



## **Michael Sizemore Sportsmanship Scholarship**

As part of our effort to promote and encourage sportsmanship in the swimming community, the Michael Sizemore Sportsmanship Scholarship is presented annually to graduating high school seniors from the Rappahannock Swim League, who embody outstanding sportsmanship. The scholarship recognizes individuals who exemplify honesty, integrity, civility, selflessness, kindness, compassion and class in athletic competition. Candidates are evaluated strictly on their approach, character and respect for others in the pool. Athletic performance (wins and other stats) will not factor in the selection – making this scholarship truly unique.

Michael was dedicated during his tenure as the RSL President to ensure that there was always an environment where fair and equitable competition was top priority. This is the remarkable legacy of leadership, character, and community service left for future swimmers in the swim league.

Everyone has the potential to give back to their community and make a difference, even if it is small. The Michael Sizemore Scholarship seeks to reward students in the RSL who have a desire to enrich the lives of others in their community. RSL high school seniors in 2025 and undergraduate students who swam in the 2024 swim season and have a good moral character are encouraged to apply.

## **Michael Sizemore Scholarship**

Selection Criteria:

Applications will be judged based on sportsmanship, volunteerism, letter of recommendation, and a short essay.

**Completed applications will be due no later than July 15, 2025, to the RSL, [scholarship submission form](#)?**

To make the selection process objective, the judges will not be aware of the applicant's identity. Applicant's information will be separated from the application and assigned an identification number.

**If an RSL 2024 senior or upcoming graduating senior is interested in applying for this scholarship, they must submit their application to the [scholarship submission form](#) where the identification number will be assigned to the application which will be used throughout the application.**

Name:

Address:

Home: Cell:

Email:

I verify that all information in this application is a true representation of the applicant's achievements.

Applicant Signature:

Parent Signature:

Applicant Number:

## **Michael Sizemore Scholarship**

Applicant Number:

1. Volunteerism - Please attach a sheet with your **identification number on top** listing your Volunteer Involvement and hours completed.
2. Coach Recommendation – Ask your coach RSL Scholarship Form. **Please have the coach use your identification number. Do not allow any mention of your name in the letter.** Have them email their recommendation to the [submission form](#).
3. Essay - Please type an essay, 500 words or less, about how you want to make a difference in the world and how being a part of a team has prepared you to achieve that goal. The essay must be typed and in 12-point font, Times New Roman. The **applicant's name should not appear** on the essay, only the applicant number. The essay will be judged on content, neatness, and clarity.

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## **Coach Recommendation**

Applicant Number:

1. Does the applicant display an excellent spirit in swimming? YES NO
2. Does the applicant encourage and cheer for the team as a whole? YES NO
3. Does the applicant encourage others? YES NO
4. Does the applicant show dedication and perseverance? YES NO
5. Is the applicant quick to give up? YES NO

By submitting this recommendation, I certify that the athlete applying for the Michael Sizemore Scholarship Fund is in good standing with both me as a coach and swim team.

Coach Signature:

Date: