

OPRFXC 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 to exemplify our Team Values- **RESPECT, BALANCE, COMMITMENT to EACH OTHER, DEDICATION to IMPROVEMENT & CONFIDENCE.**
- Be on time and attend all practices and games.
 - 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

OPRFXC CAPTAIN APPLICATION

Applicant must read and sign list of responsibilities as well as complete this application. In addition, the applicant must be nominated by a teammate. Coaches will then select captains.

Name: _____ Year in school: _____

Email: _____

How many years have you been on the OPRFHS cross country team? _____

1. Why do you want to be a captain of this team?
2. How do you define leadership in the context of being a XC captain?
3. Give an example of how you have demonstrated such leadership.
4. How would you want your teammates to describe you at the end of the season?
5. Imagine you are on the bus on the way to a big invite. You are sitting next to a teammate who is expressing to you that they were out late last night and they are exhausted. They also remark that they aren't going to be able to PR today, so they don't care how they are going to do. How would you react?