In celebration of the 50th Anniversary of Running Strong's National Spokesperson, Billy Mills, achieving his dream of winning an Olympic gold medal and using that victory to help him give back to the American Indian community, Running Strong for American Indian Youth launched the Dreamstarter Grant Program in 2014. Each year, Running Strong will award ten \$10,000 Dreamstarter grants to ten Native Youth.

Each youth applicant will apply in partnership with a Mentor Organization. The youth applicant of each Dreamstarter team will receive an additional \$500 "I am a Dreamstarter" award upon the successful completion of the grant period. Each year will have a theme. This year's theme is Social Action.

IMPORTANT DATES FOR 2022 Dreamstarter (Social Action):

Dreamstarter applications opened	10/1/2021
Completed application deadline	1/15/2022
Successful applicants notified	3/1/2022
Dreamstarter Academy in Washington, DC	4/21 - 4/24/2022
\$10,000 Dreamstarter Grants Awarded	4/24/2022
Projects must be completed	6/30/2023

APPLICATION CHECK LIST: Parts I: Completed Dreamstarter Application Form with all Informational questions answered by both Applicant and Mentor Organization
☐ Parts II: Completed Dreamstarter Application Form with all Essay questions answered by both Applicant and Mentor Organization
☐ Part III: 2 references each for the Applicant and for Mentor Organization
\square Part IV: Signed consent forms from Applicant, Mentor and parent/guardian of Applicant if under 18
☐ Part V: Attachments including:
☐ Dreamstarter Project BUDGET
☐ Dreamstarter Project BUDGET NARRATIVE
☐ Dreamstarter Project TIMELINE
☐ Copy of Applicant's Certificate of Indian Blood/Tribal enrollment card (if applicable)
☐ IRS tax exemption letter for Mentor Organization
☐ Headshot of Dreamstarter applicant and 2-3 photos of your community or idea
☐ Completed W-9 form from the IRS for Mentor Organization
☐ Mentor organization's most recent audit (if applicable)



For an e-mail copy as a PDF or in Word, please email Dreamstarter@IndianYouth.org and put "Request Application" in the subject line. Applications may be handwritten as long as they are clear. Please write answers in ways that give us the best idea about you and your idea.

Thank you for your interest in applying to be a Running Strong Dreamstarter*! Each year, Running Strong will grant \$10,000 to 10 Native youth who are impacting their community in pursuit of their dreams. Running Strong is committed to helping Native populations thrive through long-term investment in communities and people. All applicants will have the support and guidance of our staff to help your grant year be successful, offering mentorship on your application, budget, timeline, resources, and any other help you may need.

HOW IT WORKS:

Running Strong is granting \$10,000 to 10 Native youth across the nation to jumpstart their dreams around the theme of Social Action. Partnering with the Non-profit or Mentor Organization of their choice, Dreamstarters will use the grant to achieve their dreams for their community to educate, advocate, or engage with their community or a particular social issue they want to serve. The Mentor Organization and the Dreamstarter Applicant should work together to complete this application, outlining their idea, its funding needs, and how it will benefit youth and the community.

IMPORTANT DATES & DEADLINES:

October 1, 2021: Applications OPEN

January 15, 2022: Applications are DUE by 11:59 pm EDT. You may use this form and email it to Dreamstarter@IndianYouth.org along with the required attachments, mail this form and the attachments to our office at 8301 Richmond Highway, Suite 200, Alexandria, VA 22309 (Attn: Dreamstarter 2022)

March 1, 2022: Running Strong notifies successful applicants.

April 21-24, 2022: Dreamstarter Academy with all Dreamstarters & their Mentors in Washington, DC.

April 24, 2022: Dreamstarter and Mentor organization receives \$10,000 grant.

November 15, 2022: Program Update DUE

June 30, 2023: Grant period ENDS and all grant monies must be spent.

August 15, 2023: All receipts and Grant Report DUE

JULY 1, 2022 – JUNE 30, 2023: ALL DREAMSTARTER FUNDS MUST BE USED DURING THIS PERIOD.

