

## Awards and Activities

Instructions to applicant: Please list awards and activities from your high school time. Include academic accomplishments as well as extra-curricular participation/achievements and personal accomplishments. List all or as many as you would like; add lines as required to reflect these.

| Activity  | Mark years |      |
|---|------------|------|
|   | 9th        | 10th |
| <b>Awards (Academic &amp; others) Received and Applicable Grade</b> |            |      |
| MEL All League Award (Volleyball)                                   | X          | X    |
| MEL All League Award (Swimming 100yd Breaststroke)                  |            |      |
| League MVP (Volleyball)   |            |      |

Team MVP (Volleyball)

|                   |   |   |
|-------------------|---|---|
| <b>Honor Roll</b> | X | X |
|-------------------|---|---|

Athlete of the Month

|   |   |   |
|---|---|---|
| <b>Extra-Curricular Activities and Applicable Grade</b> |   |   |
| RCHS Garden Club  | X | X |
| S.E.E.D.S. Club   |   |   |
| Club Volleyball   | X | X |
| Varsity Swim  | X | X |

Varsity Volleyball

West Sacramento Dolphins Swim Team

X X

Varsity Basketball

|   |   |   |
|---|---|---|
|   | x | x |
| <b>Community Service and Applicable Grade</b> |   |   |
| <b>Junior Coach for Swim</b>                  |   | x |
| <b>School Snack Bar</b>                       | x | x |

Work in the School Garden

|   |   |   |
|---|---|---|
|   | x | x |
| <b>Volunteer Service and Applicable Grade</b> |   |   |
| <b>Yolo County Food Bank</b>                  | x |   |
| <b>Habitat for Humanity</b>                   | x |   |
| <b>West Sac Kids Give Back</b>                |   | x |
| <b>Offices Held and Applicable Grade</b>      |   |   |
| <b>RCHS Garden Club Secretary</b>             | x | x |
| <b>RCHS Garden Club President</b>             |   |   |
| <b>Varsity Volleyball Captain</b>             |   |   |
| <b>Varsity Basketball Captain</b>             |   | x |

Varsity Swim Captain

|   |   |   |
|---|---|---|
| <b>Employment (Current or Past) and Applicable Grade</b>              |   |   |
| <b>Lifeguard/Swim instructor at West Sacramento Recreation Center</b> |   | x |
| <b>Babysitter</b>   | x | x |
| <b>Dogsitter</b>  | x | x |
|   |   |   |



omplishments as

participated  
11th 12th

|   |   |
|---|---|
|   |   |
|   |   |
| X | X |
| X |   |
|   | X |

|   |   |
|---|---|
| X | X |
| X | X |

|   |   |
|---|---|
|   |   |
| X | X |
|   |   |
| X | X |
|   |   |
| X | X |
| X | X |

X

X X

|   |   |
|---|---|
|   |   |
| X | X |
| X |   |

X X

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|---|---|
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|   |   |
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|   |   |
|   |   |
|   |   |
| X | X |
| X | X |
|   |   |

X X

|   |   |
|---|---|
|   |   |
| X | X |
| X | X |
| X | X |
|   |   |