

Hale-Ray: Team Captains' Selection Process

Steps to becoming a captain:

1. The candidate must fill out the designated team captain application form (attached).
2. The Athletic Director will review student grades and behavior logs to inform coaches.
4. The candidate will be interviewed by the coach(s), Athletic Director and 1 admin/teacher.
5. Candidate must speak to the team regarding:
 - a. Why they think they would be a good Team Captain.
 - b. Their leadership qualities.
 - c. What their goal and plan is to make the team more successful.
6. Vote taken by team
7. Coaches/admin make final decisions using the information provided from above.
8. If considered for the captain position, athletes will have 2 weeks to complete the NFHS Captains Course and submit a copy of the completion certificate. Athletes failing to complete the course will not be named captain.
9. All athletes selected as captain will be required to sign the Captains Contract and attend monthly captains meeting.

Team Captain Job Description:

Job Title: TEAM CAPTAIN

Start/End Dates: start of season – end of season

Reports to: Head Coach

Position Purpose/Summary: Be a strong leader by example (one of the hardest workers on the team, displaying a high level of commitment, focus, intensity, passion, and effort) and strong vocal leader with good communication skills (one who will encourage, support, and positively hold all teammates accountable).

The primary purpose of the TEAM CAPTAIN will be to positively influence teammates on-and-off the court, at all extracurricular school and non-school activities, and in the local community.

DUTIES AND RESPONSIBILITIES:

The TEAM CAPTAIN will be expected to:

- Be on time to all team practices and team functions (at least 5-10 minutes early),
- Promote a positive attitude and positive team interactions - every day,
- Provide a positive role model concerning commitment, intensity, confidence, response to mistakes, composure, hustle, and a “team first” focus,
- Help settle team conflicts and be willing to confront and hold teammates accountable for their on-and-off court behaviors,
- Work closely with and be the “point-person” for the head coach,
- Encourage and support all teammates,
- Lead the team throughout the season (in good and bad times),
- Perform other related team duties (as needed or requested by the coaching staff).

WORKING CONDITIONS/ENVIRONMENT:

The TEAM CAPTAIN will be asked to perform his/her roles at all times. This includes situations when the team is not performing well, in the midst of a bad practice, when teammates are struggling to get along, and when coaches and/ or teammates are negative in what they say and how they interact with one another.

ESSENTIAL JOB FUNCTIONS:

The TEAM CAPTAIN will be asked to:

- Be the hardest worker on the team (be the most committed/compelled),
- Model mental toughness by remaining confident and focused . . . and by responding to individual and team setbacks/mistakes in an appropriate manner,

- Develop strong interpersonal and team relations (friendships),
- Provide energy and passion,
- Complement and support teammates,
- Challenge teammates to get better and work harder,
- Confront teammates' negative attitudes, complaining, gossip, and lack of effort,
- Refocus teammates when distracted,
- Make good decisions (on-and-off the floor),
- Check in with the head coach.

ABILITIES AND SKILLS NEEDED:

- Passion and enthusiasm,
- Energy and hard work,
- Commitment to be the BEST,
- Good verbal and nonverbal communication skills,
- Strong character (good decision-making),
- Confidence and mental toughness,
- Assertiveness (to do what is needed),
- Composure (to remain cool and calm under pressure).

QUALIFICATIONS REQUIRED:

- Completion of the Team Captains Application
- Completion of the [NFHS Captains' Course](#)
- Be a student in good academic and behavioral standing
- If Chosen, a signed copy of the Team Captain Contract
- A willingness to go "outside your comfort zone" and push your teammates (and yourself) to a higher level of play . . . every day!

