

**NORTHERN VIRGINIA SWIMMING LEAGUE**  
**2023 Scholarship Information and Application**  
**Deadline for Submission: June 23, 2023, at 6:00pm**

Scholarships are awarded each year by the Northern Virginia Swimming League to recognize NVSL graduates' outstanding contributions to the league, their sport, and their communities, and to defray a portion of their continuing education expenses. Every graduating high school senior is encouraged to apply for the NVSL scholarships. Please note that athletes who have accepted swim/dive scholarships to a Division I or Division II school are, as a general rule, ineligible for an NVSL scholarship according to NCAA guidelines. For any other questions regarding eligibility, please refer to the current NVSL Handbook.

The scholarships will be awarded to the top five candidates. Each award for 2023 will be \$1,500. The following scholarships will be awarded:

**Community Service Scholarship**

Created in honor of long-time NVSL volunteer George MacDuff and his daughter Melinda. George served many years as the league's Records Chairman.

**Excellence in Technique Scholarship**

Created in 2017 by a grant from Mr. Lou Sharp's estate. Lou Sharp was a strong supporter of the NVSL through the Competition Swim Clinic that he founded. Under Lou's guidance, generations of swimmers learned their swim strokes and a love for the sport of swimming.

**President's Scholarship**

This scholarship was named in honor of all those volunteers who have served the youth of Northern Virginia and, in particular, those who have served as President of the NVSL.

**Spirit Scholarship**

Created in memory of Olivia Aull to recognize spirited swimmers and divers within the NVSL community.

**Sportsmanship Scholarship**

Created in honor of Joan Olson a long-time volunteer who served as an NVSL Director, Seeding Committee Chair, and a dedicated advocate for sportsmanship.

Swimmer/diver's commitment and contributions to their team and their sport are of primary importance. School and community involvement are also considered. The essay is a valuable opportunity to emphasize these attributes and allow the selection committee to learn more about the athlete as a person. The recommendation letters also enhance the committee's knowledge of the applicant and are a crucial part of the submission. A swimmer/diver does not need to continue competing in college to be eligible for these awards. **Grades and test scores are not considered.**

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**Application Process:**

A completed application includes four parts, in the following order: Personal Information sheet, Activities sheet, essay, and recommendation letter(s). Your name should be included on all sheets of the application. The entire application should be converted into **one document in PDF format** before submitting. Incomplete applications will not be considered.

1. Request up to three people to write your recommendation letters. Choose people who know you well (i.e., team representative, coach, school counselor, etc.). The letters should be no more than one page, typed, and submitted as part of the **PDF format** application. Please do not submit separately. At least one recommendation letter must be submitted for an application to be considered.
2. Complete both the Personal Information sheet and the Activities sheet.
3. Write a one-page typed (roughly 500 words or less) essay on **ONE** of the three topics below. Please clearly identify your topic.

***Topic 1: As you complete your final season in NVSL, reflect on what you have gained, what you have given to others, and what you will take with you from NVSL to your future endeavors.***

***Topic 2: Because NVSL includes such a wide range of ages, older athletes are able to mentor younger ones. Describe your mentorship experiences throughout your time in NVSL, and their impact on you.***

***Topic 3: There is a saying, "Your attitude will determine your altitude." How does this apply to your NVSL experience?***

5. Please convert all four parts of your completed application into **one PDF document** and email to: [nvslscholarship@gmail.com](mailto:nvslscholarship@gmail.com), with subject line "NVSL Scholarship Application" **by 6:00 pm on the due date, June 23, 2023**. Please allow time for possible computer issues; do not wait till the last minute! You will receive an email reply to verify receipt.
6. All applicants will be notified by July 14, 2023. The winners will be posted on the website thereafter.

# 2023 NVSL SCHOLARSHIP APPLICATION

## Personal Information

Name of Applicant: \_\_\_\_\_

Email Address: \_\_\_\_\_

Cell phone #: \_\_\_\_\_

Name of Parent(s) / Guardian(s): \_\_\_\_\_

Email Address: \_\_\_\_\_

Cell phone #: \_\_\_\_\_

Name of Swim/Dive Team Representative: \_\_\_\_\_

Email Address: \_\_\_\_\_

Cell Phone #: \_\_\_\_\_

NVSL Team(s) Affiliation: \_\_\_\_\_

# Years of Participation in Swim \_\_\_\_\_

# Years of Participation in Dive \_\_\_\_\_

High School Attended: \_\_\_\_\_

Plans after High School: \_\_\_\_\_

# 2023 NVSL SCHOLARSHIP APPLICATION

## Activities

Name of Applicant: \_\_\_\_\_

### **NVSL Involvement**

Please list and describe the ways in which you have contributed to your NVSL team or the league overall. Include activities such as mentorship, coaching, cheering, setting up for meets, etc. Team awards you have received, such as Coaches' Award, MVP, and Most Improved, may also be included here.

### **Swim/Dive Involvement Outside NVSL**

If you are or have been involved in club or high school swim/dive, please list and describe those activities here. Include number of seasons, hours per week, leadership positions, paid coaching, volunteering.

### **Other High School and Community Activities (Non-Swim/Dive)**

Please list and describe your involvement in up to four other activities that have been most important to you during your high school years. Include number of years involved, hours per week and leadership positions.

## 2023 NVSL Scholarship Essay

Name: \_\_\_\_\_

Topic #: \_\_\_\_\_