

Auburn Racquet & Fitness Club
Health & Fitness Scholarship Program
\$2000 Award

Auburn Racquet & Fitness Club has designed a Scholarship Program for local area High School (Placer, Bear River, & Colfax) juniors & seniors to introduce the benefits of health & fitness. Participants will receive complimentary membership at the Auburn Racquet & Fitness Club during the 4 month program, and complimentary participation in fitness and educational programs offered by the Club. At the conclusion of the program, each participant will submit a 1000-word essay describing the program's health & fitness benefits and how they plan to share those benefits with friends, family, and the local community.

The applicant completing all mandatory requirements of the program and submitting the best-judged essay will receive a \$2000 scholarship toward continuing education after high school.

Students interested in joining the program will submit an online application between August 1 and August 31, 2014. The Scholarship Program and Membership will run September 1 to December 31, 2014. Essays will be due February 1, 2015, and will be judged during the month of February by a panel of Club Staff and School Administrators.

An online Application Form is available on our website, www.ar-fc.com, under the Scholarship Program button on the left. For program information please contact Ashley Cook, Auburn Racquet & Fitness Club's Scholarship Program Administrator, at (530) 885-1602 or scholarship@ar-fc.com. This program is open to ARFC members and non-members.

Auburn Racquet & Fitness Club's College Scholarship Program

Overview

The 4 month program is designed to introduce the benefits of health & fitness to Placer, Colfax, and Bear River High School Juniors & Seniors, and in turn ask them to share those benefits with their local community. A complimentary membership at Auburn Racquet & Fitness Club, the sponsor and venue for all of the activities, is included with the program. At the conclusion, each participant will write a 1000 word essay describing their experience, identifying the benefits of health and fitness, and describing what they will do to promote a healthy lifestyle within their community. The essays will be reviewed by school administrators and ARFC staff, and the winning applicant will receive a \$2000 scholarship toward college or continuing education.

The Program

The application process begins August 1, 2014, and membership will begin September 1, 2014. Interested students should fill out the online application, available on the Club's website (www.ar-fc.com, select the Scholarship tab on the left and click on the Online Application Form link). Applications will be reviewed to determine eligibility for the program. Please email any questions to Program Director Ashley Cook at scholarship@ar-fc.com. Membership at Auburn Racquet & Fitness Club is required, and is complimentary, as are all program activities described below. Program requirements are as follows:

- Must attend the Club to exercise a minimum of three times per week
- Must participate in 1 Group Personal Training session each week
- Must participate in 15 Group Fitness classes during the program
- Must participate in 2 Cardio Tennis or Rookie Tennis classes during the program
- Must participate in 1 Nutrition 101 Seminar during the program
- Must write a 1000 word essay describing the benefits of health & fitness learned from the program, and what they will do to share those benefits with their local community

Failure to meet any of the program requirements will result in loss of complimentary membership, enrollment in the program, and eligibility for the scholarship.

The Essay

The essay must be a minimum of 1000 words in length and should describe two things: First, what their participation in the program has taught them about health & fitness and how those benefits have improved their lives. Second, what they plan to do to share those benefits with their local community. The essays will be reviewed by a panel of High School Administrators and ARFC Staff. Essays will be due by February 1, 2015.

The Scholarship

The scholarship amount is \$2000. In the case of a High School Senior, \$1000 will be given upon proof of registration in full-time continuing education for the first year, with the remaining \$1000 held in trust and to be given upon proof of registration for a second year. In the case of a High School Junior, the scholarship will be placed in trust until their High School graduation when the same procedures will then be followed as with High School Seniors. Students may win the scholarship more than once. Although every participant will benefit from the program, only one will win the scholarship!