

Chaparral Lacrosse Captain's Responsibilities and Qualifications

"To me a captain is not just a captain because they want the title; a captain is a person who also wants the responsibility that comes along with it."

It is important for you to know before you volunteer to step up for this position that captainship is something earned not given and it is a full year responsibility. It is one of the most important roles to have on a team because you are the example for the team. Captains shoulder greater responsibilities to the team on and off the playing field. A captain must be the mouthpiece for the team and the coach, walking the fine line between leader and friend. The captain must harness the spirit of a team and channel it towards intense play, and must act as the example of the team, always showing heart and putting the team first.

1. You are the liaison between team and coach.
2. You must exemplify a high standard of excellence for yourself and your teammates. This means physically, mentally, and emotionally, you are giving 100% on and off the field.
3. You should display leadership and integrity in all that you do.
4. You will be responsive to communications from the coach and will reply in a timely manner.
5. Get to practice early, practice hard, and make sure to wrap up with the team at the end making sure the team has left the field in better condition than when we showed up. Start practice on time if the coach is running late. Also be willing to go the extra mile with your teammates if they need help or extra attention.
6. Be a listening ear to the needs of the team, mediate the small issues so they don't escalate and if there are larger concerns, bring them to the coach to handle right away.
7. On the field, encourage LOUD, clear communication between players.
8. Stay professional at all times. Do & accept what is best for the team. Maintain a positive attitude, accept constructive criticism and always keep an open line of communication between the team and coach.

As a captain, I will expect you to participate in ALL the following activities:

1. Fall Ball Lacrosse- TBD-September-December. You will need to not only participate but also make sure your teammates and new players are there. Motivate them!
2. Recruit new players to the game to keep our program competitive.
3. Organize pre-season captains practices (TBD but probably Nov/Dec)
 - a. Running the practice in an organized and professional manner.
 - b. Teaching new players the game.
 - c. Work on the basics with all players.
 - d. Improve stick skills.
 - e. CONDITIONING, CONDITIONING, CONDITIONING!!
4. Captain/Coaches meetings- we will have pre-season meetings to discuss our visions and goals for the season and to evaluate players progress. We may have several in-season meetings to make sure we are achieving our goals.
5. Team activities are not optional for a captain unless approved prior with your coach
 - a. Pre-season workouts
 - b. Team tournaments
 - c. Pasta parties (the majority)
 - d. Pre-season Events

You will also be responsible for:

1. Team discipline- Discipline the team for players tardiness and/or missing practice.
2. Team mentorship-You can decide how you want to do this. For example, match up certain veterans with rookies to help their transition to varsity be a positive one.
3. Create a good team atmosphere. Make sure no one is left out!

If you agree to do ALL of the above then I would like you to put your signature below along with the date. ***By signing your name below, you are signing a contract to the team and to me as your coach, that you will do ALL the above to the best of your abilities. If you break this contract in anyway, you may also lose your title as captain.***

Good luck! Go Chaparral Lacrosse!!!

I commit to these standards of leadership and commitment to my teammates.

(Player Signature)

(Date)

Please submit a quick lacrosse bio of yourself and why you would like to be a captain for your team to Jessica@azgl.com.