



MINNESOTA STATE HIGH SCHOOL LEAGUE

Nomination Form Instructions

- *Type all information and answer all questions in the spaces provided.*
- *Please select any and all activities in which the student is involved in. Multiple common options have been provided in the drop-down menu(s). If activity is not available, please select "other" and provide the description/name in the box provided.*
- *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:*
 - **MSHSL Athletic Activities**
 - Select each MSHSL athletic activity in which the student has or currently participates. All athletic activities have been provided in the drop-down.
 - **MSHSL Fine Arts Activities**
 - 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 "Grand Total Hours" column if the activity is part of your course work. Most common selections have been provided in the drop-down menu(s). Select "other" for any activities not listed and provide the description in the box on the far right side.
 - **General Contributions to School**
 - This category includes non-League-sponsored activities, which may include, but are not limited to, the activities listed in the drop-down menu(s) provided. Select "other" for any activities not listed and provide the description in the box on the far right side. Write "class" in the "Grand Total Hours" column if the activity is part of your course work. Please include length of service and offices/positions held if applicable.
 - **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 profession organizations
 - Church Involvement
 - Hospital or health services
 - Tutoring/coaching/mentoring
 - Fundraising for a charitable cause
 - Community theater
 - Other community services projects which require non-school time to serving your community