

Richmond Times-Dispatch



The Comeback Athlete of the Year Scholarship

An award that recognizes the male and female high school athletes who best exemplify the 'comeback spirit' by distinguishing themselves in competition after rehabilitating a serious injury.



Presented by



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Dear Coaches, Student-Athletes and Parents:

CJW Medical Center and the *Richmond Times-Dispatch* are pleased to announce the tenth annual Comeback Athlete of the Year College Scholarship recognizing high school seniors from Central Virginia who have a special story to tell.

Our purpose is simple: we'd like to honor those unsung athletes who have bounced back from a serious injury to successfully return to competition. A \$1500 scholarship will be awarded to one male and one female student-athlete who best exemplify the comeback spirit. Additionally, the winning students' schools will each receive a \$500 award.

The *Richmond Times-Dispatch* — Virginia's most-read newspaper with a daily readership of 448,000 — will feature each winner in its publication, and each winner will receive a commemorative plaque.

The sports medicine experts at CJW Medical Center have treated hundreds of high school athletes, so they know first-hand that athletes who fight to return to the playing field after an injury possess incredible determination and awe-inspiring dedication.

Send us your application by April 30, 2010. We'd love to read about the budding sports legends who live right here in our own community.

Douglas Cutter, M.D.
Medical Director
CJW Sports Medicine

Steve Trosky
Sports Editor
Richmond Times-Dispatch



For more information about CJW's sports medicine program — including injury prevention, rehabilitation and performance enhancement — please visit www.cjwmedical.com. For the latest news from around the world, log on to the *Richmond Times-Dispatch's* site at www.timesdispatch.com.

Eligibility

1. Open to student-athletes in their senior year of high school who attend a public or private high school in the cities of Richmond, Petersburg or Colonial Heights, and the counties of Hopewell, Amelia, Brunswick, Charles City, Chesterfield, Cumberland, Dinwiddie, Goochland, Greensville, Hanover, Henrico, New Kent, Nottoway, Powhatan, Prince George or Sussex.
2. Candidates must have suffered an injury serious enough to interrupt athletic participation (team practices, games or individual workouts) **for a minimum of two months**. This injury should not have occurred earlier than August 1 of their freshman year.
3. Athletes must compete and distinguish themselves in at least one varsity high school sport following their injury. The most important criterion in judging will be whether the athlete reaches his or her fullest athletic potential, post-injury. Receiving all-star recognition at the district, regional or state level is not a prerequisite to winning this award, although such honors will be considered.

The Award

1. Two awards will be given: one to a male athlete, one to a female athlete.
2. Winners will receive a \$1500 scholarship to be paid directly to their college or university and a commemorative plaque.
3. Each winner's athletic department will receive a \$500 award to be used at its discretion and a commemorative plaque.

The Application Process

1. Application forms will be mailed to athletic directors at all eligible high schools in the spring. Forms will also be available from the Sports Medicine Center at CJW Medical Center (560-6500).
2. Applications must be completed in full and received by April 30, 2010. Please note that applications will not be eligible if they are received after April 30th, even if they are postmarked before that date.
3. **Athletes who want to apply for the scholarship must submit a completed application form, a one-page essay, a recommendation form filled out by their head coach(es), and a recommendation form filled out by their physician.**
4. All nominations will be reviewed by a committee of representatives from CJW Medical Center and the *Richmond Times-Dispatch*. Doug Cutter, MD, medical director of CJW Sports Medicine Center, will serve as chairman of the committee.
5. The winning athletes and schools will be notified in late May.
6. Mail all application materials to: CJW Medical Center, Attention: Comeback Athlete of the Year Selection Committee, 500 Hioaks Road, Suite A, Richmond, VA 23225. Applications that arrive after April 30th will not be considered. For additional information, call (804) 560-6511.

One male and one female athlete could win \$500 for their school and \$1500 toward their college education.

Selection Criteria

1. Athletic excellence
The following will be considered:
 - Team awards (MVP honors and others)
 - League awards
 - All-District, All-Region or All-State Recognition
 - Media awards (*Times-Dispatch* honors or others)
 - Others as appropriate
2. Severity of injury/rehabilitation time
A coach, physician, certified athlete trainer or physical therapist must verify the severity of the injury and the time spent in rehabilitation.
3. One-page essay
Applicants must write a one-page (250-300 word) essay describing why they believe they should receive this award.
4. Recommendations
 - Head coach(es)
 - Physician
 The attached recommendation forms must be filled out completely. If the athlete played more than one varsity sport during or after rehabilitation, each coach should complete a recommendation form. Supporting material and additional recommendations are not necessary, although they will be accepted. Additional recommendations must be submitted on the enclosed forms.



The Comeback Athlete of the Year College Scholarship

This form should be filled out by the athlete.

Athlete's Name: _____

School Name: _____ School Phone Number: _____

Home Address: _____

City: _____ Home Phone: _____

Mother's Name and Work Phone: _____

Father's Name and Work Phone: _____

Date (Month and Year) of Injury: _____

Nature of Injury: _____

Varsity sports played since cleared to resume practice:

Sport and year: _____ Position(s): _____

Sport and year: _____ Position(s): _____

Sport and year: _____ Position(s): _____

Sport and year: _____ Position(s): _____

List all athletic awards received, by sport, level and date:

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

Write a one-page (250-300 word) essay describing why you should receive this scholarship. This essay is a personal statement so each applicant's will be different, but some issues to consider are: your feelings after the injury, set-backs or difficulties during rehabilitation, your decision to continue competing, and your return to practice and competition.

Give the attached recommendation forms to your head coach(es) and physician. The forms must be filled out completely. The committee will accept additional supporting materials, but this application will not be considered complete without the recommendation forms.

As athlete/parent/guardian, I grant permission for the selection committee to review the medical information mentioned above in connection with my/his/her nomination for this award. Further, if I/he/she win(s) this award, I grant permission for the committee to publicize details of my/his/her injury and rehabilitation as deemed appropriate.

Parent/Guardian Signature: _____ Date: _____

Athlete Signature: _____ Date: _____

All decisions of the selection committee are final.

A complete application must include:

- Completed application form
- One-page (250-300 word) essay
- Coach's recommendation form
- Physician's recommendation form