

North Paulding Cross Country Captain Application

A CAPTAINS 3 C's

CARING	COURAGEOUS	COMMITTED
<ul style="list-style-type: none"> - Connect with a teammate Compliment a teammate - Support a teammate - Constructively confront negativity, pessimism, and laziness - Build and bond your team - 	<ul style="list-style-type: none"> - Model dedication to the team - Hold teammates accountable Your actions must embody the core values of the team, especially during times of adversity. - The captain should be the one to stop rumor spreading and gossiping. 	<ul style="list-style-type: none"> - Hold yourself to a standard of giving 100% effort in every practice and meet. Represent yourself with a positive attitude and expect the same from your teammates. - Lead by example at all times; you are ON all the time. This includes practices, meets, locker rooms, in class, and outside of school

General Responsibilities

- Strive the exemplify our Team Values- **RESPECT, BALANCE, COMMITMENT to EACH OTHER, DEDICATION to IMPROVEMENT.**
- Be on time and attend all practices and meets.
- Be a conduit between the coach and team concerning team issues
- Cheer on team at workouts and races and encourage others to do so
- Build a positive relationship with your co-captains
- Work together in order to be a unified front when it comes to team goals, expectations, and spirit - Be willing to listen to each other.
- Always talk openly and honestly with one another when issues arise
- Lead team in daily stretching and dynamics, making sure the team does them well and together as a group.
- Gather entire team at meets for warm up and cool down at meets
- Be a model when it comes to warming up and cooling down
- Be responsible for bus and team camp cleanliness
- Strive to diffuse drama between teammates immediately and seek to be instrumental in keeping a healthy team spirit and positive attitude.
- Assist coaches with emergency communication via text/facebook/phone tree if/when necessary. - Abide by OPRF's Code of Conduct and cross country policies

I have read and understand all that is expected of me as a team captain. I also understand that any behavior that is contradictory to the policies and guidelines set forth by the school and coaches may result in my immediate dismissal as a team captain.

Athlete's Signature

Date

Parent's Signature

Date

