

2026 SOAR Program Application and Prepare To SOAR Academy Application

Date/Time: Sunday, June 7th 3:30pm to Saturday, June 13th 12:00pm or Sunday, August 2nd 3:30pm to Saturday, August 8th 12:00pm

Location: UC Berkeley Foothill Student Housing Facility (2700 Hearst Ave. On the corner of Hearst Avenue and Gayley Road, see enclosed campus map A5-A6)

Application Deadline: Post-marked on or before **March 21st, 2026.**

Program Description

SOAR for Youth was established in 2009 to help foster youths move through adolescence and into their adult lives with hope, confidence, and independence. Through a summer residential program and other activities throughout the year, SOAR for Youth provides sustained support to our young participants over a five – ten year period. Once selected each youth begins moving through four consecutive years of residential pre-collegiate summer academies (Prepare To SOAR, Learn To SOAR, Time To SOAR, SOAR to Your Future) at no cost to the participants. The fourth year (SOAR to Future) is two weeks long. Week one is SOAR to College, followed by an additional week created to provide exposure to vocational career opportunities (SOAR to Vocation). While at academy the young participants are closely supervised, coached, and counseled by caring and experienced adults. In addition to the summer academies, activities throughout the year are planned to help participants stay connected with their peers and with SOAR for Youth staff. The curriculum includes:

- Academic enrichment in critical subject-matter areas like writing and math.
- College orientation and guidance.
- Outdoor adventures where bonding and teamwork are key.
- Life-skills training, including help with personal finance.
- Career development, including job search and interview skills.
- Connection to emancipation services and college scholarship programs.

In 2012, SOAR added academic support services to help our young people achieve their long-term academic goals. In 2018, we added a paid Summer Internship Program to give our summer program graduates who are qualified opportunities to gain working experience in the fields of their professional interests. A new SOARING Forward Program launched in 2023 gives our young people additional support. With these new services, our young people receive sustained support from SOAR until they graduate from college.

Program applicants (**Bay Area Social Welfare foster youths in grades 5-8 now and entering 6-9 in the fall**) must have demonstrated academic capability (GPA = 2.0 average or above), be adaptable to a group setting, and want to participate in SOAR for Youth activities themselves. Preference will be given to those who reside in the Bay Area.



The following pages contain the necessary forms and waivers to be filled out by a legal guardian, social worker, CASA or legal counsel, with the full participation of the applicant. **Please complete and sign the pages marked with asterisks (*) on or before March 21st. If completed on paper, please send the pages marked with asterisks (*) to SOAR for Youth (PO Box 1291, Berkeley, CA 94701).**

Please do not send registered mail as it will slow down the process. Selected youth will be notified in early April.

Page 2 *	Youth Information	Page 8 & 9 *	Waivers of Liability
Page 3 *	Adult Recommendation	Page 10 & 11 *	Medication Release and Authorization
Page 4 *	Youth's Short Essay	Page 12 *	Memo of Understanding
Page 5	Prepare To SOAR Academy Schedule	Page 13	Things To Bring
Page 6 & 7	Driving Directions and Campus Maps	Page 14 *	School Transcript

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Youth Information

<hr/>	<hr/>	<hr/>	<hr/>
Last Name (please print)	First Name	Middle Initial	Date of Birth
<hr/>			<hr/>
Mailing Address			City
<hr/>	<hr/>	<hr/>	<hr/>
County	State	Zip Code	Youth Home Phone Number
<hr/>			<hr/>
Youth Email Address	Ethnicity (circle one): African American Caucasian Multiracial Latino/Hispanic Asian/Pacific Islander		
<hr/>	<hr/>	<hr/>	Has a 504 Plan or IEP? Yes ___ No ___
Name of School Attending	Current Grade	Grade Point Average	
Likelihood to Attend Own School Summer School? Yes ___ No ___ Impact on Enrollment Yes ___ No ___ May Be ___			
Gender (circle one): Male ___ Female ___ Non-binary ___ Prefer Not to Answer ___			
Adult T-shirt Size (circle your size): XS S M L XL XXL			
Ability to Swim: Excellent ___ Good ___ Poor ___ Don't Know but Not Afraid of Water ___ Afraid of Water ___			
Diet limitations: Yes ___ No ___ If Yes, Explain _____			
<hr/>		<hr/>	
Youth's Signature		Date	
<hr/>			<hr/>
Name of Social Worker		Phone Number	Cell Phone Number
<hr/>			<hr/>
Social Worker's Signature		Date	Email of Social Worker
<hr/>			<hr/>
Guardian Name		Phone Number	Cell Phone Number
<hr/>			<hr/>
Guardian's Signature		Date	Email of Guardian
<hr/>			<hr/>
Name & Title (affiliation) of Adult Submitting Application		Phone Number	Email Address
<hr/>			<hr/>



