

Eagle High Varsity Tennis

Team Captain Selection Process/Application

Being a Team Captain is an honor. A Team Captain is a leader for everyone on the team regardless of skill. They set the example for all team members. It is more than just a title. It's the highest level of responsibility on the team; it can bring the team together like family. Encourage their team to succeed not just for themselves but for their program.

The Team Captain will work with the coaches to promote good sportsmanship, proper behavior on and off the court and promote and demonstrate a strong work ethic. The team captain will need to show a positive attitude; winning or losing. They will help be the rock to lift the team up in hard times.

The captain is the first line of communication to the team. Not just relaying information but showing by example. It's the first one to be at practice and the last one to leave. It's the person who pushes hardest in practice and conditioning and positively encourages their team to do the same knowing it will only make the team stronger as a unit. It's about representing your team on and off the court: at school, at practice, in matches, in the community and on social media.

General Team Captain Roles

- 1) Be a role model and lead by example – Work hard and give your full effort at all times.
- 2) Relay team communication to teammates and ensure they are informed about events.
- 3) Be on time for all practices and matches – When possible be the first person there and the last person to leave.
- 4) Warmly welcome new players and treat all team members with equal respect and take time to get to know your teammates. Team captains can also plan team get-togethers outside of practice.
- 5) Lead warm-ups and make sure to respectfully keep teammates accountable – always be positive and encouraging.
- 6) At home matches, help welcome the visiting team coaches and players.
- 7) At away matches, thank the opposing coaches and players.
- 8) Aid in fundraising efforts for the team.
- 9) Encourage and lead community service efforts.
- 10) Listen to teammates' ideas, suggestions and concerns....share those with coaches!

Other considerations include:

- 1) Being a junior or senior
- 2) Prior captaining experience
- 3) Prior team experiences
- 4) Input from all coaches

NOTE: The roll of team captain is a privilege. If a team captain is found breaking team rules they may be asked to step down from their captaining responsibility.

I, _____(print name), am interested in becoming a Varsity Team Captain.
I believe I would make a good team captain because _____

I have read and understand the Team Captain roles & responsibilities _____(sign).

Due 2/23/18