



2025 Scholarship Application

This form must be completed by the applicant. Please complete the form digitally or print clearly using pen. Question responses and the Coach's recommendation letter may be attached as separate files.

Deadline: May 3, 2025

Name: _____

E-mail address: _____

Address: _____

High School: _____

Phone: _____

High school participation in cross country and/or track:

Cross Country:

Freshman

Sophomore

Junior

Senior

Track (list events, 800m or greater)

Freshman: _____

Sophomore: _____

Junior: _____

Senior: _____

(1) What are your academic plans after graduating from high school?

(2) What are your athletic plans after graduating from high school?

(3) Describe a challenging experience related to your athletic pursuits. Did you succeed or fail and what did you learn from this experience?

(4) Describe an experience where you had to take on a leadership role or responsibility.

(5) Community Service: Please list all community service activities that you have volunteered at during high school. This may include SWEAT sponsored races, United Way events, Good News Rescue Mission, etc. You may include a separate page.

(6) Share a specific experience from your community service that has significantly contributed to your personal growth. How do you envision applying the skills and lessons learned from this experience to your future endeavors?

(7) Have you been involved with SWEAT events (Redding Marathon and Relays, NorCal John Frank Memorial Run, Turkey Trot) as a participant or volunteer? If so, what events and what years?

Grade Point Average (3.0 or better required)

Present Cumulative GPA: _____

Counselor's signature verifying GPA: _____

Coach's Recommendation (may be included on a separate page)

Coach's signature: _____

Please mail completed application to:

SWEAT Scholarship Committee
19121 W. Niles Lane
Redding, CA 96002

Or email completed application to:

sweatrunningclub@gmail.com

For questions, please contact Tori Parks:

tparksrn@gmail.com