ELIGIBILITY:

- 1. Applicants must apply in partnership with a registered 501©3 or 7871 nonprofit organization, known as the Mentor Organization.
- 2. Applicants must be enrolled in a state or federally recognized tribal nation.
- 3. Applicants must be between the ages of 14 and 30 at the time of application.
- 4. Proposed projects must fit within the theme "Social Action." Have an idea that you aren't sure is eligible? Email us at <u>Dreamstarter@IndianYouth.org</u>.
- 5. Applicants and Mentors MUST be available to attend Dreamstarter Academy in Washington, DC from April 21-24, 2022.

PART I. APPLICANT AND MENTOR INFORMATION

Name for your Dreamstarter idea:			
Briefly describe your Dreamstarter Idea	a (150-word co	ount):	
# of people you intend to help with you	ır idea:		
Dreamstarter Applicant Information	n		
Applicant First Name:		st name:	:
Preferred Name (Name that would app	ear on a name	e tag):	
Date of Birth (must be between 14 and	30 at time of	application	on) Age
Gender	Preferred P	ronouns	
Mailing Address			
City	State		Zip code
Telephone	Cell		
E-mail			T-shirt size:
Best way to Contact you: ☐ Phone ☐ Ce	ll □ Text □ Em	ail 🗆 Snai	il Mail □ Other
Best time(s) to reach you by phone:			Time zone:
UPS/Street address			
City	_ State	Zip	code
Tribal Nation			Are you enrolled? Yes No
What is your Census/CIB Number? Tell us about the connection you have to y			led, is your parent enrolled? Yes No

Nearest Airport (This is the a	nirport that you would	d fly out from 8	& return to fo	or the Dreamstarter Academy):
How did you learn of the I	Oreamstarter Grant	Program?		
If a student, you attend:	□ Elementary	□ Middle	□ High	□ College □ Other
Current grade	_ Graduation Year _		_ Pursuing w	vhat field?
School name:			Telepho	ne
If a graduate, you graduat	ed from: 🗆 High So	thool 🗆 GED	□ College	□ Grad School □ Other
Year: Sc	hool Name:			Degree
School or Community Acti	vities (if applicable)	:		
Work experience and curr	ent/past employme	ent (if applica	ble):	
Hobbies/What do you like	to do:			

Where are you on social media? Please list all	that apply:	
☐ Website:		
☐ Blog:		
☐ Facebook: https://facebook.com/		
☐ Twitter: https://twitter.com/		
☐ Instagram: http://instagram.com/		
☐ YouTube: http://youtube.com/user/_		
☐ Other:		
Which social media page(s) do you use the		
Are you related to Billy Mills? Yes	□ No. If so, how?	
Dreamstarter Mentor Organization Inform	nation	
Organization Name		Year Founded
Contact Person		Title
Mailing Address		
City	State	Zip code
Telephone	_ Cell	FAX
UPS/Street address		
City	State	Zip code
E-mail		
Where are you on social media? Please list all	that apply:	
☐ Website:		
☐ Blog:		-
☐ Facebook: https://facebook.com/		
☐ Twitter: https://twitter.com/		
☐ Instagram: http://instagram.com/		

☐ YouTube: http://youtube.com/us	er/		
☐ Other:			
Which social media page(s) does your org	ganization use the most?		
Organization's Mission Statement:			
# of individuals served each year			
Total Organization budget	For fiscal year end	ding	(month/date/year)
Organization's Tax ID (EIN) number			
Type of Organization: □ 501(c)(3) nonpro□ Tribal program (7871)			
Fiscal Sponsor (if applicable)			
Is your organization audited each year? Some applicants may be asked to provide			

Your organization's primary partner (Mentor) with the Dreamstarter Applicant:

Name	Title			
Telephone		Cell:		
Email:			T-shirt size	
Age	Gender		Preferred pronouns	
Mailing Address _				
City		State	Zip code	
UPS/Street Addre	ess			
City		State	Zip code	
Tribal Nation (if a	pplicable)			
Best way to Conta	act you: □ Org's Phone	□ Cell □ Text □	Email Snail Mail Other	
Best time(s) to re	ach you by phone:		Time zone:	
How did you learn of the Dreamstarter Grant Program?				
Are you related to the Dreamstarter? □ Yes □ No If so, how?				
Are you related to Billy Mills? □ Yes □ No If so, how?				
Please provide the name(s) of radio stations or newspapers that serve your community:				

PART II. ESSAY QUESTIONS

Please answer the following questions in a separate document. Applicants and Mentor Organizations may talk about these answers together but please have each answer their questions in their own words.