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Adult Recommendation: (This section can be filled by a foster parent, legal guardian, social worker, teacher, mentor, CASA, or a legal counsel)

Name of youth you are recommending

Open case at a local court: Yes ___ No ___ If yes, where? _____

_____ Adult's Full Name	_____ Cell Phone	_____ Other Phone (Circle: Home/ Work)
_____ School/Department/Organization Name (If applicable)	_____ City	_____ County
_____ Relationship to Applicant		_____ Email Address

Please answer the following questions:

1. Why do you believe this youth is a good candidate for this program? (How long have you known this youth? What behaviors has this person demonstrated to indicate that they will benefit from the SOAR program?)

2. Describe any long-term goals or aspirations that this youth has expressed to you. What short-term goals have they discussed?

3. Please describe how this youth interacts in groups.



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Youth's Short Essay (at least three paragraphs)

Name of Youth _____

Directions: Tell us about your academic and personal interests and why you want to join this program. The essay can be hand-written or typed on this page or on an attached separate piece of paper. If the essay is hand-written, it is important to write neatly.

	Sunday June 7 / Aug 2	Monday June 8 / Aug 3	Tuesday June 9 / Aug 4	Wednesday June 10 / Aug 5	Thursday June 11 / Aug 6	Friday June 12 / Aug 7	Saturday June 13 / Aug 8
08:00 - 08:45		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
08:45 - 09:00		Walk to Class	Walk to Class	Walk to Class	Walk to Class	Walk to Class	Pack
09:00 - 10:30		Math Workshop	Math Workshop	Math Workshop	Math Workshop	Math Workshop (9:00 - 10:00)	Pack and Social
10:45 - 11:45		Writing Workshop and 7 Habits	Writing Workshop and 7 Habits	Writing Workshop and 7 Habits	Writing Workshop and 7 Habits	Hope Scholars UCB Campus Tour 10:30 - 11:30	Completion Celebration (11:00-Noon)
11:45 - 12:30		Lunch	Lunch	Lunch	Lunch	Lunch	Check Out by Noon
12:30 - 01:15		Travel to Hike Location	Travel to Cal Adventures	Travel to Chabot	Travel to Cal Adventures	Travel to Cal Adventures	
01:15 - 04:15	Check In (3:30 - 4:30)	Hiking and Team Building	Cal Adventures Ropes Course	Chabot Space and Science Center Visit	Cal Adventures Paddle Adventures	Cal Adventures Climbing Wall	
04:15 - 04:30	Move to Dorm & Social (4:30 - 5:00)	Return from Hike Location	Return from Cal Adventures	Return from Chabot	Return from Cal Adventures	Return from Cal Adventures	
05:00 - 05:40	Academy Orientation	Classroom Games and Social	Classroom Games and Social	Classroom Games and Social	Classroom Games and Social	Classroom Games and Social	
05:40 - 06:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
06:30 - 06:40	Reenergize	Reenergize	Reenergize	Reenergize	Reenergize	Reenergize	
06:40 - 07:30	"Arriving Voice & Body"	College Orientation & CA Foster Youth Educational Guide	Former Foster Youth Visit	Thrive Factor	Leadership Presence II	Study Smart Study Less	
07:40 - 08:30	Leadership Presence I	How traumatic events trick the brain and what we can do about it	Academy Youth Sharing	Thrive Factor "Collage"	Academy Youth Sharing	Academy Youth Talent Show	
8:40 - 10:00	Debrief , Safety Drill & Social	Debrief & Social	Academy Youth Sharing	Debrief & Social	Debrief & Social	Academy Evaluation & Thrive with Lessons Learned	
10:00 - 10:30	Get Ready for Bed	Get Ready for Bed	Get Ready for Bed	Get Ready for Bed	Get Ready for Bed	Get Ready for Bed	
10:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	

Directions to the University of California Berkeley Foothill Housing Facility

From San Francisco, the San Francisco airport, and points south on northbound Highway 101:

Follow U.S. 101 north and then switch to I-80 east, and take it across the Bay Bridge.
Stay left as you get off the Bay Bridge and take I-80 east heading to Berkeley & Sacramento.
Exit I-80 onto University Avenue.
Continue east on University Avenue for approximately 1.5 miles to Oxford Street .
Turn left on Oxford Street, go 2 blocks and turn right on Hearst Ave and proceed .6 miles.
The entrance to Foothill Housing is one block past Gayley Rd on the right.

