



Training for Life

Checklist – Am I ready to submit my essay?

Submission

- Are you in Grades 9, 10, 11 or 12?
- Did you fill out all fields of the electronic submission form?
- Did you include a signed Video/Audio Release form with your entry?

The Essay

- Does the essay meet the criteria outlined in the contest description?
- Is the essay within the accepted 1,200-1,500 word limit?
- Is the essay your own original creation and does not violate any laws of third-party rights (e.g., copyright)?

Questions?

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