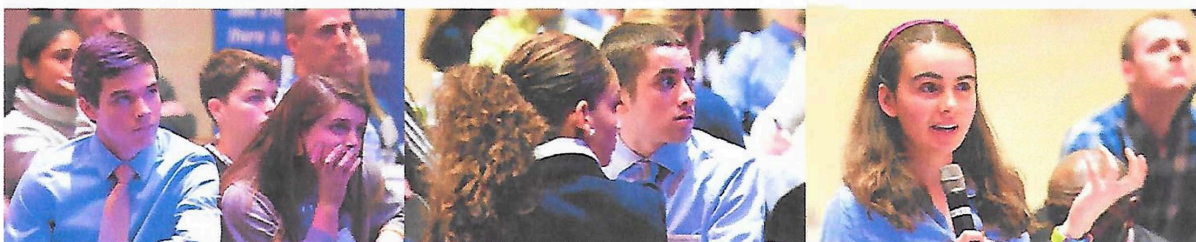


## HIGH SCHOOL TEAM CAPTAINS - IN THEIR OWN WORDS

### Observations, Thoughts, and Suggestions From Student Athletes:

- Being a role model is crucial. Captains cannot always be responsible for everything and everyone, but they can always set an example.
- Appropriately motivating teammates differs from person to person, and requires captains to get to know each individual on the team and to understand to what they will respond.
- Meeting with coaches, athletic directors, or former captains is helpful for new captains to understand and succeed in their role.
- Setting up team dinners, movie nights, or other activities the night before games/ matches provides an opportunity for team bonding and reduces the likelihood of code of conduct violations.
- Important qualities of good leaders include honesty, respectfulness, dedication, trustworthiness, and consideration.
- Leaders must understand the power and the impact that their language has, and must choose their words with intention. Effective communication is absolutely essential to success.
- Not all captains have to be vocal, but all captains should lead by example. Captains with different personalities can complement each other, but they must be consistent and make sure they are on the same page.
- Captains should do everything possible to remain positive and to motivate teammates using constructive criticism.
- Captains should take responsibility for the team culture. If your teammates think that you do not care about the team, then they will not care about the team.
- As a captain, make yourself available to your teammates and be open to making changes based upon their suggestions, comments, and feedback.



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