

EXPECTATION FOR CAPTAINS

While athletics demand physical skills and mental toughness, leadership and character are also critical components of a successful athletic program. Captains of sports teams play an important role in leadership and character development. The expectations for captains are similar for all sports. These expectations include but are not limited to:

1. A clear and consistent history of **excellent** school citizenship.
2. The ability to communicate effectively with all team members and the coaching staff.
3. A history of commitment to good sportsmanship, integrity and good decision making.
4. A willingness to model appropriate attitudes and behaviors for younger student athletes, specifically in area youth sports programs.
5. A consistent commitment to unselfishness and teamwork.
6. The courage, ability, and willingness to tackle tough issues and solve problems as they arise.
7. Exceeding the basic standards of academic eligibility:
 - a. The quality of leadership from captains and coaches will, in large measure, determine the quality of the experiences that students will take from athletics. Every effort will be made to help student-athletes who hold leadership positions to learn and to grow in those positions.
 - b. Captains should recognize hazing and substance abuse among team members and deter all such activities.
 - c. Violation of school rules, substance abuse or attending a party in which alcohol or illegal substances are present will result in removal for the Captains Leadership Group and you will be removed from your role as team captain.

REMEMBER YOU ARE A ROLE MODEL 24-7-365!

TOP THREE LEADERS LIST

Fill in the names of up to three teammates who best fit each question. Please be completely honest. You can list yourself if you fit the question.

List the top three people:

A. who seem to have the best work ethic on the team:

1.	2.	3.
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B. who seem to have the most confidence:

1.	2.	3.
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C. who are the most mentally tough:

1.	2.	3.
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D. who you trust the most:

1.	2.	3.
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E. who care about their teammates:

1.	2.	3.
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F. who help to build your confidence:

1.	2.	3.
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G. who unify the team:

1.	2.	3.
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H. who are willing to confront and hold teammates accountable:

1.	2.	3.
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I. who have the best attitude on the team:

1.	2.	3.
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J. whom you respect:

1.	2.	3.
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K. who seem to have the best relationships with their teammates:

1.	2.	3.
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L. who seem to have the best relationships with the coaches:

1.	2.	3.
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M. who are committed to staying clean from drugs and alcohol:

1.	2.	3.
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Student-Athletes should be in grades 11 & 12. Student-Athletes in grade 10 are not restricted from applying but it would be a rare occasion should they be selected.

Under special circumstances, coaches may choose to go through the selection process prior to the start of the next season. This will require prior approval from the Athletic Director.

Signature:

Date: