

Daughters of Penelope

ZOE CAVALARIS

OUTSTANDING FEMALE
ATHLETE AWARD

2026

INFORMATION AND APPLICATION PROCESS

*The Daughters of Penelope Zoe Cavalaris
Outstanding Female Athlete Award
honors a young woman of the Daughters of Penelope
Family who has exhibited excellence in athletic ability
and accomplishment in any sport or series of sports
during their years of high school, college,
or graduate years, August 1, 2025 - April 15, 2026.*

The Daughters of Penelope Zoe Cavalaris Outstanding Female Athlete Award, established by Past Grand President Zoe Lucas Cavalaris (1918-1985), honors a young woman of the Daughters of Penelope Family who has achieved as an amateur the highest athletic accomplishments in high school and/or undergraduate and graduate collegiate athletics; and has maintained a high sense of scholarship, community and civic achievement.

Important Information

- 1) The award was conceived to honor a young woman of the Daughters of Penelope Family, meaning she must be a Maids of Athena member, a Daughters of Penelope member, or a daughter of a Daughters of Penelope member; any of whom must be an active member for at least two years prior to the date of application.
- 2) The recipient shall be a high school junior or senior female athlete recognized for her accomplishments during the past four (4) years of high school OR she may be a collegiate undergraduate or graduate female athlete recognized for her accomplishments during her past collegiate and high school years.
- 3) The award may consist of any or all of the following:
 - a. A scholarship check (amount to be determined)
 - b. An engraved plaque
 - c. Public recognition at the Awards Luncheon at the AHEPA Supreme Convention (lunch tickets included)
 - d. Hotel accommodations (2 nights) to the AHEPA Supreme Convention
 - e. Invitation to the AHEPA Athletic Award Reception the night before the luncheon
 - f. Publication of the recipient's name, biography, and accomplishments in all available AHEPA family publications including but not limited to the "Penelope's Scroll" Magazine and "AHEPAN" Magazine
- 4) This award may not be awarded more than once to the same person.
- 5) Evaluation and ranking of the applicants will be conducted by a group of judges no less than three (3) professionals in the world of athletics, who will be appointed by the Daughters of Penelope Athletic Chairman. The judges will use the grading format supplied by the Athletic Chairman.
- 6) Nominations must be made by or through any sponsoring Daughters of Penelope Chapter in good standing with national headquarters.
- 7) All applications must be **computer printed (12pt font) on white paper.**
- 8) All applications must be **postmarked no later than April 15th to be considered.** To ensure proper delivery, applications must be submitted **“Return Receipt Requested”** to Headquarters.

APPLICATION REQUIREMENTS AND INSTRUCTIONS

ON 8 ½ x 11" PAPER. COMPLETE THE FOLLOWING INFORMATION:

On each sheet include your Full Name in upper right hand corner.

Use 12 pt. Font.

- 1) Full Name, include "nickname"
- 2) Home Address
- 3) City, State, Zip Code
- 4) Home Telephone and Cell Phone
- 5) E-mail address

- 6) List Biographical Information to include the following:
 - a. Birth Date
 - b. Parents and Sibling Names
 - c. Maids of Athena or Daughter of Penelope member, or daughter of a Daughters of Penelope member (members must be active at least 2 years prior to date of application)
 - d. High School Attended and Date/
 - e. College Planning to Attend or College Attending and Dates
 - f. Present Academic Year Status (current year spring semester)
 - g. Current Year GPA and Overall GPA for past 4 years (specify 4 or 5 pt. grade scale)
 - h. Academic Honors (past 4 years)
 - i. Other Honors (past 4 years)
 - j. Extracurricular Activities (other than sports in past 4 years)
 - k. Church and/or Community Involvement (past 4 years)
 - l. Church Name, City, State
 - m. Any Other Special Achievements (past 4 years)

- 7) List all sports activities, individual as well as team participation, in which you are involved, positions held, leadership held, honors received and pertinent information of the past four (4) years.

- 8) Include two (2) letters of recommendation from individuals who have been personally involved in your athletic and academic achievements. Examples include coaches, professors, teachers, etc.

- 9) Provide any documentation (newspaper or other), arranged and dated in chronological order, regarding your achievements in past four (4) years, (copies are acceptable as this material will not be returned to you).

- 10) **On a separate sheet of paper one (1) page only, double-spaced in 12pt. font,** submit a statement of your personal and professional goals.

- 11) Send a sealed official transcript from your current institution.

- 12) Provide a photograph of a headshot no smaller than 3" x 4" on separate sheet of paper

- 13) List your Daughters of Penelope sponsoring Chapter, including name, number, location and contact person
- 14) Indicate in writing if you will be attending the **AHEPA Supreme Convention** to receive this award if you are the Awardee chosen. The AHEPA Family Athletic Awards Luncheon is tentatively scheduled for Wednesday of the Supreme Convention.
- 15) **Applications must be postmarked no later than April 15th.**
- 16) Failure by the applicant to comply with the Application Requirements as set forth in this document may cause the applicant to be disqualified from consideration by the evaluators.
- 17) All applications will become the property of the Daughters of Penelope Zoe Cavalaris Outstanding Female Athlete Award and will not be returned.
- 18) Any questions or concerns regarding this application can be sent to Headquarters at dophq@ahempa.org or 202-234-9741, or be directed to DOP Athletic Chairman, Katina Tassopoulos at ktassopoulos@sbcglobal.net or 214-202-2470.
- 19) Mail all applications **“Return Receipt Requested”** to:
Daughters of Penelope Headquarters
Attn: Athletics Chairman
1909 Q Street, NW, Suite 500
Washington, DC 20009

- **PHOTOCOPY THIS PAGE.**
- **COMPLETE THE CERTIFICATION DOCUMENT BELOW.**
- **SIGN AND DATE THE CERTIFICATION DOCUMENT AND USE IT AS THE COVER PAGE TO YOUR APPLICATION.**

ATTENTION: Failure by the applicant to comply with the Application Requirements as set forth in this document may cause the applicant to be disqualified from consideration by the evaluators. All applications will become the property of the Daughters of Penelope Zoe Cavalaris Outstanding Female Athletic Award Committee and will not be returned.

CERTIFICATION DOCUMENT (PLEASE PRINT)	
NAME OF APPLICANT	
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APPLICANT'S MOA or DOP MEMBER # & CHAPTER NAME	
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APPLICANT'S MOTHER'S NAME, DOP MEMBER # & CHAPTER	
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SPONSORING DAUGHTERS OF PENELOPE CHAPTER	
NAME _____	NUMBER _____
CITY/STATE _____	
TOTAL NUMBER OF APPLICATION PAGES (INCLUDING THIS PAGE) _____	
I certify that all statements and information included in this application are true, to the best of my ability and knowledge.	
APPLICANT SIGNATURE	DATE
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ALL APPLICATIONS BE MUST BE POSTMARKED NO LATER THAN APRIL 15th AND BE MAILED USING "RETURN RECEIPT REQUESTED" TO:

**Daughters of Penelope Headquarters
 Attn: Athletics Chairman
 1909 Q Street, NW, Suite 500
 Washington, DC 20009**