From Oakland, the Oakland airport, Hayward or San Jose on northbound I-880:

Stay in left center lanes on I-880 when you reach downtown Oakland.
Exit I-80 east (to Berkeley).
Exit I-80 at University Avenue.
Continue east on University Avenue for approximately 1.5 miles to Oxford Street.
Turn left on Oxford Street, go 2 blocks and turn right on Hearst Ave and proceed .6 miles.
The entrance to Foothill Housing is one block past Gayley Rd on the right.

From the East Bay on eastbound Highway 24:

From Highway 24 exit at Telegraph Avenue and take a right on Telegraph.
Continue on Telegraph until it ends at the south side of campus on Bancroft.
Turn left on Bancroft.
Turn right on Fulton, which will become Oxford Street in two blocks.
Turn right on Hearst Ave and proceed .6 miles.
The entrance to Foothill Housing is one block past Gayley Rd on the right.

From the East Bay on northbound Highway 13:

Highway 13 ends and becomes Tunnel Road.
Continue on Tunnel Road. Tunnel Road becomes Ashby Avenue near the Claremont Hotel. Continue on Ashby.
Turn right at Shattuck Avenue. Continue on Shattuck past University Ave.
Turn right on Hearst Ave and proceed .6 miles.
The entrance to Foothill Housing is one block past Gayley Rd on the right.

From the East Bay on I-80 bound either east or west

Exit University Avenue.
Continue east on University Avenue for approximately 1.5 miles to Oxford Street.
Turn left on Oxford Street, then go 2 blocks and turn right on Hearst Ave and proceed .6 miles.
The entrance to Foothill Housing is one block past Gayley Rd on the right.

From the East Bay on westbound I-580:

Exit I-80 East (to Berkeley & Sacramento).
Exit at University Avenue.
Continue east on University Avenue for approximately 1.5 miles to Oxford Street.
Turn left on Oxford Street, then go 2 blocks and turn right on Hearst Ave.
The entrance to Foothill Housing is one block past Gayley Rd on the right.



2026 SOAR Program Application and Prepare To SOAR Academy Application
Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Event Date: June 7th-13th or August 2nd-8th, 2026

Youth's Name _____

Event Purpose: The residential pre-collegiate academy is intended to help foster youth progress academically, show selected youth what they need to do to prepare for college admission, make available a home base for the youth to look forward to returning to, provide a peer group that they feel connected with, and to create a program that reminds them of those who care about them.

Waiver: In consideration of the acceptance of my application for entry into/participation in the above event, I, for myself, my heirs, personal representatives or assigns, do hereby waive, release, discharge and covenant not to sue SOAR for Youth, University of California at Berkeley, and The Regents of the University of California, their officers, employees, students, volunteers, and agents (hereinafter called "The Event Service Provider") from any and all claims including the negligence of The Event Service Provider, resulting in personal injury, accidents or illness (including death), and property loss arising from, but not limited to, participating in the event.

Assumption of Risks: Participation in the event, particularly the outdoor activities part, carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

Indemnification and Hold Harmless: I also agree to indemnify and hold The Event Service Provider harmless from any and all claims, actions, suits, procedures, damages and liabilities, including attorney's fees brought as a result of my involvement in the event.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, indemnity agreement, and the severability. I fully understand its terms, and understand that I am giving up substantial rights, including my rights to sue. I acknowledge that I am signing this agreement freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

THIS IS A RELEASE OF YOUR RIGHTS; READ CAREFULLY BEFORE SIGNING.

Guardian's Name Guardian's Signature Date

Youth's Name Youth's Signature Date

UNIVERSITY OF CALIFORNIA, BERKELEY
Recreational Sport Department Facilities and Programs

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of permission to use, today and on all future dates, the property, facilities, staff, equipment, services, and programs of the Recreational Sports Department, I, for myself, my heirs, personal representatives or assigns, **do hereby release, waive, discharge, and covenant not to sue** The Regents of the University of California, its directors, officers, employees, and agents from liability **from any and all claims including the negligence of** the Recreational Sports Department Facilities and Programs resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in activities, classes, observation, and use of facilities, premises, or equipment.

