

Name*Street Address • City, State, and Zip Code • Home Phone Number**Appropriate Email Address***Extra-Curricular Activities**

Boy Scouts of America (...9, 10, 11, 12)

- leadership training, camping, and life skills education
- earned 21 merit badges
- 1.5 hours per week for 12 years
- World Conservation Award (12)
- Assistant Senior Patrol Leader - Camp Alexander (11)
- Theodore Roosevelt Conservation Award (10)
- Heritage Trail Award (9)

Piano Lessons (...9, 10, 11, 12)

- 1 hour per week for 8 years

National Guild of Piano Teachers Auditions (9, 10, 11, 12)

- piano competitions
- 16 hours per semester

Lawrence High School Concert Band (9, 10, 11, 12)

- clarinet and tenor saxophone
- 7 hours per week

Lawrence High School Marching Band (10, 11, 12)

- section leader (11)
- clarinet and tenor saxophone
- 7 hours per week
- Kansas University 6A Band Competition – 2nd Place (11, 12)
- Lee’s Summit Band Competition – 1st Place in Division (12)
- Neewollah Band Competition – Grand Champions (11)
- Blue Valley North Band Competition – 1st Place Overall (11)
- Kansas University Marching Band Competition – 2nd Place Overall (11)

Lawrence High School Pep Band (10, 11, 12)

- tenor saxophone
- 2 hours per week

Athletics

Lawrence High School Varsity Tennis Team (9, 10, 11, 12)

- 2nd seeded player
- played 8 varsity matches each year
- 80 hours per season

Lawrence High School Varsity Swim Team (10, 11, 12)

- appointed team captain by coach (12)
- 100 meter breaststroke, 200 medley relay (breaststroke), 200 meter freestyle relay, and 50 meter freestyle relay
- 144 hours per season

Community Service

Eagle Scout Project (11)

- built a kiosk for a map of the campground and current events at Bromilsick Campground northwest of Lawrence, Kansas
- 146 hours

Corpus Christi Church (9)

- Community service as part of Sacrament of Confirmation
- 50 hours

Employment

Dillon’s Grocery Store (11, 12)

- grocery bagger
- 18 hours per week

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HONORS AND AWARDS

- Cheer Captain (11)
 - Voted by teammates based on leadership skills and ability to get along with everyone, as well as being capable of including everyone's opinion in making final decisions

SCHOOL CLUBS AND ORGANIZATIONS

- Family, Career, and Community Leaders of America - FCCLA (12)
 - Elected Vice-President by other club members
 - Attend National FCCLA leadership cluster in November 2010
 - Bi-monthly meetings, one hour each
 - Decorate bulletin board and visit with nursing home residents
 - Competed in Students Taking Action with Recognition (STAR), entrepreneurship category
 - Received gold medal
- Student Council (12)
 - Weekly meetings, one hour each
 - 1-3 activities per week, including planning all aspects of homecoming, courtwarming, and prom
 - Chair of senior girls lock-in committee
 - Support less popular sports by attending games
 - BIONIC (Believe It Or Not I Care)
 - Week of community service projects
- Builders Club (8-9)
 - Students actively involved in serving the community through activities such as food drives, collecting winter coats for the homeless

ATHLETICS

- Cheerleading (8-11)
 - 2.5 hour daily practices, with at least one game during the week depending on sports season
 - 3 hour practices in the summer leading up to competition in early August

COMMUNITY SERVICE

- CASA Carnival (12)
 - 3 hours
 - Volunteered at annual fundraiser to support CASA, which provides court representation for children who have been abused or neglected
- Harvesters (11)
 - Packed food for 1000 school kids who did not have food to eat over the weekend
 - Our cheerleading squad brought enough food to feed 40 families
- City Union Mission (9)
 - 4 hours
 - Helped cook and serve dinner to the homeless, assisted in leading a worship service
- Operation Christmas Child (8-10)
 - 4 hours each year
 - Project provides gifts for kids overseas who otherwise would not receive anything for Christmas

EMPLOYMENT

- Babysitting (7-12)
 - One night a week during the school year, 1 to 3 nights a week during the summer
 - Provide child care for several families with children ages ranging from infant to 9 years
 - Feed, bathe, play with children, put to bed, develop activities, and clean home as needed
- Impulse Boutique (12)
 - 15 to 20 hours per week
 - Change out displays and mannequins, run the register, organize and size clothing, steam and put out new shipments, and assist customers
- Social Suppers (11)
 - 10 hours per week
 - Washed and put away dishes

