



# COACHING & SCHOLARSHIP PROGRAM INFORMATION

STUDENT-ATHLETE APPLICATIONS FOR 2024 PROGRAM **DUE NOVEMBER 20, 2024**

## What is the Handshake America Coaching & Scholarship Program?

Handshake America creates life-coaching relationships with gritty student-athletes to help them realize their potential for success and inspire them to influence others. Originally inspired by John Wooden's Pyramid of Success, Handshake America developed its Five Practices (5Ps): Perseverance, Passion, Positivity, People, and Presence. The Program helps student-athletes leverage their experiences gained through competitive sports to become more aware of the basic elements and definition of "success".

### The Program consists of:

1. Assignment of Three (3) Handshake America Coaches
2. Eight Team Coaching Sessions throughout the year, with other student-athletes and Handshake America Coaches
3. Minimum of \$1,000 Postsecondary Scholarship
4. Inclusion in our National Handshake America Network, and ongoing access to our digital [Locker Room](#)

The first Handshake America Scholarship Program began in 2012 with three student-athletes in Columbus, Ohio; expanded to Metro Atlanta in 2017, into Western N. Carolina in 2021, and Charlotte, NC in 2024. To date, the Program has selected over 530 student-athletes in the four cities and plans to expand to other areas across the nation.

## How much is the Scholarship?

At least \$1,000. Paid directly to the college the student-athlete eventually attends. Incremental scholarships are available to student-athletes in the Program who best exhibit the practices of success that are taught throughout the year.

## Who can and should apply?

### Any current Junior Student-Athlete who:

1. Demonstrates grit (*passion and perseverance*) and coachability
2. Intends to pursue postsecondary education
3. Is willing to commit to our yearlong (Jan – Nov) "5 Practices of Success" Coaching Program

## What is the time commitment Student-Athletes?

The Program is a year-long commitment and consists of:

1. A minimum of eight group sessions throughout the calendar year with no more than one per month (*The first session occurs in February and the last session is the following January*)
2. Each session lasts approximately 90-120 minutes and is held at various locations in the area
3. Transportation can be arranged if necessary
4. Student-Athletes are expected to engage with their Handshake America Coach and make their best effort to attend each session.



## COACHING & SCHOLARSHIP PROGRAM INFORMATION - *continued*

### **Who are the Handshake America Coaches?**

Our Handshake America Coaches are all successful people in the community, most of whom were also former high school (*and sometimes college*) student-athletes. Each Handshake America Coach commits to raising or contributing a minimum of \$1,000 for our student-athlete postsecondary scholarship fund in addition to volunteering their time to work with their assigned Team. Each Team is comprised of six student-athletes (3 male and 3 female) and three volunteer Coaches. All Coaches are interviewed, reference checked, and background checked (annually) before being accepted into the program.

### **How are Student-Athletes selected?**

Student-Athletes submit digital applications including short essays **by November 20th**. Applications are reviewed by an independent Selection Committee.

### **Open to student-athletes in their Junior year**

Student-Athletes will be informed of the results no later than mid-January.

### **How do Student-Athletes apply?**

Student-Athletes apply through our digital [Student-Athlete Locker Room](#).

Student-Athletes should inform their school representative(s) and parents/guardians that they are applying.

**Applications are due by November 20, 2024** at midnight.

### **What is the role of the School?**

1. **Understand the Program and communicate the general requirements to Junior student-athletes.**
2. **Complete the School Registration** through our digital [School Partner Locker Room](#) **by November 13<sup>th</sup>**.
3. **Identify junior student-athletes** who would benefit from the Program and encourage them to **apply by the November 20th deadline**.

Note, that there is no limit on the number of student-athlete applicants submitted per school.

*More information at [www.HandshakeAmerica.org](http://www.HandshakeAmerica.org)*

[\*School Partner Registration Link\*](#)

[\*Student-Athlete Application Link\*](#)

*Questions? Please email [handshake@handshakeamerica.org](mailto:handshake@handshakeamerica.org)*