



**Instructions for Submitting Application Packet  
for the Freddie Solomon Scholarship**

**Application Deadline: Friday, March 1, 2019**

To assist the applicant, a check box is provided to assure all forms are complete, correct and submitted on time. A late or incomplete application will not be considered.

- Form #1      **Application:** Fill out completely.
- Form #2      **Personal Statement:** Include your present status, goals, needs, etc., and answer the question.
- Form #3      **Three References:** One must be from a teacher or counselor; the other two should be from adults who are not related to the applicant. Fill out the form, and send to your references. The completed forms and reference letters must be received by the Scholarship Committee **by March 1, 2019.**
- Form #4      **Transcripts:** The application pack must include an official transcript of record from your high school.

**Please mail all required forms to:**

Strides for Life Colon Cancer Foundation  
Freddie Solomon Scholarship Committee  
1525 Rollins Road, Suite B  
Burlingame, CA 94010

Or email to [info@stridesforlife.org](mailto:info@stridesforlife.org)

For questions, please contact our office at (650) 692-3700.

November 1, 2018

Dear Athletic Directors, Coaches and Counselors,

Attached, please find information on the 2019 Freddie Solomon Memorial Scholarship available through the Strides for Life Colon Cancer Foundation. This coming year, we anticipate awarding at least two scholarships of \$2,000 each.

The following criteria will be utilized in selecting the successful applications:

- Academic achievement
- Community service and volunteering
- Leadership
- Athletic participation
- Financial need

If any of these conditions are not met, or if any part of the application is incomplete or any required documents are not submitted by the deadline, the application will be disqualified.

Thank you for your assistance in disseminating this information. If you have any questions, please feel free to contact us at (650) 692-3700 or [info@stridesforlife.org](mailto:info@stridesforlife.org).

There is one copy of the application attached and it is also available for download or fillable .pdf on our website: [www.stridesforlife.org](http://www.stridesforlife.org). If you would like the full application emailed to you, please send a request to [info@stridesforlife.org](mailto:info@stridesforlife.org)

Sincerely,

Scholarship Committee  
Strides for Life Colon Cancer Foundation



**Freddie Solomon Memorial Scholarship Application  
2019**

**ORIGIN OF SCHOLARSHIP**

Strides for Life Colon Cancer Foundation is honored to endow the Freddie Solomon Memorial Scholarship. Mr. Solomon was a two-time Super Bowl champion receiver with the San Francisco 49ers. He died of colon cancer in February 2012, after a year-long battle.

Former 49ers owner Edward DeBartolo said about Mr. Solomon, "He was one of the most gentle and best men I have ever met in my life. I have never met a man who cared so much about the human race, and there will never be another Freddie".

While he was a tremendous athlete with an accomplished high school, college and pro career, Mr. Solomon spent the last twenty years of his life working with the Hillsborough County (Florida) Sheriff's Office. He was a mentor to hundreds of youngsters, teaching them about sports and about life. His legacy will live on in the hearts of many people and he leaves us all with lessons of humility and caring. Those are traits that defined him.

Strides for Life wishes to perpetuate these qualities in and among the youth in the San Francisco and San Mateo areas. This scholarship will be one way of remembering him.

**AMOUNT OF SCHOLARSHIP**

Scholarships will be awarded in the amount of \$2,000.00 each to one boy and one girl.

**APPLICATION CRITERIA**

1. Applicant must be a high school senior and a student in a private or public high school in San Francisco or San Mateo Counties, or home schooled in those same areas.
2. Applicant must show evidence of good citizenship.
3. Applicant must provide three references (see Instructions for Submitting Application).
4. Applicant must provide evidence of community service and volunteering.
5. Applicant must provide evidence of athletic participation.
6. Applicant must provide evidence of leadership.

**DEADLINE**

The completed application deadline is **Friday, March 1, 2019**. All mailed packets must be **POSTMARKED** on or before **Wednesday, February 27, 2019**. Applications can be submitted electronically by emailing to [info@stridesforlife.org](mailto:info@stridesforlife.org) by **Friday, March 1, 2019 by 5:00pm**.

**SELECTION**

Final Selection will be made in March 2019 Awards will be presented at our 16<sup>th</sup> Annual Dinner and Auction, in March or April 2019 (date to be determined) at Serra High School in San Mateo. Winners will be notified in advance and a space will be provided at the dinner for the recipients and their parents.

### Form #3: References

Dear \_\_\_\_\_,  
Applicant to enter reference's name

Please be advised that \_\_\_\_\_  
Applicant to enter own name

is preparing for a career in \_\_\_\_\_,  
Applicant to enter field of study

and is applying to the Strides for Life Colon Cancer Foundation Scholarship Committee for a Freddie Solomon Memorial Scholarship. This scholarship is available for training and education in health care careers such as physician, nurse, radiological technician, laboratory technician, surgical technician, physiotherapist or occupational therapist.

Your name has been submitted as a reference for the above candidate. On a separate sheet of paper, please comment on the applicant's academic performance, community service, integrity, personality, character and any other trait that would be of value in judging the eligibility of this person for a scholarship. Your candid opinion of the applicant's suitability for the career chosen would be appreciated and will be kept in strict confidence.

It is important that your reference letter (and this form) be returned as soon as possible. If we do not receive this completed form **POSTMARKED by Wednesday, February 27, 2019**, the applicant will not be eligible for consideration. You may also submit your letter electronically by emailing to [info@stridesforlife.org](mailto:info@stridesforlife.org) by **Friday, March 1, 2019 by 5:00pm**.

