



# HANDSHAKE AMERICA

— est. 2011 —

COACHING STUDENT-ATHLETES FOR SUCCESS IN LIFE

## Become a Handshake America Coach

Handshake America, a non-profit 501(c)(3) organization founded in 2011, coaches high school student-athletes for success in life. We currently have successful programs in Columbus, Ohio and Atlanta, Georgia with plans to sweep the country in the upcoming years.

### Are You Meant to be a Handshake Coach?

Do you believe in our Five Practices of Success: Perseverance, Passion, Positivity, People and Presence?

Are you an accomplished leader within your profession or community?

Do you believe athletics provides lessons to use in a person's life, career and goals?

Do you desire to meaningfully give back with a low time investment, making a lifelong impact on a kid and socializing with other like-minded coaches?

### What do Handshake Coaches Do?

Handshake Coaches are paired with a high school junior student-athlete who demonstrates grit and willingness to be coached.

Utilize the Handshake America Five Practices (5Ps) to coach their student-athlete.

Placed on a small team of other Handshake Student-athletes and Coaches for learning and camaraderie.

Handshake Coaches take an active interest in their student and look out for "teachable moments" with their students.

### How Do Handshake Coaches Give Back?

Handshake Coaches contribute by donating or raising a *minimum* of \$1,000 (tax deductible) toward the Handshake Student's college scholarship and the Handshake Program.

Give time by attending a Coaches Clinic at the beginning of the year and eight 90-120 minute Handshake Sessions throughout the year with your Student-athlete and team.

Stay in regular communication with your Student-athlete (approximately once per month).

**Handshake Coach applications now accepted.**

Please apply at <https://www.handshakeamerica.org/apply/> .

Read, sign, scan and send the attached Coach Code of Conduct & Background Consent Form to [coaches@handshakeamerica.org](mailto:coaches@handshakeamerica.org)



## Handshake Coach Code of Conduct

Handshake America will coach high school student-athletes to help them achieve their goals for success in life. Each year Handshake America staff shall convey these standards in writing to all coaches prior to their first contact with their student-athlete. Staff shall review these standards verbally, as well, with rookie coaches coaching for the first time.

Handshake America serves youth. Our coaches teach valuable lessons with each word and especially with their conduct. Adult misconduct with youth carries serious consequences. Because Handshake America cares that its volunteers have healthy relationships with the youth they serve, it has established these standards.

1. Young people look to adults for examples of appropriate behavior. HA coaches must use appropriate language and model honorable behavior, such as respect, integrity, honesty, and excellence. Profanity or sexualized language or jokes is inappropriate around students. Violating state law regarding interactions with youth, e.g., providing them alcohol or illegal drugs, is forbidden.
2. Coaches must take particular care when touching youth. Most people understand the difference between appropriate touching, like a handshake or pat on the back, and touching which is sexual or disrespectful. Coaches must also consider how any physical contact may be perceived.
3. Interactions with students must both be appropriate and appear appropriate. Volunteers will spend most time with groups of students, although occasionally one-to-one situations may occur. Prior to any one-to-one interaction, a HA volunteer generally should ensure another adult is present or aware of the situation.
4. Coaches are responsible for the quality of interactions. Students often find it difficult to state discomfort or objections. Coaches must be especially sensitive to physical and verbal cues that youth provide.
5. Coaches are responsible for teaching the program: success and the 5Ps. Coaching is expected to be delivered during the sessions and one-to-ones as directed in the coaches manual . If you are unable to complete the entire program for any reason, contact your HA executive director immediately.
6. Coaches agree to and understand that any photos taken by Handshake America during sessions or events may be used for promotional purposes.

**These are examples only, not a comprehensive list.** Other actions not listed could result in suspension or dismissal as a coach.

Handshake America takes all complaints of misconduct seriously. Credible allegations of misconduct will be promptly investigated by the appropriate authorities. During any such investigation, the HA coach will be placed on leave. If an investigation determines misconduct occurred, it will result in the immediate and permanent dismissal as a HA coach. If the Handshake coach mis-conducts himself/herself, he/she must notify your local HA executive director immediately.

