

# 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: \_\_\_\_\_