- A. Dreamstarter Applicant Questions (Please aim for approximately 500 words per question. However, if you need more or fewer words, that's ok. We want to hear your answers in a way that works best for you.)
 - (1) Please describe yourself (for example, your name, age, clans, parents, where you were raised, what you like to do, favorite subjects in school, etc.)
 - (2) Please describe your community (what it's like to live there, is it urban or rural, etc.)
 - (3) Please explain your dream idea. How did you think of it? Who do you want to reach? Does anything like your idea exist?
 - (4) What would you say are your greatest strengths? What are you good at?
 - (5) How does your application fit into one of this year's theme (Social Action)?
 - (6) Please describe what Billy Mills' story means to you.

Some applications will include a phone interview with the Applicant.

- B. Dreamstarter Mentor Questions (Same word count guidelines as for applicant essay questions above).
 - (1) Please briefly describe your organization.
 - (2) Please tell us about the staff member or volunteer who will be your organization's primary partner and will serve as the Dreamstarter's Mentor on the project.
 - (3) Please describe how you know the Dreamstarter applicant.
 - (4) Why you think he/she and your organization should be a Dreamstarter?

Some applications will include a phone interview with the Mentor Organization.

C. Applicant and Mentor Together Questions (Same word count guidelines as for applicant essay questions above).

- (1) Please fill out a timeline that lists the steps that you intend to take to make your dream a reality using the attached template.
- (2) Please attach a draft budget and budget narrative showing how you plan to use the \$10,000 using the attached template.
- (3) Please list 3-5 things that you want to accomplish.
- (4) What challenges do you see in making your dream a reality?
- (5) If chosen, how do you plan to evaluate your results?
- (6) How will you continue the dream after the grant period is over?
- (7) Is there anything else that you want Running Strong and Billy Mills to know about you?

PART III. REFERENCES

Some applicants will be asked to provide 2 references that we can contact via phone or email.

Dreamstarter Applicant:

1.	Name			
	How he/she knows the Applicant			
	Email			
	Phone			
	Best way to contact this reference: ☐ Phone ☐ Email ☐ Other			
	Best time(s) to reach this reference:			
2.	Name			
	How he/she knows the Applicant			
	Email			
	Phone			
	Best way to contact this reference: □ Phone □ Email □ Other			
	Best time(s) to reach this reference:	Time zone:		
Dreams	starter Mentor Organization:			
1.	Name			
	Name How he/she knows the Organization			
	Email			
	Phone			
	Best way to contact this reference: □ Phone □ Email □ Other			
	Best time(s) to reach this reference:			
		e 201161		
2.	Name			
	How he/she knows the Organization			
	Email			
	Phone			
	Best way to contact this reference: □ Phone □ Email □ Other			
	Rest time(s) to reach this reference:	Time zone:		

Any additional comments:	
I certify that the information included in this appl	ication is accurate to the best of our knowledge.
Applicant Signature	Date
Print signer's name here	
Mentor Organization Signature	Date
	t be authorized
Print signer's name here	



PART IV: APPLICANT CONSENT FORM

l,	("Applicant"), hereby certify that I am an applicant,
with	("Mentor/Partner Organization") for Running
Strong for American Indian Youth ("Rur	ining Strong") Dreamstarter® grants, and hereby certify the
following:	

