

Again Faster Knowledge Scholarship

Recipient of the Again Faster Knowledge Scholarship will be given \$500 a year, for up to 4 years or the culmination of their higher education, to be used for books and other necessary supplies.

1) Requirements for Application:

In order to be eligible for the AF Scholarship, the applicant must be in their final year of high school, with the intent of attending an institution of continued learning the following year.

That institution can be a 4 or 2-year college, trade school, or any other legitimate program, but must be specified at the time of application. In other words, the applicant must be declared to attend their chosen, specific program.

The applicant must be a CrossFitter, with preference given to those currently involved with a Steve's Club participating member. They need to have been involved in that program for at least six months prior to application, and must maintain a consistent presence at the affiliate.

2) Application Process

In order to apply, the applicant must submit to us a 3-6 minute video application. In addition, they need one letter of recommendation from a trainer or the affiliate owner of their gym.

The video must answer the following questions, though applicants will be encouraged to go beyond these, in order to provide a bigger picture of their lives.

- a) Full Name
- b) Age
- c) Location
- d) CrossFit Affiliate and CrossFit story (ie, how long they've been there, why they keep coming back)
- e) Footage of them doing their "Goat Workout" (see below)

Trainer Letter of Recommendation: The trainer will be asked to simply let us know of his experience with the applicant: How long have they been involved at the affiliate? What kind of transformation they've seen. Why does he or she deserve the scholarship?

Finally, the trainer will be asked to design the applicants "Goat Workout"—a workout that the applicant would never design for themselves, because it contains all those things they're not very good at. Whatever it is, simple as chest-to-deck pushups or

complex as 135# squat snatches. The intent is not to see the quality of athleticism, but the determination and perseverance of the applicant.

About the Video:

The video will not be judged on its technical prowess, though creativity and originality will be taken into consideration.

There needs not be much, or any, editing. A handful of clips is fine, so long as the clips as a whole answer to all the above requirements.

3) Timing

Applications will be accepted anywhere between January 2011 – May 2011.

The recipient of the scholarship will be notified on August 1, 2011.

4) Making the Decision

Patrick Cummings will review all application videos and letters of recommendation.

He will narrow the field down to the best five candidates, at which point a select few people (Steve Liberati, Jon Gilson, among others) will make the final decision.

Again Faster and Steve's Club will make the joint announcement at a time and in a manner to be decided upon later.

5) Disbursement

The award will be given in the form of a reimbursement (with a receipt) at the beginning of each semester. The recipient can decide to spend the allotted funds all at once or they can split the \$500 between semesters. Assuming the recipient's education is coming from a standard-calendar institution, reimbursement can be requested no later than October 1st and February 15th.

The recipient does not have to reapply for the scholarship each year, though they will need to supply Steve's Club with proof of enrollment each semester prior to receiving the award.