Any HA staff member or coach who reasonably suspects misconduct must report these suspicions immediately to the appropriate HA staff person at the local office. Coach acknowledges understanding the Handshake Code of Conduct by signing below.

Coach signature & date: \_\_\_\_\_

Coach name printed: \_\_\_\_\_



## Handshake Background Check Consent Form

**-A COPY OF A VALID GOVERNMENT ISSUED PHOTO ID MUST BE ATTACHED TO COMPLETE THIS FORM-**

Do you have a valid Driver's License? Yes \_\_\_\_ No \_\_\_\_

Driver's License #: \_\_\_\_\_

Have you ever been convicted of any crime involving or against a minor? \*Yes \_\_\_\_ No \_\_\_\_

Are there any criminal charges pending against you regarding any crime involving or against a minor? \*Yes \_\_\_\_ No \_\_\_\_

Have you ever been refused participation in any other youth programs? \*Yes \_\_\_\_ No \_\_\_\_

[\*] If you answered 'yes' to any of the previous three questions, please explain on a separate sheet of paper

AS A CONDITION OF VOLUNTEERING, I give Handshake America permission to conduct background check(s) on me now and as long as I continue to be active in the organization, which may include a review of sex offender registries, (some of which contain name only searches which may result in a report being generated that may or may not be me), child abuse and criminal history records. I understand that, if appointed, my position is conditional upon Handshake America receiving no inappropriate information on my background. I hereby release and agree to hold harmless from liability Handshake America, the officers, employees, and volunteers thereof, or any other person of the organization that may provide such information. I also understand that, regardless of previous appointments, Handshake America is not obligated to appoint me into a volunteer position. If appointed, I understand that, prior to the expiration of my term, I am subject to suspension and/or removal by the Board for violation of Handshake America's policies and principles.

Applicant signature and date: \_\_\_\_\_

Applicant Name (please print): \_\_\_\_\_

NOTE: Handshake America will not discriminate against any person on the basis of race, creed, color, national origin, marital status, gender, sexual orientation or disability.



# SCHOLARSHIP PROGRAM INFORMATION

SCHOOL REGISTRATIONS DUE OCTOBER 15TH

STUDENT APPLICATIONS DUE NOVEMBER 15TH

## **What is the Handshake America Scholarship Program?**

Handshake America believes in the importance of a proper handshake and what it may reveal about a person's character. 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. Scholarship toward continued education beyond high school
2. Assignment of a Handshake Coach
3. Eight group sessions in one year with other student-athletes and Handshake Coaches

The first Handshake America Scholarship Program began in 2012 with three students in Columbus, Ohio and recently expanded to Atlanta, Georgia. To date, the Program has coached 176 students between the two cities and plans to expand to other metro 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. Will benefit from realizing and leveraging their strengths and character
3. Plans to continue his/her education beyond high school
4. Is willing to commit and participate in Handshake Sessions throughout the year

## **What is the time commitment for the Student?**

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  
- First session is in February and last session is the following January (of senior year)
2. Each session lasts approximately 90-120 minutes and is held at various locations in the metro area
3. Transportation can be arranged if necessary
4. Students expected to engage with their Handshake Coach and make best effort to attend each session



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

The 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 also contributes a minimum of \$1,000 to support the Program in addition to volunteering their time to work with their assigned student. Male students will be assigned to a male Handshake Coach, female students will be assigned to a female Handshake Coach. All Coaches are interviewed, reference checked and background checked (annually) before being accepted into the program.

## **How are Students selected?**

Students submit digital applications including short essays by November 15th.

Applications reviewed by an independent Selection Committee.

Although the application process is open to every student-athlete in their Junior year, each school may be limited to one male and one female in the Program.

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

## **How does a Student apply?**

Students apply by filling out the digital application located at <https://www.handshakeamerica.org/apply/>.

Students should inform their school representative(s) and parents/guardians that they are submitting an application. Applications due November 15th at midnight.

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

1. Understand the Program and communicate the general requirements
2. Complete and return the School Registration Form by October 15th
3. Identify junior student-athletes who would benefit from the Program and encourage them to apply by the November 15th deadline

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

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

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