

## TEAM CAPTAINS VIDEO REVIEW:

These are some suggestions to help you begin the process of being an effective team leader.

1. Meet with your coach to clearly define what your responsibilities and expectations will be.
2. If your team or athletic program already has a captains handbook or established guidelines for team captains make sure you know what they are.
3. If your athletic program or team does not have a captain's handbook or a set of guidelines, it is critically important that you sit down with your coach and or athletic director to establish the guidelines and framework which you will use in this new position. Please refer to the excellent example of the Captain's Handbook in our resource materials.
4. Ask your coach to make sure your team mates know and understand what those expectations are for you and the protocol that everyone is to follow when addressing concerns or issues that impact the program.
5. Plan to have frequent meetings with your coach or athletic director during the season to discuss any concerns or problems that you see will be extremely important.
6. Become proactive. Don't allow small problems to become big ones. When you become aware of Issues that affect team members, such as poor grades, drugs or alcohol use, bullying or hazing speak to your coach in a timely manner.
7. Throughout the course of the season you should serve as a conduit between your teammates and coach. This is particularly important for those team members that may not feel comfortable speaking directly to the coach.
8. Do not allow team hazing rituals to occur.

Although there is no specific style or personality that defines who will become a great captain, the most important thing is to be the **Best Version of Yourself**.