Signature of Parent/Guardian of Minor	Date	Signature of User (Youth)	Date
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Assumption of Risks: Physical activity, by its very nature, carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The Recreational Sports Department has facilities for and provides for activities such as weight lifting, running, aerobic activities, classes and sporting activities. Some of these involve strenuous exertions of strength using various muscle groups, some involve quick movements involving speed and change of direction, and others involve sustained physical activity which places stress on the cardiovascular system.

The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, and sprains 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions 3) catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in the activities made possible by the Recreational Sports Department Facilities and Programs. I hereby **assert that my participation is voluntary and that I knowingly assume all such risks.**

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD The Regents of the University of California HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney’s fees brought as a result of my involvement at the Recreational Sports Department Facilities and Programs and to reimburse them for any such expenses incurred.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue.** I acknowledge that I am signing the agreement freely and voluntarily, and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

Signature of Parent/Guardian of Minor	Date	Signature of User (Youth)	Date
---------------------------------------	------	---------------------------	------

Participant’s Age (if minor) _____

**2026 SOAR Program Application and Prepare To SOAR Academy Application
Medical Release and Authorization Form I**

Youth's Name _____ Gender Identity _____ Birth date _____ Age _____

Address: _____ City: _____ Zip: _____

Name of Parent/Guardian _____ Relationship _____

Home Phone _____ Work Phone _____ Other Phone _____

Name of 2nd Parent/Guardian _____ Relationship _____

Home Phone _____ Work Phone _____ Other Phone _____

If Parent/Guardian cannot be reached in an emergency, please contact:

Alternate Contact _____ Relationship _____

Home Phone _____ Work Phone _____ Other Phone _____

Family Physician _____ Phone _____

Child's Health Insurance Co. _____ Primary member _____

Policy # _____ Address _____ City _____ Zip _____

Please list any physical or behavioral conditions that the academy staff should be aware of, (e.g. sleepwalking, diabetes, epilepsy, fainting, asthma, hyperactivity, and nosebleeds, sleep-wetting) Attach an extra sheet if necessary. Please be specific.

Is your youth allergic to any foods, medication or insect bites? (Y / N) If "yes" please specify nature of allergies.

Is your youth allergic to bee stings? (Y / N) Carrying epi-pen? (Y / N) Comments _____

May your youth be given non-aspirin if needed? (Y / N)

May your youth be given "over the counter" medications (listed below) if needed? (Y / N)

The following over-the-counter medications are available at the academy. It is not necessary to send these items, unless your youth uses one of them on a daily basis. Please cross out medications to be avoided.

ANALGESICS
Ibuprofen (like Advil) [tablet]
Acetaminophen (like Tylenol) [liquid & tablet]

ANTISEPTICS
Neosporin Ointment

ALLERGY
Store-brand "Benadryl"

INDIGESTION
Tums & Pepto Bismol

SKIN
Hydrocortisone cream

FIRST AID
Band-Aids

**2026 SOAR Program Application and Prepare To SOAR Academy Application
Medication Release and Authorization Form II**

Youth's Name _____

Are all immunizations current and up-to-date? (Y/N) Date of last immunization _____

Date of last tetanus shot: _____ Recent surgery or illness: _____

Medication or treatment received for recent surgery or illness: _____

Please indicate any academy activities to which you will need to be exempt from.

Please list here all medication to be taken by your youth. For youth with asthma, please indicate if they have your permission to carry their inhaler with them and use their inhaler as needed, while attending the summer academy at Cal

Medication _____ Dosage _____ Condition _____

Remarks:

Medication _____ Dosage _____ Condition _____

Remarks:

Medication _____ Dosage _____ Condition _____

Remarks:

Medication _____ Dosage _____ Condition _____

Remarks:

If medication needs to be brought to the academy, all medication, both prescription and non-prescription, must be in the original container. The prescription container must be clearly labeled with the following information:

- | | |
|-------------------------------|-------------------------------|
| 1. Participating Youth's Name | 3. Name of Medication |
| 2. Physician's Name | 4. Dosage (how much and when) |

Please send enough medication for 3 extra days in case of emergency, accidental loss, or damage. Place all medication in a Ziploc bag labeled with your youth's name. Give the medication to the academy Lead Counselor. Please do not pack medicines in your child's luggage (except for inhalers, if authorized above). In the event of an emergency, every effort will be made to contact the parent or designated individual.

RESPONSIBLE ADULT AUTHORIZATION The health history provided above is correct, so far as I know, and the participating youth has permission to engage in all prescribed program activities. **IN CASE OF MEDICAL or SURGICAL EMERGENCY**, I authorize the academy Lead Counselor or University Housing Services person to obtain any medical or surgical care advised by a licensed health care provider. We recognize that the participating youth must follow safety instructions, remain in areas designated by staff and refrain from behavior that is harmful to him/herself or others.

