



Chiawana Lacrosse

Responsibilities of a Captain

Team captains play an essential role on our team. To be a captain, one must:

- Participate in all practices
 - During 'regular' season
 - 'Off' season events/practices
- Participate in all fundraising events
- Arrive **early** to practices
- Stay after practices as warranted
- Attend and participate in captain meetings
- Lead team runs, stretches, and cheers
- Help with team poster distribution
- Review plays with teammates
- Organize team bonding events
 - Plan locations
 - Plan activities
 - Coordinate food and beverages
 - Invite teammates
 - Possibly host events
 - Clean up
- Arrive **early** to games
- Make sure all players arrive to games **ON TIME!**
 - Communicate to coaches as player rep
- Speak to referees and captains of opponents

How a Captain Should Conduct Himself:

Captains should set the tone for their teammates and be a role model. In order to do so, they must behave in a certain manner.

- **Respectful** towards coaches, teammates, opponents, referees, and self
- Maintain good sportsmanship
 - Do not talk to referees unless you are speaking captain
 - If you are speaking captain, talk to referees **politely**
- Good listener who provides feedback
- Communicate with coaches and team
- **No back talking or interrupting**
- No alcohol or drugs; be a lawful citizen
- Balance school work appropriately

- Support fellow captains
- **Set a good example**
 - If a captain goofs off, others will think it is okay
- Understand that there are boundaries and expectations to being a captain
 - Captains have to put in a lot of time and effort in order to continue to improve
- Be supportive of coaches
 - If you have an issue with the team or coaches, **address it in private**
- Deal with team issues, if necessary
 - Strive to keep the team unified
- Be willing to improve as a player and as a leader
 - If coaches give you a tip, be coachable and open to improve

Qualities That Make an Effective Team Captain:

- Committed
- Composed
- Humble/modest
 - Being a captain does not necessarily mean you are the best player or athlete
- Reliable/responsible
- Respectable
- Trustworthy/honest
- Motivated/give full effort
- Cooperate
- Understanding
- Encouraging
- Approachable
- Focused/disciplined
- Positive attitude
 - If we are in a tough game, keep the team up and confident
- Knowledgeable of positions and plays
- Understand game of lacrosse

Selection Criteria:

- Application
- Team vote
- Interview – must wear shirt/tie for interview
- Coaches' vote

Interviews/Announcement:

- Interviews will be conducted the first Thursday of the season
- Tri-Captains will be announced during our team retreat on March 4th
- Game Captains will be selected by Coaches and Tri-Captains prior to each game

Chiawana Lacrosse Captain Application

Anyone can be a leader! To lead you must have first learned how to follow. Being a team captain is a big responsibility. It is open to anyone on this team regardless of grade level. If you believe you are up to the challenge and understand the 'Responsibilities of a Captain' and 'How a Captain Should Conduct Himself', and 'Qualities That Make an Effective Team Captain', please fill out the following:

Name: _____

List other leadership roles or experience as a leader you have held: _____

Explain why you think you would be an effective captain: _____

List at least 3 qualities that would qualify you to be an effective captain. Include personalized examples:

1. _____

2. _____

3. _____

List at least 1 challenge or concern you would have as a captain: _____

List other extracurricular activities you are involved in (clubs, church, sports, etc.):

What is your cumulative GPA? _____

On a scale of 1-5, rank the following questions:

- How available do you expect to be as a captain? (As far as attending practices, events, meetings, etc. as listed)

Not available Always available
1 2 3 4 5

- Explain:

- How responsive and respectful do you think the team would respond to you as a captain?

Not Somewhat Very
1 2 3 4 5

- Explain:

Additional comments:

Thanks for taking the time to read the qualifications and fill out the application to be considered a team captain. Just because you apply, it does not necessarily mean you will be a team captain this coming year.