

# **Auburn Racquet & Fitness Club's Scholarship Program for High School Juniors & Seniors**

## **Overview**

The 4 month program is designed to introduce the benefits of health & fitness to Placer and Colfax 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, 2016. The membership will begin October 1, 2016 and be completed on January 31, 2017. Interested students should fill out the application, available on the Club's website ([www.ar-fc.com](http://www.ar-fc.com), select the Amenities tab on the top and click on Community Services). Please email any questions to Program Director David Ray at [davidray@ar-fc.com](mailto:davidray@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 1 Cardio Tennis or Rookie Tennis class 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 January 31, 2017.

## **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!