**Please mail your reference letter and this form to:**

Strides for Life Colon Cancer Foundation  
Freddie Solomon Scholarship Committee  
1525 Rollins Road, Suite B  
Burlingame, CA 94010

Thank you,

Scholarship Committee  
Strides for Life Colon Cancer Foundation  
(650) 692-3700

**Form #4: Transcript**

**To the Counselor:** Please (1) attach an officially sealed envelope with a copy of the applicant’s official transcript and a copy of his/her SAT scores; (2) complete the sections below; (3) place stamp or seal as indicated; and return to the applicant for mailing to the appropriate address.

I, \_\_\_\_\_ hereby certify that the above applicant currently has a GPA of \_\_\_\_\_ on a \_\_\_\_\_ point scale and **weighted GPA** of \_\_\_\_\_ on a \_\_\_\_\_ point scale. The applicant is ranked \_\_\_\_\_ out of a class of \_\_\_\_\_, and has a combined (Critical Reading/Math/Writing) SAT score of \_\_\_\_\_. The applicant is of good academic standing, and will graduate with the senior class on \_\_\_\_\_ (Date).

\_\_\_\_\_ OFFICIAL STAMP  
Signature of Counselor Date OR SEAL HERE

Phone number with extension at school: \_\_\_\_\_

Email address at school: \_\_\_\_\_

It is important that this form and the transcripts be returned as soon as possible. If we do not receive this completed form **POSTMARKED by Wednesday, February 27, 2019**, the applicant will not be eligible for consideration. All forms must be received by **Friday, March 1, 2019 by 5:00pm**. You may email this form to [info@stridesforlife.org](mailto:info@stridesforlife.org) and mail the official transcript to:

Strides for Life Colon Cancer Foundation  
Freddie Solomon Scholarship Committee  
1525 Rollins Road, Suite B  
Burlingame, CA 94010

Thank you,

Scholarship Committee  
Strides for Life Colon Cancer Foundation



**Form #1- Application Information**

Name: \_\_\_\_\_  
First Middle Last

Address: \_\_\_\_\_  
Street  
\_\_\_\_\_  
City State Zip Code

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender: M F

**Optional Information**

Did either of your parent complete college? Yes No

Race/Ethnic Origin:	African-American	Asian-American	Pacific Islander	Caucasian
	Latino	Native American	Alaskan Native	Other

Has your family been affected by colon cancer? Yes No - If yes, please elaborate: \_\_\_\_\_

**Education**

Current High School: \_\_\_\_\_ Expected Graduation Date: \_\_\_\_\_

Unweighted High School GPA: \_\_\_\_\_ Weighted High School GPA: \_\_\_\_\_  
(GPA based on a 4.0 Scale) (GPA includes honor and advanced placement courses)

SAT 1 Scores: \_\_\_\_\_ ACT Score: \_\_\_\_\_  
(If applicable) (If applicable)

Post-secondary school you hope to attend in the Fall of 2019:

- |                               |                                |
|-------------------------------|--------------------------------|
| 1. _____<br>First Choice Name | 2. _____<br>Second Choice Name |
| 3. _____<br>Third Choice Name | 4. _____<br>Fourth Choice Name |

Intended major(s): \_\_\_\_\_ Intended minor(s): \_\_\_\_\_

Will you be attending school full-time? Yes No If no, please explain: \_\_\_\_\_

Where do you plan to live next year? On-campus Off-campus With parents Other

Applicant Name: \_\_\_\_\_  
  First  Middle  Last

**Athletic Awards and Honors**

List awards and honors you have received.

Sport – Years Played	Leadership/Captain Roles	Awards (MVP/All League)

**Non-Athletic Awards and Honors**

List awards and honors you have received and briefly explain their significance.

Awards/Honors Received	Significance	Date Received

**School Involvement**

Please list high school-related activities in which you have participated. Attach a separate sheet if necessary.

Activity	Honors/Positions Held	Dates of Involvement	Hours per Month

Applicant Name: \_\_\_\_\_  
First Middle Last

**Community Involvement**

Please list community-related activities in which you have participated.

Activity	Honors/Positions Held	Dates of Involvement	Hours per Month

**Employment or Volunteer Experience**

Beginning with your present or most recent job, list your employment history.

Employer	Position	Dates of Employment	Hours per Week

How have you used the income earned?



Applicant Name: \_\_\_\_\_  
First Middle Last

**Household/Financial Information**

It is strongly recommended that you fill out this section with a parent(s), if you are a dependent. Round all figures to the nearest dollar; do not enter cent amounts. Use the most recent income tax information or estimated current year values. **Do not leave any lines blank.**

Name of parent(s)/guardian(s) with whom you reside: \_\_\_\_\_

\$ \_\_\_\_\_ Cost of attendance at college of choice (including tuition, fees, room & board, transportation, etc.) If you do not yet know the college you will be attending, please estimate.

\$ \_\_\_\_\_ Parent(s)/guardian(s) total gross income

\$ \_\_\_\_\_ Parent(s)/guardian(s) total cash assets (cash, checking/savings account, stocks, home equity)

\$ \_\_\_\_\_ Student's income

\$ \_\_\_\_\_ Student's total cash assets

\$ \_\_\_\_\_ Number in household your parent(s)/guardian(s) currently supports financially (including applicant)

\$ \_\_\_\_\_ Grants/scholarships already received. Please list below as well.

Please list any grants or scholarships and amounts already received for upcoming academic year:

Please describe any special circumstance that may affect your family's ability to pay for college (medical, divorce, unemployment, child support, other):



**Form #2 Personal Statement**

(Use additional pages if necessary)

State your qualifications and answer the prompt: *Choose one quality of Freddie Solomon and reflect on how you have lived out this quality in your personal or athletic life.*

Your essay must not exceed 500 words, and each page must include your full name.