CAPTAINS

Congratulations on being recognized by fellow athletes as a trusted leader! I hope you view your position as a privilege and an honor. Captains should be an extension of the coach, as mentors to their team. We understand that everyone is unique and has strengths and weaknesses. It is vital that captains have the following character traits: devotion, positive attitude, dependability, leadership and direction. \*Each will have her/his own subgroup\*

Strengths

1.)

2.)

3.)

Weaknesses

1.)

2.)

3.)

Define the following character traits in your own words or examples.

Devotion-

Exp.

Positive Attitude-

Exp.

Dependability-

Exp.

Leadership-

Exp.

Direction-

Exp.

Please read the following responsibilities of a captain and sign *onl*y if you are *enthusiastic and committed* to fulfilling these rules.

* 1. Encourage teammates (It is most important to be an example)
		+ Practice-
			- Give smiles, encouragement, and offer motivation
			- Lead team warm-ups, stretches, and sprint drills
			- Push others to excel

Exp. No one is sitting down after a race or saying “I can’t”

* + - Meets
			* Get teammates to cheer everyone on
			* Pump-up a teammate before a race
			* Help teammates to get to events
			* Remind athletes to warmed-up and cool down
		- Weights
			* Have your “eye open” for safety of athletes
			* Encouraging teammates to keep working hard
		- School
			* Grades, respect, & relationship pep talks
	1. Check Injury Status of Teammates
		+ Inform coaches of anything you feel we may be unaware of
		+ Make sure athletes ice/heat (especially injury prone)
		+ Lead team stretches to prevent injury
	2. Help managers when they have questions or need extra assistance
	3. Help the coaches plan and create decorations for special events
		+ Locker tags (season opener, conference, sectionals)
		+ Team leaders for fun night
		+ Team CD
		+ Team Meeting/ uniform sign-up/phone tree/ sweat sign-up etc.
		+ Help for meet set-up
		+ T-shirt vote & design (motivational quote)
		+ May require extra meetings
	4. Help coaches think of ways to raise team *spirit*
		+ Music
		+ Food
		+ Quote on banner on fence
		+ Motivational speeches during team meeting/ before meet

Sign:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*One more captain might be decided on after the 1st week or two of practice. The position is not limited to seniors.