



Minnesota State High School League
2015 Triple 'A'
ACADEMICS, ARTS, and ATHLETICS AWARD
Student Nomination Form

Participating schools must submit applications to their region committee. The due date for applications will be determined by each region. One form should be completed for each student nominated from your school.
NOMINATION FORMS MUST BE TYPED.

Student's Name: Maxwell Omdal Gender: ☒ Male ☐ Female
Home Address: 18065 Ixonia Ave Grade: 12th
City, State, Zip: Lakeville MN 55044 **Student's Email:** mjomdal@gmail.com
Student's Parent(s)/Guardian(s): Christopher & Tammy Omdal
Parent(s)/Guardian(s) Email: comdal@charter.net **Daytime Phone:** 612-202-8892

Administrative Region:

☐ 1A ☐ 2A ☐ 3A ☐ 4A ☐ 5A ☐ 6A ☐ 7A ☐ 8A
☒ 1AA ☐ 2AA ☐ 3AA ☐ 4AA ☐ 5AA ☐ 6AA ☐ 7AA ☐ 8AA

School Name: _____
School Address: _____ **ISD #:** _____
City, State, Zip: _____ **School Phone:** _____
Principal's Name: _____
Principal's Email: _____ **Principal's Phone:** _____
AD's Name: _____
AD's Email: _____ **AD's Phone:** _____

NOMINATION CHECKLIST

This application becomes complete and valid only when you have submitted:

- ☐ Nomination Form ☐ Student Essay Questions ☐ School Staff member's recommendation letter
☐ I certify that all of the information included in this nomination form is accurate.

By checking this box and entering your name, you are confirming your signature electronically. _____
Student's Name

SCHOOL OFFICIAL

Signature of the School Official verifies that all of the information included in this nomination form is accurate.

☐ By checking this box and entering your name,
you are confirming your signature electronically. _____
School Official (enter name) Title

ACADEMICS (9th – 12th Grade)

Does your school use a weighted scale to determine GPA?	YES		Grade Point Average		4.41	
	1 – 2 Courses	3 – 4 Courses	5 – 6 Courses	7 – 8 Courses	9 or more Courses	Not Available
AP Courses (11 th – 12 th Grade ONLY)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
IB Courses (11 th – 12 th Grade ONLY)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
PSEO Courses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
College in School Concurrent Enrollment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
National Merit Semi-Finalist	<input type="checkbox"/> Yes		<input checked="" type="checkbox"/> No			

In essay form and in 150 words or less, please highlight any additional information regarding your academics/coursework that you would like to share with the selection committee.

Of all my years in high school, my senior year is proving to be the most rigorous. However, it also happens to be my least structured. This did not come about by accident; since skipping a grade in middle-school, I have continually sought opportunities to move ahead in my coursework, from taking summer classes to multiple AP courses my freshmen year. Now, this plan has paid off, for I am enrolled in only two core courses, and this freedom has opened up an opportunity to challenge myself in new ways. I have the time to focus on the club I started, where I teach other students computer science concepts. Since last year, Code Club has grown from 10 members to over 40. Without the rigidity of a typical schedule, I am free to indulge in my diverse interests, studying computer science, business, physics, and art.

FINE ARTS/CO-CURRICULAR (9th – 12th Grade)

BAND	9 th Grade	10 th Grade	11 th Grade	12 th Grade (anticipated)	Not offered at my school
Participation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MSHSL Solo/Ensemble Contest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Solo Contest</i>					
Best of Site Participant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>
Excellent Rating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>
Superior Rating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>
All State Band	-	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>
All State Jazz Band	-	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>

FINE ARTS/CO-CURRICULAR (con't)

CHOIR	9 th Grade	10 th Grade	11 th Grade	12 th Grade (anticipated)	Not offered at my school
Participation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MSHSL Solo/Ensemble Contest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Solo Contest</i>					
Best of Site Participant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>
Excellent Rating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>
Superior Rating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>
All State Choir	-	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>

ORCHESTRA	9 th Grade	10 th Grade	11 th Grade	12 th Grade (anticipated)	Not offered at my school
Participation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
MSHSL Solo/Ensemble Contest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Solo Contest</i>					
Best of Site Participant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>
Excellent Rating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>
Superior Rating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>
All State Orchestra	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>

ONE ACT PLAY	7 th Grade	8 th Grade	9 th Grade	10 th Grade	11 th Grade	12 th Grade	Not offered at my school
Participation	-	-	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
State Participant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>

SPEECH	7 th Grade	8 th Grade	9 th Grade	10 th Grade	11 th Grade	12 th Grade	Not offered at my school
Participation	-	-	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
State Participant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	-	<input type="checkbox"/>
State Finalist	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	-	<input type="checkbox"/>

DEBATE	7 th Grade	8 th Grade	9 th Grade	10 th Grade	11 th Grade	12 th Grade	Not offered at my school
Participation	-	-	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
State Participant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>
State Finalist	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	-	<input type="checkbox"/>

ROBOTICS	7 th Grade	8 th Grade	9 th Grade	10 th Grade	11 th Grade	12 th Grade	Not offered at my school
Participation	-	-	-	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MSHSL State Participant	-	-	-	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>
State Finalist	-	-	-	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	-	<input type="checkbox"/>

FINE ARTS/CO-CURRICULAR (con't)

VISUAL ARTS	9 th Grade	10 th Grade	11 th Grade	12 th Grade	Not offered at my school
Participation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
State Participant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>
Best of Site Participant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>
Superior Rating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>
Excellent Rating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>

In essay form and in 150 words or less, please highlight any additional information regarding your fine arts/co-curricular activities that you would like to share with the selection committee.

