Getting the Best from the Captain

The Captain of a Sports Team has an important role to play on and off the field, and is a key appointment in any team. Their leadership is often crucial to the team’s success, and can make or break a season. It is a position that should not be accepted lightly as a lot is expected of leaders. Once a coach has nominated a team captain to Nikki Little or Carolyn Sadler, they will be presented with a ‘Sport Captain’ badge at assembly and given a copy of these guidelines, to reinforce the importance of the role.

Qualities of a Good Captain:
• Good communicator – able to relate to all persons in the team, knows how to encourage, motivate, discipline or calm teammates
• Knows each player as a person
• Has integrity
• Is committed and reliable
• Is emotionally mature and can cope with setbacks in a positive manner
• Respected by and looked up to by their fellow players
• Able to motivate team mates
• Leads from the front
• Is self confident
• Is a good listener
• Speaks well in public (desirable)

The Role of the Captain:
• Leadership by example – acting as a role model to team members on and off the field
• Helping create a safer and more inclusive sporting environment
• Representing the team and presenting team views to the coach
• Setting an off field example and providing leadership in off field team situations
• Help with equipment / warm up / training drills
• Providing input into team talks
• Help with team discipline
• Generate team spirit
• Generating positive intra-team relationships
• Provide support and encouragement to team mates
• On field leadership of the players in matches (implementing the game plan and making sound on field decisions)
• Source of feedback and advice for the coach about the various issues
• Organise relevant equipment / uniforms / team sheets for games

I am committed to fulfilling the role of Sport Captain to the best of my ability in 2015. I understand that my inability to perform this role to an exemplary level may result in an alternate captain being appointed.

Name: ______________________ Year: _____ Sport: ____________________ Grade: ____