

Michigan Class "D" Cross-Country Coaches Association Ryan Shay Memorial Scholarship



"Dark, unreasonable fear can twist and grind an individual... It is necessary to dig deep within oneself to discover that hidden grain of steel called will." - Ryan Shay, 1997

The **MCDCCA Ryan Shay Memorial** scholarship was established in 2016 by the *Michigan Class D Cross Country Coaches Association* to honor the memory of Ryan Shay who passed away from sudden cardiac arrest on November 3, 2007, while competing in the 2007 United States Olympic Marathon Trials in New York City. Ryan grew up in the rural northern Michigan town of Central Lake, and graduated as a valedictorian from Central Lake High School in 1997. He earned numerous state and national awards and recognitions as a high school distance runner and won four consecutive *MHSAA* class D cross-country state championships during the scholastic cross-country seasons of 1994-1997. After graduating from high school, he ran for the University of Notre Dame where he became the most decorated athlete in Notre Dame's history. He became a professional world class runner after graduating, with honors, from the University of Notre Dame, and specialized in the marathon distance.

The *MCDCCA Ryan Shay Memorial Scholarship* is a way for the *Michigan Class D Cross-Country Coaches Association* to give back to the running community, to foster a passion for the sport, and to demonstrate a commitment to youth scholastic running programs while encouraging academic excellence in schools with a small student population. Through distribution of these scholarship funds, the association supports the sport of running, academic excellence, and development of healthy, productive, and disciplined lifestyles.

Michigan Class "D" Cross-Country Coaches Association

Ryan Shay Memorial Scholarship Application

Scholarships are supported by the fund raising efforts of the

Michigan Class "D" Cross-country State Championship

Race Directors, volunteers, and coaches.

Scholarship Selection by:

Committee of Michigan Class "D" Cross-country State Championship race directors, selected members of the Michigan Class "D" Cross-Country Coaches Assoc., and selected volunteers

Award Amounts:

Two \$1000 scholarships. One (1) male competitor and one (1) female competitor.

Award disbursement:

Scholarship will be paid upon submission to selection committee of a copy for first semester tuition bill to the college/university at which the awarded student is enrolled

Scholarship Eligibility Criteria:

- Applicant will be a graduate of a verifiable Michigan class D school district
- May be a male or female student athlete race competitor
- Must be a senior and have competed in the 2024 *Michigan Class "D" Cross-Country State Championship*
- Must have been accepted by a two or four year college/university, or two year trade school, as a full time student
- Must have a minimum 3.0 GPA

Required Materials for Selection Consideration:

- Application documents (reply to all sections); typewritten, 12 point, double space
- Brief essay of two to three (2-3) typewritten pages
- Latest transcript with cumulative Grade Point Average through first semester of senior year
- Copy of best ACT and/or SAT score
- One (1) letter of recommendation from a Coach, Athletic Director, or Teacher describing why they feel you should receive this award
- One (1) letter of recommendation from an adult **not related** to you, and **not a member** of your school faculty and staff, that describes why they feel you should receive this award
- Provide each letter writer an envelope **to be sealed by the writer** before given to you for inclusion with your application submission
- Signature of **counselor or principal** (include title after name) verifying cumulative GPA
- Copy of letter for acceptance as a full time student to a two or four year college, university, or two year trade school.

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*Michigan Class "D" Cross-Country
Coaches Association
Ryan Shay Memorial Scholarship Application*

Helpful Tips

- Do your best work. Make sure that the information you provide is **complete** and **accurate**.
- All application responses must be type written.
- Do not use abbreviations or slang in the Activity or Essay sections.
- Complete all sections of the application. Review your completed application before submitting; correct any typos.
- Treat your application like a resume. Show the selection committee your potential, what you've done and how you've already begun to make your mark in the world.
- Use the Activity and Essay sections to share what makes you unique.
- Submit the correct transcript(s). Your application will be invalidated without the correct transcripts; no exceptions.
- Include all required pages of the application.

*Michigan Class "D" Cross-Country
Coaches Association*
Ryan Shay Memorial Scholarship Application
2024-2025
Cover Page

Student Name: _____
Last First Middle

Address: _____
Street/P.O. Box No. City Zip

Telephone: _____ Email: _____

Parents'/Guardians' Names: _____

High School Name: _____

Graduation Date: _____

Counselor Name: _____ Phone: _____

Current G.P.A: _____ (include copy of high school transcript)

SAT Score: _____ ACT Score: _____ (include copy of score(s))

College you will attend: _____
(Include acceptance letter)

Program of Study: _____

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Athletic Activity

List all high school sports and club sports for which you were a member, how many years you were a member, and events that you competed in. Describe any significant achievements, including letters and/or awards earned. List your best running events and times.

Tell us what influenced you to run cross-country and how was your involvement beneficial to you? (1/2 to 1 page)

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Extra Curricular Activity

List any activities outside of sports in which you have participated; including, but not limited to clubs, band, youth groups, service organizations, community outreach, etc.

Tell us which activity brought you the most personal satisfaction and explain why. (1/2 to 1 page)

**Michigan Class “D” Cross-Country
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Ryan Shay Memorial Scholarship
Application Essay**

The following excerpt is from Ryan's 1997 high school graduation commencement speech:

Although not everyone is going to win in life, everyone can set personal goals. Striving to reach the goal is an achievement in itself. Satisfaction comes from knowing you've given it your best shot. When you've done everything you know how to do and then don't master it, you can still feel successful. Then you will never have to look back and say, “If only I had tried!” Remember, “a loser is one who does not accomplish anything without even trying”. - Ryan Shay, 1997

Discover Ryan Shay by researching internet articles and You Tube videos and then describe what character attributes you may share in common with Ryan. What do you consider your biggest accomplishment, so far, no matter what anyone else thinks? What do you look back upon and say at least I tried?

OR

Tell us about a time or circumstance when you had to face an obstacle or fear that made it necessary to “dig deep within yourself to discover that grain of steel called will” to overcome it.

Minimum of two to three page typed essay using 12pt font size and 1.5 line spacing.

Attach completed essay to application.

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Please submit your high school transcript as well as two letters of recommendation; one from a teacher/coach/athletic director/administrator and one from an adult not related to you, and not a member of your school faculty staff. Provide letter writers with a business size envelope in which they may seal their letter. Submit sealed letters with your application.

Obtain the following signatures:

I certify that _____ has earned a cumulative GPA of _____ for
grades 9-11 and first semester of grade 12.
applicant name

Counselor or Principal Signature (name and title)

Date

I certify that the answers provided in this application are true and accurate to the best of my knowledge.

Student applicant Signature

Date

*Michigan Class "D" Cross-Country
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Application Checklist:

Complete all items on Cover Page _____

Printed/Typed Athletic Activity _____

Printed/Typed Extra Curricular Activity _____

Typed two to three (2-3) page Essay (attach to application) _____

Copy of High School Transcript _____

Copy of ACT and/or SAT scores _____

Coach/AD/Teacher/Administrator letter of recommendation (in sealed envelope) _____

Non-Family/non-faculty member letter of recommendation (in sealed envelope) _____

Copy of two or four yr. college or university acceptance letter, or two year trade school _____

Verification signature of cumulative GPA _____

Student applicant signature _____

Please return all items postmarked by April 2, 2025, to:

MCDCCA

5873 Hosler Leisure Lane
East Jordan, MI 49727

If you have questions, please email smshay51@gmail.com or phone/text:
(231) 342-6858