

LOIS CAPPS
23RD DISTRICT, CALIFORNIA

1110 LONGWORTH HOUSE OFFICE BUILDING
WASHINGTON, DC 20515-0522
(202) 225-3601

COMMITTEE ON
ENERGY AND COMMERCE

COMMITTEE ON
NATURAL RESOURCES



Congress of the United States

House of Representatives

DISTRICT OFFICES:

- 1411 MARSH STREET, SUITE 205
SAN LUIS OBISPO, CA 93401
(805) 546-8348
- 301 EAST CARRILLO STREET, SUITE A
SANTA BARBARA, CA 93101
(805) 730-1710
- 2675 NORTH VENTURA ROAD, SUITE 105
PORT HUENEME, CA 93041
(805) 985-6807

Nomination Requirements

1. **Complete Application Form-** This form is provided by my office or you can download it from my website: <http://capps.house.gov/services/academy-nominations.shtml>
2. **SAT/ACT test scores**
3. **Resume**
4. **High School Transcripts**
5. **Two (2) Letters of Recommendation** – One of these should be from a teacher in an academic subject who knows you well. The second should be from an adult who knows you in outside activities.
6. **Recommendation by Guidance Counselor/Principal** – This form, provided by my office or on the website, is to be taken to your counselor or principal, filled out and sent directly to us. You should not send this form to my office; the counselor or principal needs to send it.
7. **Essay** – This essay should be on why you would like to attend the academy.
8. **Photo**

THE DEADLINE FOR SUBMITTING DOCUMENTATION IS NOVEMBER 20, 2009

PLEASE LIST ATHLETIC PARTICIPATION:

<u>Sport</u>	<u>Grade level</u>	<u>Level (varsity?)</u>	<u>Position Awards/Honors</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

IF YOU ARE EMPLOYED, HOW MANY HOURS PER WEEK: After School: _____ Summer: _____

PLEASE CHECK ONE AND COMPLETE:

____ I HAVE TAKEN THE FOLLOWING TEST ON THE DATES INDICATED

SAT _____

ACT _____

MY SCORE FOR THESE TESTS ARE: SAT: Reading _____ Writing _____ Math _____

ACT _____

____ I HAVE NOT TAKEN THE REQUIRED TEST, BUT PLAN TO TAKE THE SAT/ACT ON: _____
(circle one) (date)

PLEASE LIST OTHER SOURCES THROUGH WHICH YOU ARE SEEKING A NOMINATION:

PLEASE READ BEFORE SIGNING:

I have read and understand the requirements for participation in the nomination process. I certify that I am a legal resident of the 23rd Congressional District of California. If I have not submitted all necessary data by the November 20, 2009 deadline, I understand that I may not be given final consideration for a nomination.

Signature: _____

Date: _____

COUNSELOR/PRINCIPAL RECOMMENDATION FORM

This form MUST BE COMPLETED BY EITHER THE HIGH SCHOOL PRINCIPAL OR HIGH SCHOOL GUIDANCE COUNSELOR for the candidate for Congressional Nomination to one of the United States Military Service Academies. This form is to be returned directly by the Principal or Counselor to:

THE OFFICE OF CONGRESSWOMAN LOIS CAPP
ATTN: CHARLES SNYDER
301 E CARRILLO ST. SUITE A, SANTA BARBARA, CA 93101.

This form must be received by November 20, 2009.

NAME OF APPLICANT:

First Middle Last
NAME OF SCHOOL: _____

ADDRESS OF SCHOOL: _____

TELEPHONE NUMBER OF SCHOOL: _____

APPLICANT'S YEAR IN SCHOOL: _____ CLASS RANK: _____ GPA: _____
(Please no percentile rankings)

LEADERSHIP CHARACTERISTICS: _____

PERSONALITY TRAITS: _____

ABILITY TO WORK UNDER PRESSURE: _____

ABILITY TO GET ALONG WITH OTHERS: _____

GENERAL COMMENTS and/or RECOMMENDATION: _____

SIGNATURE: _____ DATE: _____

TITLE: _____