

LMH Health RunStrong

Scholarship Application

Note to Applicants:

Thank you for your scholarship application for LMH Health RunStrong! We're excited to offer this opportunity to incoming high school freshmen, sophomores, juniors and seniors.

Please read the following set of directions carefully and make sure to submit your application packet with all sections complete.

Applicant requirements:

- Be an incoming or current high school freshman, sophomore, junior, or senior
- Have an academic GPA of at least a 2.5
- Be in good standing at your middle or high school

You can expect to hear an update of your application status via email from the LMH Health RunStrong team. If your email address should change before the deadline or with any questions about the application process, please email RunStrong@lmh.org.

Directions:

- Complete instructions for submitting your application may be found on page 6 of this packet, "Application Checklist & Next Steps". Please note that all sections of the application must be submitted together as one PDF document or as one paper packet.
- Application: Pages 2-4 filled out completely by student and parent/guardian.
- One letter of recommendation from someone NOT in your family. (See directions on page 5.)
- Short essays from questions on page 6.
- School transcript (most recent) Note: Unofficial transcripts are accepted.

LMH Health RunStrong Scholarship Application

Applicant Information

Applicant's Legal Name:
(as it appears on your transcript)

Date of Birth:

Cell Phone:

Home Phone:

Address:

City:

Zip:

Email:

School:

Overall GPA:

If your school has weighted and un-weighted GPAs please provide an average of the two.

NOTE: please note that an official school transcript is not required with this application, unofficial transcripts will be accepted.

2021-22 school year grade level:

Sophomore

Junior

Senior

Anticipated graduation year:

Parent/Guardian Name:

Parent/Guardian Phone:

Voluntary race/ethnicity identification

We invite all applicants to identify themselves as indicated below. Check all that apply.

African American /Black

Hispanic/Latino/Latina

American Indian/Native American/Alaskan

Middle Eastern

Native

White/Caucasian

Asian/Pacific Islander

Other (please specify)

I prefer to not identify

Personal Reference

Please list the name and phone number of one (1) school staff member who would recommend you for this program.

School staff member name:

Phone:

Additional information

List your school/extracurricular activities (high school years only)

List your responsibilities at home.

List any job(s) you currently hold outside your home.

To be completed by the applicant:

By signing below, I certify that I understand the application process and that the information provided in the entirety of my submission is correct to the best of my knowledge.

Signature of applicant

Date

To be completed by the parent or guardian of the applicant:

By signing below, I certify that my child has permission to participate in the 2022 Summer Leadership Academy if selected, and I give LMH Health and LPS permission to use my child's name and photo for marketing and communication purposes.

Signature of Parent/Guardian

Date

Letter of Recommendation

Instructions:

- The letter should be from an adult outside of the applicant's family (teacher, coach, counselor at school, neighbor, community leader, youth pastor/coordinator, employer, etc.).
- Only one letter of recommendation may be submitted per applicant. Additional letters will not be considered by the committee.
- The letter should be no longer than **one page** and should include information that gives the selection committee further insight into the applicant.

Personal Essay

Instructions:

- Please include answers to the following questions in a separate document.
- Put your name at the top of your typed pages.
- Indicate the number of each question when you answer it.

Questions:

1. What got you interested in running? (Tell us your running passion story.)
2. What are your running goals? (4-6 sentences)
3. Why do you want to participate in RunStrong and what do you expect to get out of it? (Why – 3 sentences and what you expect – 3 sentences).

Application Checklist & Next Steps

Please complete application and place sections in the following order:

- Application (electronic or paper): Pages 2-4 filled out completely by student and parent/guardian
- One letter of recommendation from someone NOT in your family – directions on page 5
- Personal essay – directions on page 5 (typed and attached to digital or paper packet)
- Most recent school transcript (unofficial transcripts will be accepted)

Applications may be submitted prior to the start of the session in one of the following ways:

1. Email the completed application to RunStrong@lmh.org with “RunStrong Scholarship Application” as the subject line. All sections must be included in one single PDF document.

2. Mail the completed paper application to:

LMH Health RunStrong
Attn: Nami Stone
325 Maine St.
Lawrence, KS 66044

3. Deliver the completed paper application to the LMH Performance and Wellness Center, 100 Rock Chalk Lane, Suite 100, Lawrence, KS 66049.

Application process following submission:

1. The LMH Health RunStrong team will send an email confirmation indicating that your application has been received.
2. All applicants will be notified of their application status prior to the beginning of the next session.