

VERIFICATION FORMS INSTRUCTIONS

- * For all Verification Forms, fill in your name, contestant number, and phone number at the top. If you need additional space, use a second form.
- * Take each form to the appropriate supervisor and ask them to complete the form, letting them know by which date you will need to pick it up. If you have more than one supervisor to give the form to, make sure to start early—qualified hours go through **February 28**, and **forms are due by March 4**—so start with those supervisors for hours that ended first, then move on to supervisors for hours you're currently working on (e.g., If you competed in both a fall and winter sport, start with the fall coach, then give the form to the current coach).
- * **In order for hours to count, they must be indicated on the official Verification Form, the form must be complete, and it must be signed and dated by the appropriate supervisor** (not a co-worker, teammate, or classmate). You cannot get credit for hours in more than one category. Follow the directions to determine which form to use; if you have questions, ask!
- * **Forms will not be accepted after March 4.**

SERVICE VERIFICATION FORM:

- * Qualified dates: **June 18, 2022** – February 28, 2023
- * Qualified service: volunteer work through a **nonprofit organization, church, or school**
 - * Hours must be completed **OUTSIDE** of normal school hours
 - * Include service clubs when the hours you volunteered were either before or after school; do not include any hours during the regular school day, even if you had to get out of one class to do work for another class
- * Receive 1 point per hour of qualified volunteer work

SPORTS VERIFICATION FORM:

- * Qualified dates: September 1, 2022 – February 28, 2023
- * Qualified sports: high school sports (fall & winter season this year only), club sports, athletic classes (e.g., dance, tae kwon do, skating, etc.)
- * POINTS (count toward Physical Fitness):
 - * Receive 10 points per high school sport this year
 - * Receive up to 5 points per month per athletic class or club sport this school year (1 per month for 1 day/week, 2 per month for 2 days/week, 3 per month for 3 days/week, 4 per month for 4 days/week, 5 per month for 5 days/week)
 - * Receive 0.5 per PE class 1st trimester, semester, or quarter this school year

THRIVE VERIFICATION FORM:

- * Qualified dates: **January 12, 2023** – **March 3, 2023**
- * To receive credit for hours spent working out at Thrive, you must get a Thrive employee's signature when you arrive and when you leave; hours will not count if *both* signatures are not obtained
- * Hours will be calculated to nearest 0.25 hour
- * POINTS (count toward Physical Fitness): receive 0.25 points for every 60-minute workout

EXTRACURRICULAR VERIFICATION FORM:

- * Qualified dates: September 1, 2022 – February 28, 2023
- * Qualified activities: high school club and NJROTC activities **OUTSIDE** of school hours, independent clubs like 4-H, and rehearsals & performances
- * Receive 1 point per hour of qualified extracurricular activity

EMPLOYMENT VERIFICATION FORM:

- * Qualified hours: September 1, 2022 – February 28, 2023
- * Qualified employment: hours for which you were paid
- * Receive 1 point per hour of qualified work