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HONORS AND AWARDS

	GRADES	DESCRIPTION
Academic Letter	(9-12)	Maintained above 3.5 GPA throughout high school and lettered in academics
Published Article	(12)	Article appeared in local Kansas City publication, iTeenKC Magazine (September 2010)
Fox 4 Young Achiever	(11)	Local award presented to the School of Rock House Band from Fox 4 News in Kansas City

SCHOOL CLUBS AND ORGANIZATIONS

	GRADES	TIME COMMITMENT	DESCRIPTION
A+ Program	(9-12)	12 hours	Tutored/mentored students in Park Hill School District
Student Council	(9-11)	1-2 hours per week	Met to discuss and organize school-wide events, promote school spirit and participate in community service projects to better the school and community
National Honor Society	(11-12)	1-2 meetings per month, plus 12 hours of community service	Serves to honor students who have demonstrated excellence in the areas of scholarship, leadership, service, and character
Yearbook	(12)	7 hours per week in class, plus time outside of class for interviews and pictures	Copy Editor of the 2010-2011 Park Hill yearbook; responsible for writing and editing articles for the publication

OUTSIDE OF SCHOOL ACTIVITIES

	GRADES	TIME COMMITMENT	DESCRIPTION
School of Rock House Band	(9-12)	5 hours (+gigs) per week	Keyboardist and guitarist for this "honor band" that combines weekly private lessons with structured group rehearsals and live shows in front of live audiences, including performing on Shiprocked Cruise to Jamaica and Grand Cayman Islands (November 2009) and at the Rock and Roll Hall of Fame in Cleveland, OH (August 2010)
Guitar Lessons	(9-12)	1-2 hours per week	Lessons for both acoustic and electric guitar
Piano Lessons	(9-12)	1 hour per week	Lessons in classical, rock, and blues/jazz piano; gained appreciation for basic composition and theory; also able to read sheet music with some memorization required
The Tempest	(11-12)	3-6 hours (+gigs) per week	Play piano and keyboards for an original band that meets to write, rehearse and perform music locally

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ATHLETICS

	GRADES	TIME COMMITMENT	DESCRIPTION
First Degree Black Belt in Tae Kwon Do	(9-10)	2-3 hours per week, plus testing and exhibition	Intense, highly-disciplined practices; testing required demonstrated understanding of stances, kicking, striking, blocking and sparring techniques as well as memorizing a Poomse (form) for each belt level and breaking with a specified kick or strike; participated on leadership team for exhibition, an additional commitment and honor that included more advanced kicking, sparring, and sword techniques

COMMUNITY SERVICE

	GRADES	TIME COMMITMENT	DESCRIPTION
Ian's Rainbow Flu Foundation	(9-12)	20 hours	Volunteer at the Walk to Fight the Flu; have provided musical entertainment, face painting, and photography
American Brain Tumor Association	(11-12)	3 hours	Sold raffle tickets for David Cook autographed guitar at various events to benefit the American Brain Tumor Association
Juvenile Diabetes Research Foundation	(10-11)	4 hours	Performed with a band at two annual Walks to Cure Diabetes benefiting diabetes research
Riverside Blast Festival	(12)	4.5 hours	Worked as parking attendant at fundraiser for Ozanam Home
Harvesters	(11)	4 hours	Sorted food and drinks donated to assist local families in need
Park Hill Clothing Center	(11)	8 hours	Sorted donated clothing for disadvantaged families in the Park Hill School District

EMPLOYMENT

	GRADES	TIME COMMITMENT	DESCRIPTION
Lauren's Hope Medical ID Bracelets/Fashion Alert	(11-12)	16 hours per week in summer, minimum four hours per week during school year	Work in office filing invoices, stuffing envelopes, and helping with organization and maintenance; string bracelet kits for Laruen's Hope and bead wholesale bracelets for Fashion Alert; design beauty shot layouts to display products and edit "Behind the Design" videos for the Laruen's Hope blog
Babysat Full-Time	(9-10)	10am - 5pm Mondays through Fridays (summer)	Responsible for the care of an elementary-aged child