After years of trying different activities, the activities I have found senior year reflect my character best. This year, I am the Student Council Vice President, a member of the National Honor Society, and the President of Code Club. In the Spring, I take my enthusiasm for athletics and teaching onto the track, where I coach a team of elementary schoolers through the Lakeville Track and Field Association. Everything I am a part of, I look for a way to benefit others. The activities have given me outlets for helping via things like highway cleanup, helping students independent study for the AP Computer Science Test, planning a blood drive, or starting a bingo night to raise money for polio eradication. And although I had a real passion for activities like Speech, I wasn't able to benefit others, and I made the decision to focus on activities in which I could.

ATHLETICS MN State High School League-Sponsored Activities Only

FALL SEASON

Sport

	7 th Grade	8 th Grade	9 th Grade	10 th Grade	11 th Grade	12 th Grade
Participation	-	-	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Varsity Level	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Captain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
All Conference	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All State	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
State Tournament Participant	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)

Sport

	7 th Grade	8 th Grade	9 th Grade	10 th Grade	11 th Grade	12 th Grade
Participation	-	-	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Varsity Level	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Captain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All Conference	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All State	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
State Tournament Participant	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)

ATHLETICS MN State High School League-Sponsored Activities Only (Con't)

WINTER SEASON

Sport	Nordic Ski					
	7 th Grade	8 th Grade	9 th Grade	10 th Grade	11 th Grade	12 th Grade
Participation	-	-	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Varsity Level	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Captain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All Conference	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All State	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-
State Tournament Participant	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	-

Sport						
	7 th Grade	8 th Grade	9 th Grade	10 th Grade	11 th Grade	12 th Grade
Participation	-	-	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Varsity Level	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Captain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All Conference	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All State	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-
State Tournament Participant	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	-

SPRING SEASON

Sport	Track And Field				
	7 th Grade	8 th Grade	9 th Grade	10 th Grade	11 th Grade
Participation	-	-	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Varsity Level	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Captain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All Conference	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All State	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
State Tournament Participant	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)

Sport					
	7 th Grade	8 th Grade	9 th Grade	10 th Grade	11 th Grade
Participation	-	-	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Varsity Level	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Captain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All Conference	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All State	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
State Tournament Participant	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)	<input type="checkbox"/> -place- (Place)

NOTE: MSHSL Trap Shooting is a *Spring* Sport Activity.

TRIPLE 'A' AWARD STUDENT ESSAY QUESTIONS

In essay form and in 150 words or less, please highlight any additional information regarding your athletic activities that you would like to share with the selection committee.

I am not a star. However, the majority of student athletes are not stars either. Only one person can win a race, so, instead of trying to be the best, we must strive to be our best. So despite never being the fastest, for 412 days I never missed a run, and this Summer I ran 500 miles. Regardless of what you are capable of, I showed that the most important thing is that you are the best that you can be. As a captain, I don't feel frustrated that I am not the most elite athlete, or that our team didn't make it to state. Instead, I think of what makes me truly proud, like the time a mother told me I made her son feel included for the first time in a sport. Because, that is the way I contribute to making a better team

What college do you plan to attend next year and what do you plan to study?

College	<u>University Of Minnesota</u>
Intended Degree Program	<u>Computer Science and Engineering, Graphic Design</u>
Planned Participation in Fine Arts and Athletics	<u>Club running and skiing</u>

In essay form and in 250 words or less please tell the committee about any additional high school achievements that will support and strengthen your application for this Triple 'A' Award.

Something I pride myself in are my diverse interests and accomplishments. I have been rewarded through formal awards and unofficial achievements. My teammates awarded me Rookie Of The Year in Nordic skiing, and Most Passionate in Cross Country. I was the only student in the school to be selected to attend the Minnesota Mile Leadership Conference. I have been selected by my teachers for a certificate of award for all core subjects. Over two years, I have volunteered well over 200 hours at Fairview Ridges Hospital. In my four years in High School, I have been chosen each year to design the homecoming button, which we sell hundreds of. Something I have invested a great amount of time in is the computer programming club I started. Aside from being able to teach students computer programming concepts, this club has allowed me to make connections with members of the local tech community. I had the opportunity to shadow at the Minneapolis Buzzfeed office, and I was appointed to the Lakeville Technology Advisory Council. In my spare time, I like to invest time in different fields of interest. I have developed iPhone apps, one of them receiving nearly 1000 downloads. Working in the wood shop or with a pencil or paintbrush are also hobbies of mine. There are few things that do not interest me, because I believe the more you know, and the more you do, the better off you are.

TRIPLE 'A' AWARD SCHOOL STAFF LETTER OF RECOMMENDATION

With the Triple 'A' award comes the responsibility of being a role model. Please tell us in 250 words or less how this student is a role model in your school community.

Name

Relationship to Student

Revised 10/2/2014