Excellence in Community, Education and Leadership

**INSTRUCTIONS:**

**STUDENT NOMINATION FORM**

**Deadline: December 9th, 2022**

* **Student please 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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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:** |  |  |  |
| **Activities 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:**  |  |  |  |  |

# Nomination Form Instructions

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

## Other School Activities:

* + Boys/Girls State Government
	+ Class officer
	+ Future Farmers of America
	+ Future Homemakers of America

Language Clubs Math League

Multi-Cultural Programs/Clubs National Honor Society National Merit Finalist National Merit Semifinalist

* + Key Club
	+ Mock Trial
	+ School musical
	+ School newspaper
	+ Student Council

Odyssey of the Mind Peer Tutoring/Counseling Science Challenge

Spotlight on Scholarship Certificates Scholar-athlete awards

Upward Bound

* + 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

**SAMPLE**

**SAMPLE**

**Nomination Form**

**SAMPLE**

# \* = 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 Schoolassistant, 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  |  |   |

ExCEL Record of Student Activities

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

**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.** |

# (\* = Fall Activities Only)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **FINE ARTS ACTIVITIES** |  **Grade**  |  | **wk/mo/yr** | **Awards/honors, records,** |
| **(list activity once w/awards)** | **9** | **10** | **11\*** | **HOURS** | **outstanding performances, leadership roles etc.** |

**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)  |   |   |   |   |

# Volunteer Community Service (\* = Fall Activities Only)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **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

**ExCEL Student Essay**

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

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

*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.