

# NSCA Scholarships Application 2009 – 2011



## Scholarships Available

High School Scholarship

Challenge Scholarship

Minority Scholarship

Power Systems®

Professional Scholarship

Women's Scholarship



[www.nsca-lift.org/nscafoundation](http://www.nsca-lift.org/nscafoundation)



# National Strength and Conditioning Association Foundation Scholarship Program

The purpose of the National Strength and Conditioning Association Foundation (NSCAF) is to support the mission of the NSCA by providing scholarship funds to support the higher education of students pursuing a career in strength and conditioning. This packet outlines the available scholarship opportunities. All general and specific guidelines for each respective scholarship are outlined below and should be closely read by the applicant to ensure all guidelines have been met prior to submission.

## General Eligibility Requirements

All scholarship applicants must be NSCA Members at the application deadline (member on or before March 15) and must be pursuing careers in strength and conditioning. Applicants are not eligible to win more than one scholarship in any given year; however, they may apply for scholarships annually. NSCA Employees and their families are ineligible to receive financial awards.

Items judged by the NSCA Review Panel in each application include: Grades/GPA; Courses Completed; Overall Academic Achievement; Strength and Conditioning Experience; NSCA Involvement; Honors and Awards; Community Involvement; Clarity of Essay and Expression of Goals and Financial Need; and Letters of Recommendation.

More specific and/or additional requirements can be found under each category description.

All 2010 – 2011 scholarship applications must be postmarked by **March 15**. Incomplete application packets will not be accepted and will be returned to the applicant. Returned applications will not be considered eligible for funding in the current year, but may be resubmitted the following year.

# Current Scholarship Programs

In addition to the NSCAF, funding for scholarships has been provided, in part, by Power Systems®.

## High School Scholarship

The High School Scholarship provides funding to senior high school students preparing to enter college with the intention of graduating with a degree in a strength and conditioning field. Applicants must verify their acceptance into an accredited academic institution for the fall semester via an official letter from their college of choice, have a high school GPA of 3.0 or higher based upon a 4.0 system, and provide a resume that includes their record of community service. For applicants under the age of 18 years, the application form must be signed by a parent or legal guardian (see Appendix A). \$1500 scholarships will be awarded.

## Challenge Scholarship

The Challenge Scholarship is given to NSCA members currently pursuing an undergraduate or graduate degree in a strength and conditioning field. Awards are in the amount of \$1500.

## Minority Scholarship

The Minority Scholarship is designed to encourage minorities, aged 17 years and older, to enter the field of strength and conditioning. Minority is defined as “ethnic minority” according to the Bureau of Census and includes one of four ethnic qualifications: Black, Hispanic, Asian American, or Native American. The applicant must demonstrate that they have been accepted into an accredited academic institution and are working toward an undergraduate or graduate degree in strength and conditioning. \$1500 scholarships will be awarded.

## Power Systems® Professional Scholarship

The Power Systems® Professional Scholarship program assists NSCA student members in their pursuit of a career as a strength and conditioning coach. To qualify for this award the applicant must be an undergraduate or graduate student in good standing and must be working under the supervision of a strength and conditioning coach in the school’s athletic department (student assistant, volunteer, or graduate student). The application requires a letter of support from the Head Strength Coach at the applicant’s school and the application packet must be submitted by the Head Strength Coach on behalf of the student (one candidate per school). \$1500 scholarships will be awarded.

## Women’s Scholarship

The Women’s Scholarship is designed to encourage women, aged 17 years and older, to enter the field of strength and conditioning. Applicants must demonstrate that they have been accepted into an accredited institution and are working toward an undergraduate or graduate degree in the field of strength and conditioning. \$1500 scholarships will be awarded.

# Scholarship Application

Last Name, First Initial: \_\_\_\_\_

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## Part I

**Cover Letter of Application**—Use the space below to describe the scholarship you wish to apply for and how you meet the specific criteria outlined above. Special mention should be made regarding the status of your transcripts. Furthermore, take this time to explain how receiving the funding will impact your future as a strength and conditioning professional. (Type or copy and paste into this section. Please be sure to proofread all of your work prior to submission.)

# Scholarship Application

Last Name, First Initial: \_\_\_\_\_

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## Part I

### Applicant Background Information

Scholarship for which you are applying: \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Initial: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Fax Number: \_\_\_\_\_

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

Degree Pursuing: \_\_\_\_\_ Anticipated Date of Graduation: \_\_\_\_\_

Date Entered Program: \_\_\_\_\_ GPA: \_\_\_\_\_ / 4.0 \_\_\_\_\_ / 5.0

# Scholarship Application

Last Name, First Initial: \_\_\_\_\_

## Part I

### Current Resume

Position/Title: \_\_\_\_\_

### Education *(high school through postdoctoral training)*

Institution	Degree	Years	Area of Concentration

### Strength And Conditioning Experience *(in chronological order)*

Institution	Area of Concentration	Years

### Membership, Honors, and Certifications

### Community Involvement

### NSCA Involvement

# Scholarship Application

Last Name, First Initial: \_\_\_\_\_

## Part II

**Transcripts**—An official transcript must be provided from each school attended. Only transcripts received in sealed envelopes bearing the college/university seal or other official designation will be accepted. Transcripts from institutions in which the student is currently enrolled should reflect classes that have been completed and not those currently in progress by the student. **NOTE: High school transcripts are only necessary for those applying for the High School Scholarship.**

Complete the following information below regarding the schools you have attended and transcripts should be expected.