Signature of Parent or Legal Guardian _____ Date _____

**2026 SOAR Program Application and Prepare To SOAR Academy Application
Memo of Understanding**

Youth's Name _____

(To be read, understood, and signed by participating youth and parent or legal guardian)

We welcome you to the SOAR for Youth summer pre-collegiate academy at CAL program. In order to provide the best possible academy experience for everyone, there are certain rules and policies that have been established for the health and safety of all involved.

1. The participating youth agrees to abide by the rules and regulations set by the academy (see below) for the health, safety, welfare and enjoyment of all participants. In addition, the youth agrees to abide the UCB Student Code of Conduct posted at <http://students.berkeley.edu/uga/conduct.pdf>
2. At academy, youth are expected to participate 100% in all activities including water sports and be respectful of each other as well as SOAR for Youth staff.
3. Use of cell phones, iPod, MP3's, electronic games, etc. will be limited to free time outside of scheduled academy activities. All electronic equipment brought to the academy will be collected nightly right before the lights-out and returned at breakfast.
4. Youth may not leave academy property or established boundaries without academy adult chaperon's escort.
5. Youth are not allowed to smoke, chew tobacco, vape, or possess any smoking materials, alcohol, illegal drugs, personal sports equipment, animals, pets, or hazardous materials.
6. All medications/prescribed drugs must be kept under the control of an academy adult chaperone.
7. Youth are not to use firecrackers or explosives. Youth may not possess weapons of any kind. Youth may not enter the dorm suites of the opposite sex.
8. Willful destruction of property will be the financial responsibility of the youth's parent/legal guardian.
9. Inappropriate behavior, including threatening, bullying, swearing, not following directions, teasing, sexual harassment, not following the academy courtesy agreement (to be created jointly at the academy), and intimidation may result in IMMEDIATE DISMISSAL FROM THE ACADEMY AND, IN SEVERE CASES, EXPULSION FROM THE SOAR PROGRAM.
10. SOAR for Youth and UCB are not responsible for articles of clothing or personal belongings lost or damaged.

I have read, understood and will abide by the rules as stated above throughout my stay at academy.

Youth's Signature _____ Date _____

Signature of Parent or Legal Guardian _____ Date _____

**2026 SOAR Program Application and Prepare To SOAR Academy Application
Things to Bring**

Please mark all your personal belongings carefully and do not bring items of great value that you would miss if lost or forgotten.

Note: The climate in the Berkeley city can be cooler particularly at night. BRING LAYERS!!

- Pillow (only if you like a certain type)
- Bath towel (only if you like a certain type)
- Soap (only if you like a certain type)
- Shampoo
- Toothbrush
- Toothpaste
- Comb or brush
- Body scrub (only if you like to have one)
- Lotion (only if you use it for face, body, or hand)
- Feminine products (girls only)
- Clothes for at least 7 days and 6 nights plus a few extras (sports, casual clothing for outing and classes. Should include comfortable synthetic pants such as nylon running pants, fleece pants, or any quick dry material pants or shorts.)
- Clothes just to sleep in
- Wool sweater or synthetic fleece jacket for outdoor water sport activities – cotton will not keep you warm when it's wet
- Fleece, wool or synthetic hat for outdoor activities
- Swimming suit/trunks to wear underneath a wetsuit**
- Good shoes for walking around and hikes. Recommend sneakers or other closed toe shoes. Sandals are not appropriate.
- Second pair** of Sneakers, wetsuit booties, or sport sandals attached at the heel that you are comfortable wearing in the water. Flip Flops are NOT suitable
- An extra pair of shoes (optional)
- Sunscreen
- Sunglasses w/strap – so you don't lose them in the water
- Hat with bill
- Mosquito repellent
- Extra blanket(s) or warm clothes to sleep in if you are not used to cold summer nights in Berkeley
- Instruments for a talent show (optional)

If you take regular medication, or if you carry special allergy relief supplies, see Medication Release & Authorization Form. All medication will be held by an academy counselor during the academy.

2026 SOAR Program Application and Prepare To SOAR Academy Application School Transcript

Please include a copy of the applicant's school transcript (preferred, if not available we will accept the latest school report) showing the youth's GPA in the application packet. Once joining the SOAR program we will need to receive a copy of your youth's school transcript (or the latest school report) every year. This will enable SOAR to provide the level of academic support each SOAR youth needs.