

[](http://www.google.com.au/url?sa=i&rct=j&q=fernwood&source=images&cd=&cad=rja&docid=FYEIdSD0fAZABM&tbnid=SBSU0Ah38Fcl5M:&ved=0CAUQjRw&url=http://www.vikingsbasketball.net.au/sponsors/print-2/&ei=v_VmUo6hEojxkQWmo4DADw&bvm=bv.55123115,d.dGI&psig=AFQjCNGrIAOfGUyDbmMdidlkvVRU_JAkqw&ust=1382565655958243)

**BENDIGO SENIOR SECONDARY COLLEGE**

**FERNWOOD FITNESS BENDIGO SCHOLARSHIPS**

At Bendigo Senior Secondary College, the annual **Fernwood Fitness Scholarships** are determined through an application process. These scholarships will be awarded to two Year 11 female students who intend to complete their Year 12 studies the following year.

We are seeking applications from current Year 11 female students who would **usually actively participate in a sporting or community group and would benefit from regularly attending Fernwood Fitness gym.**

**These scholarships are valued at approximately $1500 each for a full 12-month membership for 2023 including 4 weeks of FIIT30 training sessions, 2 Personal Training and 2 Nutritional sessions at**

**Fernwood Fitness – new location at 108 Lowndes Street Kennington.**

Students making an application for this award are required to complete this application form and submit the completed form to: -

**General Office or email** [**stewart.judy@bssc.edu.au**](mailto:stewart.judy@bssc.edu.au)

**by 4.00 pm Friday 14th October 2022**

The College will review all applications and shortlist four applicants for the scholarships.  The four shortlisted applicants will be invited to attend an interview with the Director and Manager of Fernwood Fitness Bendigo to determine the final recipient.

The successful applicant will be presented the award at the Bendigo Senior Secondary College Awards Ceremony on **Wednesday 14th December**. An invitation will be sent and emailed at the end of November.

Please Note:

***By completing this application, you are also indicating your willingness to promote the benefits of this scholarship and outline the positive impacts it is having on your general health and wellbeing. This can either be at an event or information session organised by Fernwood Fitness to promote the Club to younger prospective members or as part of an address to the School at an Assembly***



[](http://www.google.com.au/url?sa=i&rct=j&q=fernwood&source=images&cd=&cad=rja&docid=FYEIdSD0fAZABM&tbnid=SBSU0Ah38Fcl5M:&ved=0CAUQjRw&url=http://www.vikingsbasketball.net.au/sponsors/print-2/&ei=v_VmUo6hEojxkQWmo4DADw&bvm=bv.55123115,d.dGI&psig=AFQjCNGrIAOfGUyDbmMdidlkvVRU_JAkqw&ust=1382565655958243)

**BENDIGO SENIOR SECONDARY COLLEGE**

**FERNWOOD FITNESS BENDIGO SCHOLARSHIPS**

**in their new location**

**108 LOWNDES ST KENNINGTON**

**Please complete all sections below:**

|  |  |  |
| --- | --- | --- |
| **NAME** | | Advisor Group: |
| **CONTACT DETAILS**  Address …………………………………………………………………………………………………………………  Home Phone …………………………………………………………….  Mobile ……………………………………………………………  Email ………………………………………………………………………………. | | |
| **Parent/carer statement of support** (please indicate your support for this expression of interest)  ……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………  ………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………… | | |
| **Parent/carer’s name** | Signature | |

**Please complete each section of the nomination form in the spaces provided.**

1. **PARTICIPATION IN SPORTING AND/OR COMMUNITY GROUPS**

Outline your participation in school and community sporting teams and groups.

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

**B.** **REASONS WHY A MEMBERSHIP WOULD BE BENEFICIAL**

Write a response to the topic: “Membership at Fernwood Fitness Bendigo would be extremely valuable to me because …”

……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..................

**c. TIME MANAGEMENT PLAN.**

Provide a time management plan which includes school and personal activities, and shows how you would allocate time to attend Fernwood.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| spacer | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **7-8.45am** | spacer | spacer | spacer | spacer | spacer | spacer | spacer |
| **8.45-9.55am** | School | School | School | School | School | spacer | spacer |
| **9.55 -10.50am** | School | School | School | School | School | spacer | spacer |
| **10.50-11.10am** | School Recess | School Recess | School Recess | School Recess | School Recess | spacer | spacer |
| **11.10 am-12.05pm** | School | School | School | School | School | spacer | spacer |
| **12.05-1pm** | School | School | School | School | School | spacer | spacer |
| **1-1.45pm** | School Lunch | School Lunch | School Lunch | School Lunch | School Lunch | spacer | spacer |
| **1.45-2.40pm** | School | School | School | School | School | spacer | spacer |
| **2.40-3.35pm** | spacer | School | School | spacer | spacer | spacer | spacer |
| **4-5pm** | spacer | spacer | spacer | spacer | spacer | spacer | spacer |
| **5-6pm** | spacer | spacer | spacer | spacer | spacer | spacer | spacer |
| **6-7pm** | spacer | spacer | spacer | spacer | spacer | spacer | spacer |
| **7-8pm** | spacer | spacer | spacer | spacer | spacer | spacer | spacer |
| **8-9pm** | spacer | spacer | spacer | spacer | spacer | spacer | spacer |