- I have read and reviewed Running Strong's application materials in detail.
- I understand and agree that, if I am chosen as a Dreamstarter, the \$10,000 grant award will be distributed directly to Mentor/Partner Organization and that I and my Mentor/Partner Organization are responsible for appropriate use of those funds.
- I am a citizen of the United States or its territories.
- To my knowledge, I am not related, by blood or marriage, to anyone affiliated with Running Strong for American Indian Youth or its National Spokesperson, Billy Mills. If I am, I have disclosed it in this application.
- I grant permission for my photo/image, name, age, and all other personal identifiers listed in the application form to be published on Running Strong's public internet site, press releases, presentations and other materials.
- I grant permission for media coverage as it pertains to Running Strong and my initiative.
- I absolve Running Strong of any liability pertaining to my application, initiative, and usage of awarded funds.
- I absolve Running Strong, its staff, Board members, committees, and volunteers of any liability for violations of law or wrongful conduct undertaken by grant recipients.
- I understand that Running Strong assumes no responsibility for the protection of any intellectual property that results from a Dreamstarter grant.
- I understand that I may be required to sign an affidavit of eligibility and a liability and publicity release as a condition of receiving any award.
- I understand that my attendance may be requested at an event of Running Strong, including a meeting of the Board of Directors or donors, as a condition to receiving my award.
- I understand that if chosen for a Dreamstarter® grant, I and a representative from my
 Mentor/Partnership Organization must attend the Dreamstarter® Academy in Washington DC

from April 21-24, 2022. I understand that I will be rooming with another Dreamstarter of similar age and gender. I understand that while flight, hotel, meals and transportation expenses will be paid for by Running Strong, I will be responsible for other out of pocket expenses.

PHOTO RELEASE:

I authorize Running Strong for American Indian Youth® to use any video/photos of Grant program events & participants in their Annual Report, newsletters, website, social media, video, fundraising letters or other publications to document its support & need for this Grant program. I understand these images maybe used for promotional, news, fundraising, research and/or educational purposes. This authorization shall continue indefinitely unless I otherwise revoke said authorization of specific photos in writing, recognizing that it may take up to thirty days to remove from any on-line location and up to six months until any/all print material is distributed (Running Strong will then not include photo(s) in any further print run.)

To certify these statements, please sign and print your name and date:		
Applicant's Signature	Date	
Applicant's Name (please print) _		



PART IV: PARENT/GUARDIAN CONSENT FORM (If Applicant is under 18)

l,	, hereby certify that I am the
legal parent/guardian/person in loco parentis of an applicant of the	Running Strong for American
Indian Youth ("Running Strong") Dreamstarter® grant, and hereby o	certify the following:

- I have read and reviewed my child's application and Running Strong's application materials in detail and consent to the initiative being proposed.
- I understand and agree that a Running Strong for American Indian Youth Dreamstarter® Grant will be distributed directly to my child's Mentor/Partnership Organization and the Mentor/Partnership Organization is ultimately responsible for appropriate monitoring of the use of those funds once they are disbursed.
- I grant permission for my child's photo/image, name, age, and all other personal identifiers listed in the application form to be published on Running Strong's public internet site, press releases, & presentations.
- I grant permission for media coverage of my child as it pertains to Running Strong and my child's initiative.
- I absolve the Running Strong, its affiliates, board and staff, and volunteers of any liability pertaining to my child's application, initiative, and usage of awarded funds.
- I absolve the Running Strong of any liability for violations of law or wrongful conduct undertaken by grant recipients.
- I understand that Running Strong assumes no responsibility for the protection of any intellectual property that results from a Dreamstarter® grant.
- I grant permission for my child's photo/image, name, age, and all other personal identifiers listed in the application form to be published on Running Strong's public internet site, press releases, and presentations.
- I grant permission for media coverage of my child as it pertains to Running Strong and my child's initiative.
- I absolve Running Strong, its members, committees, and volunteers of any liability pertaining to my child's application, initiative, and usage of awarded funds.

