



STUDENT NOMINATION FORM

Nomination Deadline: December 14, 2018

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
4. hold a leadership position in their school
5. work voluntarily in their community
6. meet MSHSL General Eligibility Requirements (Bylaw 206)

STUDENT/SCHOOL INFORMATION

MSHSL Administrative Region _____

Class A or AA

Student's Name: _____

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): _____

Student's Home Address: _____

P.O. Box

City

Zip

Home Telephone Number: _____

Nominator's Name: _____

Email: _____

Title: _____

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 Nomination Form**
 - 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. Please include the student name and school on all photos.**
- Return nomination form(s) to the MSHSL ExCEL, 2100 Freeway Blvd., Brooklyn Center, MN 55430, postmarked no later than **December 14, 2018.**
- Winners will be notified of their selection via League website on February 4, 2019

NOMINATION CHECKLIST

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

___ **ORIGINAL and 5 Copies of Nomination Form**

___ Student Photo – **DO NOT** staple to this form – put name on back of photo

___ Student Essay

___ Letter of Recommendation

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
Nomination Form****SAMPLE***** = 11th Grade - List Fall Activities Only**

MSHSL ATHLETIC ACTIVITIES (list sport once w/awards)	Grade			Awards/honors, records, outstanding performances, leadership roles, etc.
	9	10	11*	
Soccer	X	X	X	03-04 Lettered
Varsity		X	X	
Most Improved	X			
Spotlight on Scholarship	X	X		Gold
Basketball	X	X		9 th 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 (list activity once w/awards)	Grade			wk/mo/yr HOURS	Awards/honors, records, outstanding performances, leadership roles, etc.
	9	10	11*		
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)

Activity	Grade			wk/mo/yr HOURS	Offices held, awards/honors, leadership roles, etc.
	9	10	11*		
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 SERVICE	Total Hours			Grand Total Hours	Offices held, awards/honors, leadership roles, etc.
	Grade				
Activity	9	10	11*		
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	