



VANCOUVER MAINLAND FOOTBALL LEAGUE

Essay Contest Information and Rules

Eligibility

- Contest is open to VMFL Players and Cheerleaders.
- Submissions must be received before 11:59pm on June 30th.
- Submissions must be sent by email to <mailto:marketing.vmfl@gmail.com>

Juniors (12 and under) Essay topic (choose one)

- Why is football / cheerleading important to you
- How has football / cheerleading impacted your life
 - Must be a minimum of 150 word
 - Must be submitted via email
 - Must be positive

Seniors (13 and up) Essay topic (choose one or two topics)

- Why is football / cheerleading important to you
- How has football / cheerleading impacted your life
- Influential person that has helped with you football or cheerleading career
 - Must be minimum 250 words
 - Must be submitted via email
 - Must be positive (no negative or disrespectful language)

Results

The contest will be judged by four Simon Fraser University students along with Rodney Botelho (VMFL Director). The top two essays in each category will be shared with VMFL executives who will then decide the winner. The winner in each category will be presented at the 2020 VMFL Day (tentatively scheduled for July 18th)

Prizes:

Junior Division

- 1st place \$50 Visa gift card and a trophy
- 2nd place \$25 Visa gift card and a trophy

Senior Division

- 1st place \$100 Visa gift card and a trophy
- 2nd place \$50 Visa gift card and a trophy