

Deadline: December 8th, 2023

- STUDENTS: 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.

MSHSL ADMINISTRATIVE REGION

Zip

Title: _____

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.

Date



MINNESOTA STATE HIGH SCHOOL LEAGUE

* = 11th Grade: List Activities Through Nov. 30, 2023

MSHSL Athletic Activities (select sport once w/ awards)	9	Grade 10	11*	Awards/honors, records, outstanding performances, leadership roles, etc.

MSHSL Fine Arts Activities (select activity once w/ awards)	9	Grade 10	11*	Grand Total Hours	Awards/honors, records, outstanding performances, leadership roles, etc.

GENERAL CONTRIBUTIONS TO SCHOOL

Activity	Hrs per Grade			Grand Total Hours	"Other" description, offices held, awards/honors, leadership roles, etc
	9	10	11*		

Volunteer Community Service	Hrs per Grade			Grand Total Hours	"Other" description, offices held, awards/honors, leadership roles, etc
	9	10	11*		

GRAND TOTAL HOURS

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MINNESOTA STATE HIGH SCHOOL LEAGUE

ExCEL Student Essay

Name: _____

School: _____

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.