

THE DR. JOSEPH KROK
MEMORIAL AWARD

FOR SENIORS

\$500 scholarship
and your name engraved
on the permanent plaque at
St. Thomas Aquinas High School.

Presented by:

The Knight Nation Athletic Club

(KNAC)

CRITERIA

1. Athletic Achievements

The award is primarily athletic. A student must have two (2) different Varsity letters in two (2) separate sports (total: 4 letters) at St. Thomas (as a minimum). Consideration may also include:

- a. Season Accomplishments
- b. Personal and School Records
- c. Post-season Awards
 - (1.) In-school: MVP, Coach's award, etc.
 - (2.) Outside school: All League, All County, All State, etc.
- d. Team leadership (officially such as a team captain or unofficially as the recognized leader by the team or classmates (role model)).

2. Essay

Submit an essay on the topic of "What has participating in sports at St. Thomas Aquinas High School meant to me." Essay must be a minimum of 500 words.

3. Academics

The consideration of academic shall not outweigh athletic achievements since the award is primarily athletic. However, a 3.5 GPA is required. A list of academic achievements must be submitted.

4. Extracurricular Activities

A list of extracurricular activities must be submitted.

5. Recommendations

One (1) letter of recommendation must be submitted from a coach.

Submission of criteria for this award is due in the Principal's office: March 16, 2020