NOMINATIONS FOR TEAM CAPTAIN:

If you are confident that you can consistently fulfill the duties and responsibilities of TEAM CAPTAIN and have the desire, skills, and abilities to do so . . . write your name here:

If you are confident that a teammate can consistently fulfill the duties and responsibilities of TEAM CAPTAIN and they have the desire, skills, and abilities to do so . . . write your teammate's name(s) here: _____

If you had to pick only one person to be TEAM CAPTAIN . . . who would you pick? Write that person's name here: _____

Team Captains' Application Form:

DUE DATE: _____ DATE HANDED IN: _____

NAME: _____ GRADE: _____

EMAIL: _____

SPORT FOR WHICH YOU WOULD LIKE TO BE CONSIDERED AS A CANDIDATE FOR
TEAM CAPTAIN _____

SPORTS YOU PLAY: _____

**PLEASE TYPE (HANDWRITTEN APPLICATION WILL NOT BE ACCEPTED) AND
PROVIDE DETAILED ANSWERS TO ALL OF THE FOLLOWING QUESTIONS:**

1. WHAT ARE 5 MOST IMPORTANT QUALITIES A CAPTAIN MUST HAVE AND WHY?
2. WHY WOULD YOU LIKE TO BE TEAM CAPTAIN?
3. WHAT WOULD YOU PERSONALLY BRING TO THE POSITION OF TEAM CAPTAIN THAT WOULD BE DIFFERENT FROM OTHER CANDIDATES?
4. WHAT WOULD YOU DO TO MAKE YOUR TEAM MORE SUCCESSFUL?

WHAT HAVE YOU DONE IN THE OFF SEASON TO HELP THE TEAM?

Team Captains' Contract

The Role of a Hale-Ray Team Captain

Being a HRHS Team Captain is an honor and a privilege. The role of team captain brings with it a great deal of responsibility. The team captain is expected to be a leader on and off the playing field, a role model inside the school building, a source of school pride in the Hale-Ray community, and a conduit between the team and the coaching staff. The leadership necessary to be a successful team captain is not always easy and there will be times as a leader you may have to make some difficult decisions and sacrifices to support, as well as improve your team. The role of a team captain at Hale-Ray High School should not be taken lightly.

A Hale-Ray athlete will be expected to exhibit the following leadership qualities while holding the title of "Captain" of his/her team.

I. CHARACTER

- **Accountability** – by taking ownership, demonstrating responsibility, and fulfilling the expectation of one's role and actions.
- **Respect** – by expressing worth or honor towards a person, property, or circumstance that is guaranteed for all, by all.
- **Integrity**- by adhering to strict moral principles governed by honesty, pride, and responsibility.
- **Perseverance** - by demonstrating continued effort and determination to achieve success.

II. BE A LEADER

- **Show Commitment** – by being self-motivated and self-disciplined, be the hardest working on the team, care passionately about the team's success and act competitively
- **Be Confident** – believe in self on and off the court/field, perform in pressure situations, be mentally and emotionally resilient following mistakes
- **Show Composure** – by being able to keep emotions in check and control negative emotions
- **Character** – by conducting yourself with class and adhering to the Hale-Ray Athletic goals of good citizenship, honesty, emotional control, dependability, and respect for authority. As well as, abiding by the rules set forth in the HRHS Handbook.

III. Toward Your Teammates

- **Encourage** positive practice intensity and enthusiasm
- **Accept** all team members and help make the sport a positive experience for all team members
- **Support** and show interest in younger members

IV. Toward Coaching Staff

- Serve as a liaison between the team and coaching staff
- Communicate any concerns, ideas, or problems to the staff
- Be supportive and respectful of the coaching staff at Hale-Ray High School

V. Practice Expectations

- Be dependable and prompt
- Help set a positive and enthusiastic atmosphere at practice
- Help set the standard of great intensity and competitiveness
- Be the hardest worker

VI. Off Season Expectations

- Connect with teammates
- Participate in camps, leagues and conditioning
- Be conditioned and encourage others to be
- Represent the team positively

VII. Other Responsibilities

- Read and understand the Hale-Ray Athletic Handbook
- Know, understand, encourage and abide by the CIAC Class Act Sportsmanship Guidelines
- Be a year-round example of adherence to the Hale-Ray policies and CIAC rules regarding alcohol and chemicals.
- Be committed to the academic, social and ethical development of self and team

I hereby acknowledge that I have read and understand the Captains requirements, Athletic Department/Team rules and regulations and will adhere to all of the aforementioned. Any violation of the aforementioned rules may lead to the privilege of being a Captain taken away.

Sport: _____ School Year: _____

Name of Captain _____

Signature of Captain: _____ Date: _____

Name of Parent/Guardian: _____

Signature of Parent/Guardian: _____ Date: _____

Name of Coach: _____

Signature of Coach: _____ Date: _____