I understand that if my child is chosen for a Dreamstarter® grant, he/she and his/her
Representative from the Mentor/Partnership Organization must attend the Dreamstarter®
Academy in Washington DC from April 21-24, 2022. I understand that my child's Mentor will
act as his/her Chaperone on this trip. I understand that I am not permitted to attend any part
of Dreamstarter® Academy, except for the Closing Reception. I understand that my child will
be rooming with another Dreamstarter of similar age and gender. I understand that while
flight, hotel, meals and transportation expenses will be paid for by Running Strong, my child
will be responsible for other out of pocket expenses.

PHOTO RELEASE:

I authorize Running Strong for American Indian Youth® to use any video/photos of Grant program events & participants in their Annual Report, newsletters, website, social media, video, fundraising letters or other publications to document its support & need for this Grant program. I understand these images maybe used for promotional, news, fundraising, research and/or educational purposes. This authorization shall continue indefinitely unless I otherwise revoke said authorization of specific photos in writing, recognizing that it may take up to thirty days to remove from any on-line location and up to six months until any/all print material is distributed (Running Strong will then not include photo(s) in any further print run.)

To certify these statements, please sign and print your i	name and date:
Applicant's Name (please print)	
Your relationship to applicant (print)	
Your Signature	Date
Please print your name here:	



PART IV: MENTOR ORGANIZATION CONSENT FORM

l,	("Mentor"), hereby certify that I am the Mentor,
with	("Mentor/Partner Organization") with
applicant,	("Dreamstarter") for Running Strong for
American Indian Youth ("Runnin	g Strong") Dreamstarter® grants, and hereby certify the following:

- I have read and reviewed Running Strong's application materials in detail.
- I understand and agree that, if our Dreamstarter is chosen as a Dreamstarter, the \$10,000 grant award will be distributed directly to Mentor/Partner Organization and that I, my Dreamstarter and my Mentor/Partner Organization are responsible for appropriate use of those funds.
- I am a citizen of the United States or its territories.
- I am not related, by blood or marriage, to anyone affiliated with Running Strong for American Indian Youth or its National Spokesperson, Billy Mills. If I am, I have disclosed it in this application.
- I grant permission for my photo/image, name, and all other personal identifiers listed in the application form to be published on Running Strong's public internet site, press releases, presentations and other materials.
- I grant permission for media coverage as it pertains to Running Strong and my initiative.
- I absolve Running Strong of any liability pertaining to my application, initiative, and usage of awarded funds.
- I absolve Running Strong, its staff, Board members, committees, and volunteers of any liability for violations of law or wrongful conduct undertaken by grant recipients.
- I understand that Running Strong assumes no responsibility for the protection of any intellectual property that results from a Dreamstarter® grant.
- I understand that I may be required to sign an affidavit of eligibility and a liability and publicity release as a condition of receiving any award.
- I understand that my attendance may be requested at an event of Running Strong, including a meeting of the Board of Directors or donors, as a condition to receiving my award.
- I understand that if my Dreamstarter is chosen for a Dreamstarter grant, I and my Dreamstarter must attend the Dreamstarter® Academy in Washington DC from April 21-24, 2022. I understand that I will be rooming with another Mentor of similar age and gender. I understand

that while flight, hotel, meals and transportation expenses will be paid for by Running Strong, I will be responsible for other out of pocket expenses.

PHOTO/VIDEO RELEASE:

I and the Mentor Organization authorize Running Strong for American Indian Youth® to use any video/photos of Grant program events & participants in their Annual Report, newsletters, website, social media, video, fundraising letters or other publications to document its support & need for this Grant program. I and the Mentor Organization understand these images maybe used for promotional, news, fundraising, research and/or educational purposes. This authorization shall continue indefinitely unless an authorized representative of Mentor Organization otherwise revokes said authorization of specific photos in writing, recognizing that it may take up to thirty days to remove from any on-line location and up to six months until any/all print material is distributed (Running Strong will then not include photo(s) in any further print run.)

