



# Coach “Magic Morris” Scholarship

## Criteria

### REQUIRED

1. You have COMPLETED a GOTR Lehigh Valley season as one of the following:
  - A Girls on the Run and/or a Heart & Sole participant
  - A Junior Coach
  - A Coach
2. You are ENTERING or CONTINUING your education at an accredited 4-year college, 2-year college, community college, or technical school in the U.S.during the 2023-2024 academic school year.
3. One (1) application filled out with your personal information (submitted online or via mail).
4. One (1) typed essay of any length that answers the *Essay Prompt* below in your preferred language (submitted online or via mail)..

### OPTIONAL

- One (1) or more letters of recommendation from a person outside of your family. Please ask that they include their full name, email, and phone number. Letters from instructors, counselors, or community members that know you well are preferred.

**APPLICATION DEADLINE: MAY 31, 2023**

**APPLICANTS WILL BE NOTIFIED OF STATUS BY JUNE 30, 2023**

**ONLINE APPLICATION: <https://forms.gle/ddCRdcMvsUFDMpb48>**

**or mail to:**

**Girls on the Run Lehigh Valley  
P.O. Box 833, Fogelsville, PA, 18051.**



# Personal Information

Please include the following information when submitting your application via mail:

First Name

Last Name

Middle Initial

Date of Birth

Parent/Guardian Name(s) - if under 18

Street Address, City, State, Zip Code

Phone Number

Email Address

Name of School/Site where you participated in or coached GOTR

Your role (participant, Coach, Junior Coach - list all that apply)

Year(s) that you participated in or coached GOTR

Ex. Jefferson Elementary, 2018, Student. *Role* is one of: Student, Junior Coach, or Coach.

## Essay Prompt

Looking back over your life, from as far back as you can remember until today, which person(s) were most important and which moment(s) were most impactful in shaping the person you are now? Why? How did these people and moments change you?

Now imagine 10 years from now, in the future, another girl names you as the most important person in their life, responding to the question above. What did you do? What was your role and impact in her life?

## Tips for a Successful Essay

- Take time to understand the prompt before you start writing. If you have any questions, please ask us! We will make our best effort to answer your questions promptly.
- Read over the *Rubric* below to understand what qualities our Scholarship Committee is looking for in your essay.
- Write, rewrite, and edit your essay before submitting.
- Ask for help from your teachers and grownup when you feel stuck or want feedback on your first drafts.



# Rubric

## Character Traits

A brief description is written for each character trait along with how each trait relates to Coach Magic Morris.

Consider how you have lived these traits while also thinking about how others may have affected you in life while displaying these traits.

### Inspire & Ignite

*Inspiration* is the effect you have on people in a moment. *Ignition* is when people carry forward that inspiration long after you have moved on.

Coach Magic Morris inspired those in her family and community to volunteer as coaches and running buddies; she also ignited a passion in her family, friends, and coworkers to carry on her impact after her passing.

### Extra Mile

Going the *Extra Mile* is when you go beyond your responsibilities and rise above the expectations that you have set for yourself or been given by others. A person that goes the extra mile sets the standard as a role model for what's possible.

Coach Magic Morris went the extra mile in many ways: buying her girls running shoes when they had none, calling parents to check on girls when they missed practice, and personally driving girls and families to the 5K when they didn't have a ride.

### Circle Back

When you finish or accomplish anything you *Circle Back* to help others do the same. Circling back acknowledges that we can all be successful together.

In practice, Coach Magic Morris encouraged early finishers to circle back, run with the other girls, and help them finish their laps. In life, she circled back with GOTRLV to help lift up the young women in her community.

### Self Introspection

*Self Introspection* is a person's ability to improve by looking within themselves and analyzing their own thoughts, behaviors, and emotions, along with how those things relate to the world around them. An introspective person considers their strengths and weaknesses when looking for opportunities to improve, and then takes the actions necessary to improve. Generally, through self-introspection, they can construct a future vision and plan the steps needed to achieve that vision.

Coach Magic Morris had a desire to help young girls in her Lehigh Valley community. Through self-introspection, she considered what her strengths were along with what she enjoyed to do, and then set about finding organizations and opportunities to participate in. Of course, coaching for GOTRLV was one of the first opportunities she found in her search.

