role in play/musical

Student director of a play/musical

Soloists

First chair or section leader in music

Best of Site awards

Participation in select music groups (e.g. show choir, jazz band)

Participation in one or more fine arts activity

MN Youth Orchestra

Number of years in activity

**General Contributions to School:**

This category includes non-League-sponsored activities, which may include, but are not limited to, the activities listed below. Write “class” in the “hours” column if the activity is part of your course work. Please include length of service and offices/positions held if applicable.

Academic Quiz Bowl

Academics Decathlon

Future Problem Solving

Honor Roll

Inroads

Knowledge Bowl

Language Clubs

Math League

Multi-Cultural Programs/Clubs

National Honor Society

National Merit Finalist

National Merit Semifinalist

Odyssey of the Mind

Peer Tutoring/Counseling

Science Challenge

Spotlight on Scholarship Certificates

Scholar-athlete awards

Upward Bound

**Other School Activities**:

Boys/Girls State Government

Class officer

Future Farmers of America

Future Homemakers of America

Key Club

Mock Trial

School musical

School newspaper

Student Council

Yearbook staff

Youth in Government

Other school activities which require additional time to serving your school and/or student body.

# Volunteer Community Service

Briefly describe the volunteer services in which the student(s) has participated *without pay* and that require the student to devote non-school time. Indicate the approximate number of hours involved in each activity. Please include only those activities that require eight or more hours per week/per month/per year (i.e. 10/mo). Grand total hours should be converted into hours per year.

**Community Involvement:**

Civic, youth, and professional organizations

Church involvement

Hospital or health services

Tutoring/coaching/mentoring

Fundraising for a charitable cause

Community theater

Other community service projects which require non-school time to serving your community

(Continued)

**SAMPLE SAMPLE SAMPLE**

# Nomination Form

**\* = 11th Grade - List Fall Activities Only**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MSHSL Athletic Activities** |  | **Grade** |  | **Awards/honors, records, outstanding** |
| **(list sport once w/awards)** |  | **9** |  | **10** |  | **11\*** |  | **performances, leadership roles, etc.** |
| Soccer |  | X |  | X |  | X |  | 03-04 Lettered |
|  Varsity |  |  |  | X |  | X |  |  |
|  Most Improved |  | X |  |  |  |  |  |  |
|  Spotlight on Scholarship |  | X |  | X |  |  |  | Gold |
| Basketball |  | X |  | X |  |  |  | 9th grade/B-squad captain |
|  State Tournament |  |  |  | X |  |  |  | Participant |
|  Spotlight on Scholarship |  | X |  | X |  |  |  | Gold |
| Track: 4 x 4 relay |  | X |  | X |  |  |  | State: 03/Silver; 04/Gold |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Fine Arts Activities** |  | **Grade** |  | **wk/mo/yr** |  | **Awards/honors, records,** |
| **(list activity once w/awards)** |  | **9** |  | **10** |  | **11\*** |  | **hours** |  | **outstanding performances, leadership roles, etc.** |
| Band, marching, pep |  |  |  | X |  | X |  | Class |  |  |
|  Jazz |  | X |  | X |  | X |  | 10/wk |  |  |
|  Jazz |  |  |  | X |  | X |  | 8/wk |  | 03/Best of Site Award |
| Choir |  | X |  |  |  |  |  | Class |  | Section leader |
|  Ensemble |  |  |  | X |  | X |  | 12/mo |  |  |
| Fall Play |  | X |  | X |  |  |  | 8/wk |  |  |

## General Contributions to School (\* = Fall Activities Only)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **Grade** |  | **wk/mo/yr** |  |  |
| **Activity** |  | **9** |  | **10** |  | **11\*** |  | **hours** |  | **Offices held, awards/honors, leadership roles, etc.** |
| Honor Roll (Indicate A or B) |  | A |  | A |  |  |  | n/a |  |  |
| Academic Quiz Bowl |  |  |  | X |  | X |  |  |  |  |
| National Honor Society |  |  |  | X |  | X |  |  |  |  |
| Peer tutoring |  | X |  | X |  | X |  | 8/week |  |  |
| Spanish Club |  | X |  | X |  | X |  | 8/mo |  | 03/Treasurer |
| Student Council |  | X |  | X |  | X |  |  |  |  |
| Class Officer |  |  |  | X |  |  |  |  |  | 03-04 President |
| Homecoming committee |  |  |  | X |  |  |  |  |  |  |
| Target Group |  |  |  | X |  | X |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Volunteer Community** |  | **Total Hours** |  | **Grand** |  |  |
| **Service** |  | **Grade** |  | **Total** |  |  |
| **Activity** |  | **9** |  | **10** |  | **11\*** |  | **Hours** |  | **Offices held, awards/honors, leadership roles, etc.** |
| Church |  | 40/yr |  | 40/yr |  | X |  | 80/yr |  | Nursery work, preschool setup, Sunday School assistant, youth group, church choir |
| Adopt A Highway |  | 8/yr |  | 8/yr |  |  |  | 16/yr |  |  |
| Meals on Wheels |  |  |  | 10/mo |  | X |  | 120/yr+ |  |  |
| Youth Soccer Coach |  | 10/wk |  | 10/wk |  |  |  | 200/yr |  | (10 week season) |
| Youth Soccer Referee |  | 2/wk |  | 2/wk |  | 2/wk |  | 60/yr |  | (10 week season ) |
| **GRAND TOTAL HOURS** |  | 168 |  | 288 |  | 20 |  | 476 |  |  |

sr:h:ww:excel:fm nomination – table rev. 9/11/20