Team Captain Application

Service Track & Field

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade\_\_\_ Competition Gender: Male / Female

Years in track (include this one) \_\_\_\_Event(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Being a Team Captain is an important role on the team. Being a team captain means taking on extra responsibilities in addition to what is expected of every student athlete.

These include:

* Leading team warm-ups
* 90% practice attendance (with minimal excused absences)
	+ Within reason, Track & Field must be a high priority for team captains.
* Learn the names of every athlete within your event group, and 75% of those not in your group.
* Being on-call to organize athletes for small tasks like setting up the tent, carrying equipment, etc.
* Being involved in team building activities big or small (within reason)
* Helping newer athletes make it to their events on time at meets

If you are interested in being a team captain, please answer the following questions and return them to the head coach (use the back if you want):

1. What are your strengths that will help you be a team captain?
2. What are your goals for the team as a team captain?
3. What are some things you personally would like to learn or improve upon as a team captain?
4. Why are you on the team? What do you want to get out of track and field? (Short- and long-term goals)