

Captain Selection Process (2010-11)

Nomination

In order to be considered for captain, players must submit a short narrative stating their desire to be a captain, their acceptance of the duties and responsibilities of captain and why they view themselves as a good choice to be captain in light of the criteria defined below. You are expected to nominate yourself, but may nominate someone else if you wish. *You do **NOT** need to address every point below but use the guidelines to ensure that you are up to the challenge and discuss why you are a good fit.* A qualified candidate for captain will exhibit traits of both a Leader by Example and a Vocal leader. He will be willing and capable of performing the duties required. One to two paragraphs is fine. The narrative must be e-mailed to Coach White at whiteb@guilford.k12.ct.us or handed to him directly before the meeting Tuesday (6/8/2010) in order for a player to be placed on the ballot. Players in current grades 9-11 are eligible for consideration.

Voting

All players are eligible to vote. Ballots will be distributed following the nomination process. ***Voting for captain IS NOT A POPULARITY CONTEST. It must be taken seriously.*** Read and understand the guidelines below and vote for the candidate(s) who best fit the roles and attributes of a captain. Remember, your captains are there to help make the team more competitive and drive success. The more successful the team, the greater the chance of playing in college if that's what you desire.

What does it mean to be a captain?

1) Responsibilities of Team Leaders

- a. Lead Drills, warm-ups, etc.
- b. Set the mental and emotion tone for the team
- c. Keep the coaches informed about team issues
- d. Provide input on team decisions
- e. Talk with struggling teammates
- f. Handle conflicts within the team
- g. Plan team activities
- h. Organize off-season activities
- i. Be loyal to the coaches and support their Decisions

2) Types of Leadership

a. Leaders by Example

i. Commitment

1. Self-motivated
2. One of hardest workers
3. Competitive
4. Good-excellent technique
5. Cares passionately about the Team's success

ii. Confidence

1. Believes in self on and off the field
2. Wants to perform in pressure situations
3. Mentally and emotionally resilient following mistakes

iii. Composure

1. Able to keep emotions in check
2. Controls negative emotions

iv. Character

1. Does the right thing on and off the field
2. Responsible, accountable, reliable
3. Honest with coaches and teammates
4. Treats people with respect

b. Vocal Leader

i. Encourager

1. Willingly does the grunt work
2. Takes younger athletes under their wing
3. Listens and supports teammates

ii. Confidence Builder

1. Understands each teammate
2. Helps teammates feel good about themselves
3. Reaches out to struggling
4. teammates and provides support and encouragement

iii. Refocuser

1. Helps teammates stay mentally focused when faced with adversity
2. Emotionally intelligent to sense the mood of the team
3. Refocuses teammates when they are down and distracted
4. Communicates a sense of optimism and hope

iv. Team Builder

1. Establishes and focuses team on a common goal
 2. Helps teammates understand, accept and feel appreciated for their roles
 3. Brings team together and builds team chemistry
- v. Enforcer
1. Courage to confront
 2. Holds self and teammates accountable to high standards/demanding
 3. Constructively confronts undisciplined teammates
 4. Handles conflict in a firm, fair, direct, and consist manner

2) Game Plan for Becoming a More Effective Leader

- a. What are your strengths as a leader?
- b. What should you continue doing to maintain and build upon these areas as strengths?
- c. What are your areas to improve as a leader?
- d. What are some specific actions you can take to improve these areas?