



COACHING & SCHOLARSHIP PROGRAM INFORMATION

STUDENT-ATHLETE APPLICATIONS FOR 2025 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 to a Team of three (3) Handshake America Coaches and 5 peers from different high schools
2. Eight (8) Team Coaching Sessions throughout the year
3. Minimum of \$1,000 Postsecondary Scholarship, upon successful completion of the program
4. Inclusion in our National Handshake America Network, and ongoing access to our interactive, digital "Locker Room"

The first Handshake America Scholarship Program began in 2012 with three student-athletes in Columbus, Ohio; and 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 postsecondary institution the student-athlete enrolls in. 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 ["5 Practices of Success" Coaching Program](#)

What is the time commitment of Student-Athletes?

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

1. Eight team 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



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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 some collegiate*) 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.

What is the role of a School Partner?

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 13th**.
3. Identify junior student-athletes who would benefit from the Program and encourage them to **apply by the November 20th deadline**.

*If you registered as a School Partner in our Locker Room last year, you do **NOT** need to register again.

How are Student-Athletes selected?

- Any student-athlete in their junior year is eligible to apply
- Student-athletes submit digital applications including short essays **by November 20th**.
- Applications are reviewed by an independent Selection Committee.
- Student-athletes will be informed of their selection in 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.

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

More information is available here: www.HandshakeAmerica.org

[School Partner Registration Link](#)

[Student-Athlete Application Link](#)

Questions? Please email handshake@handshakeamerica.org