

Activity	School Years	Hours per week/ Weeks per year	Positions/Honors/Descriptions
Sports & Athletic Awards/Honors			
Name of School Varsity Track	9–12	25 / 26	Varsity (9–12), Most Valuable Distance Runner (11), League Champions (11), finished 5th in the 800 M at CIF SS Division III Finals (11), League Champions and CIF SS Division III Champions (10), finished 9th in the 800 M at CIF SS Division III finals (10)
Name of School Varsity Cross Country	11, 12	25 / 26	Varsity (11, 12), League Champions and CIF SS Division III Champions (11), 5th place team at State Championships (4th place runner on the team) (11)
Name of School Junior Varsity Volleyball	9, 10	30 / 26	League Champions (9, 10), Setter position
Orange County Volleyball Club	9	18 / 48	Setter position, Attended Volleyball Festival in Reno, Nevada
Newport Hills Swim Team	9–11	10 / 30	Qualified for and swam in the League Final Championship Meet and Relay Finals all three seasons
Community Service			
Assistance League "Assisteens"	9–12	3 / 50	Treasurer (12), Recording Secretary (11), Chairman (10), Assistant Chairman (9), Aiding community through service projects: Community Thrift Shop, Operation School Bell, Kids on the Block, Someone Cares Soup Kitchen, Oasis Senior Center Pancake Breakfast, worked with children at Interfaith Shelter and Girl's Inc. on events such as: Valentine's Day Party and Halloween Party, made blankets, Easter baskets, Christmas stockings, personal care kits, teddy bears, donated clothing, and participated in various other projects
Interfaith Shelter	12	2 / 48	Help plan and organize a birthday party for the children monthly; in charge of arts and crafts
LIFT	12	5 day program	Learn leadership skills from successful people in the community
Organizations & Clubs			
National Honor Society	10–12	2 / 40	Honored for academic and extracurricular achievements, organize community service projects, weekly meetings, and ongoing community service projects
French Club	9, 10	2 / 40	Learn about culture and practice speaking