To certify these statements, please sign and print	t your name and date:
Mentor's Signature	Date
Mentor's Name (please print)	

PART V. ATTACHMENTS

Please be sure to include the following attachments with your application:

- (1) Grant Budget. Please email Dreamstarter@IndianYouth.org if you need a grant budget template. This budget must be detailed, including specific dollar amounts requested for each line item and all income & expenses.
- (2) **Grant Budget Narrative**. Please explain in detail what each budget line item is, what is the purpose of each budget line item and why it's needed. If you have questions about this part, contact us at Dreamstarter@IndianYouth.org.
- (3) **Project Timeline.** Please email Dreamstarter@IndianYouth.org if you need a project timeline template.
- (4) **Tribal Enrollment Document/Identification (if applicable)**. If you are enrolled, you must attach your tribal documentation.
- (5) IRS Tax Exemption Letter for Mentor Organization
- (6) A HEADSHOT of yourself that you are willing to share on social media and 2-3 photos of Applicant in their community or 2-3 photos of Mentor Organization in action. Successful applicants' photos and details about their project will be shared on the Running Strong website.
- (7) **Signed W9 form for Mentor Organization.** If you need a blank form, you can download one here: https://www.irs.gov/pub/irs-pdf/fw9.pdf
- (8) Mentor organization's most recent audit (if applicable).

Submitting Your Application

VIA MAIL:

Applications via mail are due (postmarked) by November 9, 2021. Mail applications to: Running Strong for American Indian Youth 8301 Richmond Highway, Suite 200 Alexandria, VA 22309

ATTN: Dreamstarter

VIA EMAIL:

Applications via email are due by January 15, 2022 by 11:59 pm EST. Email applications to Dreamstarter@IndianYouth.org with your Applicant name in the subject line.

VIA FAX:

Applications will not be accepted via fax. Applications will ONLY be accepted via mail or email.

Questions?

If your question cannot be answered there, please email us at Dreamstarter@IndianYouth.org.



Dreamstarter's Name:_____

January 2022										
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January

	February 2022								
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February

	March 2022										
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March

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April

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May



Dreamstarter's Name:_____

June 2022 Sa Su M Tu W Th F 3 2 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

June

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August

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October



Dreamstarter's Name:_____

November

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December



Dreamstarter's Name:_____

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January

February 2023								
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February

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March

April 2023							
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April

	May 2023								
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May



Dreamstarter's Name:_____

June 2023 Su M Tu W Th F Sa 2 3 5 6 8 9 10 12 | 13 | 14 15 16 17 18 19 20 21 22 23 24 25 | 26 | 27 | 28 | 29 | 30

June

July 2023								
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July

August 2023								
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August

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September

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October



Dreamstarter's Name:____

November

	November 2023									
Su	M	Tu	W	Th	F	Sa				
			-	2	3	4				
5	6	7	8	9	10	11				
12	13	14	15	16	17	18				
19	20	21	22	23	24	25				
26	27	28	29	30						

	December 2023								
Su	M	Tu	W	Th	F	Sa			
					1	2			
3	4	5	6	7	8	9			
10	11	12	13	14	15	16			
17	18	19	20	21	22	23			
24	25	26	27	28	29	30			
31									

December



INCOME

DREAMSTARTER BUDGET TEMPLATE

Budget

Dreamstarter Nam	ıe	

NOTE: You may add or delete categories but please use this basic budget template format. • A maximum of 10% can be budgeted for administrative/indirect expenses • The \$500 Dreamstarter Award is separate from the \$10,000 grant and should not be included in the budget. • Please do not budget for Dreamstarter Academy expenses. DSA lodging, meals and materials will be paid for separately by Running Strong.

Running Strong Dreamstarter Grant			\$10,000
Other Income S	ources (only if necessary)		
	[Organization name]		
	[Organization name]		
	[Individual Donations]		
	[Other (donations of items, etc.)]		
	Total Inco	me From Other Sources	
Total INCOME			
EXPENSES		Budge	et
Category Name:			
Itemized expense:			
		Subtotal	
Category Name:			
Itemized expense:			
		Subtotal	
Category Name:			
Itemized expense:			
	direct Expenses (no more than 10%)		
Itemized expense:			
		Subtotal	

Total EXPENSES

NET (Income - Expenses)