



HANDSHAKE CHALLENGE

STUDENT NAME and DATE: _____

TEAM NAME & COACH NAME: _____

INSTRUCTIONS for the Student:

1. Review "Master the art of a perfect handshake" article located in the last 2 pages in the centerfold of your red folder.
2. Write your name, your team name, and your coach's name at the top of this sheet.
3. Seek out one COACH or adult GUEST you have ***not yet met***.
4. Practice the art of a perfect handshake with this person.
5. Start up a conversation as it relates to the session so far or something else as it relates to PASSION.
6. Give this form to this coach/guest immediately after this conversation and ask them to review your performance by filling out the below evaluation. You will earn points for you team!
7. Your coach will receive this sheet back at the end of the night. Ask them to review it with you.

INSTRUCTIONS for the Coach/Guest:

1. Fill out the below evaluation immediately following your conversation with this student.
2. Hand this sheet into Mike Van Straten before the next part of the workshop begins.
3. Mike will tally the points and return the evaluation to the student's coach to review with him/her.

EVALUATION COMPLETED BY: _____

1. Did this student look you in the eye when he/she first approached you? Circle: YES or NO
2. Did the student maintain eye contact throughout the conversation? Circle: YES or NO
3. Did the student give you a handshake? Circle: YES or NO
4. Was the handshake....Circle: FIRM LIMP TOO STRONG OTHER_____
5. Did the student engage in conversation (eg. ask questions and/or respond to questions)?
Circle: YES or NO
6. Please write below any other feedback or comments you have for this student. Thank you!

-Asking for feedback and being open to listening to it is a key part of personal growth and development-