

About the Scholarships

The Amanda Post “AmandaWins” River Hill High School Student-Athlete Scholarship and The Amanda Post “AmandaWins” Soccer Association of Columbia/Howard County Student-Athlete Scholarship were created by Amanda’s family, friends, teammates and classmates based on how Amanda would want her memory perpetuated and focusing on that for which she was so passionate ... excellence in academics and athletics, and being part of the RHHS and SAC communities. Each scholarship is awarded annually to help defray tuition/room & board/expenses for the recipient’s freshman year of college.

Applicants are required to have a minimum GPA of 3.5 throughout his/her four years of high school, and must submit one teacher and one coach recommendation letter and evaluation, plus a 1000-word essay reflecting upon the impact of the applicant’s high school and RHHS or SAC team experiences, as well as providing an example of “Winning” in the classroom, on the field, or elsewhere in the applicant’s life which reflects a joyful and zestful passion for living consistent with that of Amanda’s.

Amanda’s SAC scholarship is only open to seniors who are Howard County residents who have played at least one year during high school for SAC (can be rec or travel). Her River Hill High School scholarship is open to River Hill HS seniors who have played a year of any JV or varsity sport while there.

The Amanda Post “AmandaWins” SAC Student-Athlete Scholarship Winners

In 2011, due to the large number of highly-qualified applicants, coupled with the continuous generous contributions to and growth of Amanda’s fund, the Post family offered the Columbia Foundation’s scholarship selection committee the option of providing two \$5,000 “AmandaWins” SAC scholarships, which were awarded to:

- Ryan Konstanzer, a graduate of Reservoir High School and 14-year SAC player, who is attending Xavier University in Cincinnati with a major in business/double-major or minor in biotechnology or a related field, and is a sprinter on Xavier's varsity track & field team.
- Breanna Marsh, a graduate of Reservoir High School and an 11-year SAC player, who is attending the University of Maryland College Park where she will major in Kinesiology in preparation for graduate studies and a career in physical therapy or as a physician's assistant, and intends on playing club soccer and/or club lacrosse at UMCP.

In 2010, this scholarship was awarded to:

-Erica Cranston, a graduate of Mt. Hebron High School and an 11-year SAC soccer player, who is attending the University of Maryland/College Park in their Life Sciences Scholars program where she will major in physiology and neurobiology in preparation for medical school and a radiology residency, and play UMCP women's club soccer.

In addition, four "AmandaWins" River Hill HS Student-Athlete scholarships have been awarded in these first two years, bringing the total to \$35,000 in scholarships awarded in Amanda's memory thus far.

For more information about the scholarships, please visit the Columbia Foundation website at <http://www.columbiafoundation.org/receive/scholarships> (once here, scroll about halfway down the page) and/or the FaceBook community pages "The Amanda Post "AmandaWins" SAC HC Student-Athlete Scholarship" and "The Amanda Post "AmandaWins" RHHS Student-Athlete Scholarship".