Name of Institution #1:			
City/State	Dates of Attendance	Degree	Graduation Date

Name of Institution #2:			
City/State	Dates of Attendance	Degree	Graduation Date

Name of Institution #3:			
City/State	Dates of Attendance	Degree	Graduation Date

Name of Institution #4:			
City/State	Dates of Attendance	Degree	Graduation Date

Name of Institution #5:			
City/State	Dates of Attendance	Degree	Graduation Date

**All transcripts should be mailed to:**

National Strength and Conditioning Association • Attn: Grants and Scholarship Program  
1885 Bob Johnson Dr. • Colorado Springs, CO 80906

# Scholarship Application

Last Name, First Initial: \_\_\_\_\_

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## Part II

**Essay (500 words or less). High School Scholarship**—Use the space below to describe your life ambitions, future in the strength and conditioning field, and financial need. (Type or copy and paste into this section. Please be sure to proofread all of your work prior to submission.)

# Scholarship Application

Last Name, First Initial: \_\_\_\_\_

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## Part II

**Challenge Scholarship**—Use the space below to describe your current course of study, career goals, and financial need. (Type or copy and paste into this section. Please be sure to proofread all of your work prior to submission.)

# Scholarship Application

Last Name, First Initial: \_\_\_\_\_

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## Part II

**Minority Scholarship**—Use the space below to describe your current course of study, career goals, and financial need. (Type or copy and paste into this section. Please be sure to proofread all of your work prior to submission.)

# Scholarship Application

Last Name, First Initial: \_\_\_\_\_

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## Part II

**Power Systems® Professional Scholarship**—Use the space below to describe your career goals and objectives. (Type or copy and paste into this section. Please be sure to proofread all of your work prior to submission.)

# Scholarship Application

Last Name, First Initial: \_\_\_\_\_

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## Part II

**Women's Scholarship**—Use the space below to describe your current course of study, career goals, and financial need. (Type or copy and paste into this section. Please be sure to proofread all of your work prior to submission.)

# Scholarship Application

Last Name, First Initial: \_\_\_\_\_

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## Part III

**Recommendations**—With the exception of the Power Systems® Professional Scholarship, each applicant is required to submit three letters of recommendation. Applicants for the Power Systems® Professional Scholarship must include one letter of support from the Head Strength Coach at the applicant's school.

Letter of Recommendation should be emailed to

**foundation@nsca-lift.org**

or mailed to

**NSCA Grants and Scholarships**

**Attn: Membership**

**1885 Bob Johnson Dr.**

**Colorado Springs, CO 80906**

# Scholarship Application

Last Name, First Initial: \_\_\_\_\_

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## Appendix A

**Signature of Parent or Legal Guardian for High School Scholarship Applicants under the age of 18 years.**

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

Relationship to Applicant: \_\_\_\_\_

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# Appendix B: Instructions for Completing Application

## Formatting

- This file is set up to allow you to download, and save to it using Adobe® Reader® software version 8 or higher. If needed, the software is available for free download at <http://www.adobe.com/>.
- This PDF form has one quarter-inch margins on all sides and will only accept Arial font, size 11.
- It is recommended that you prepare your application using these formatting guidelines.
- Only use the allotted space and page restrictions. Any characters that exceed the allotted space will not be seen by the reviewers and subsequently not be evaluated. Attaching additional pages to any section will not be accepted and only the content provided in the allotted space will be evaluated.

## Deadline

Only electronic submissions will be accepted. **The deadline is March 15, 2010, 5:00pm MST.**

## Part 1 – Cover Letter of Application (pg 1)

Use the allotted space to draft a brief letter describing the scholarship you wish to apply for and how you meet the specific criteria. Special mention should be made regarding the status of your transcripts. Furthermore, take this time to explain how receiving the funding will impact your future as a strength and conditioning professional.

## Part 1 – Applicant Background Information (pg 2)

**Scholarship** – Select which scholarship you are applying for from the dropdown box.

**Background Information** – Enter in the most current and updated background information to facilitate effective communication of your application during the review process.

Students are required to a) select what degree they are pursuing, b) their anticipated date of graduation, c) the day/date they entered the program, and d) their current estimated GPA.

## Part 1 – Current Resume (pg 3)

Enter in all required fields to provide a brief biographical sketch of your education, strength and conditioning experience, current memberships and honors, as well as community and NSCA involvement.

## Part II – Transcripts (pg 4)

A transcript is required from every school attended or currently being attended. Only official transcripts bearing the university or high school (for High School Scholarship only) seal or other official designation will be accepted from the university or school, **NOT** the applicant. Transcripts should be requested before submission.

All transcripts should be mailed to:

National Strength and Conditioning Association  
Attn: Grants and Scholarship Program  
1885 Bob Johnson Drive  
Colorado Springs, CO 80906

## **Appendix B: Instructions for Completing Application (*continued*)**

### **Part II – Essay (pgs 5 – 9)**

Provide a descriptive essay. No more than 500 words are accepted for this section.

### **Part III – Recommendations (pg 10)**

Letter of Recommendation should be emailed to [foundation@nsca-lift.org](mailto:foundation@nsca-lift.org), or mailed to:

**NSCA Grants and Scholarships**

**Attn: Membership**

**1885 Bob Johnson Dr.**

**Colorado Springs, CO 80906**

### **Appendix A (pg A1)**

A signature from a parent or legal guardian for High School Scholarship applicants under the age of 18 years is required.