BOY’S VOLLEYBALL CAPTAIN CONTRACT

**CRITERIA:**

The coaches are seeking student athletes who are “Triple Impact Competitors” and committed to **improving themselves, their teammates, and the game/program as a whole**. The coaches are also looking for:

1. Student athletes who are juniors or seniors.
2. Who singularly goes **above** **and** **beyond** our expectations in terms of improving self, teammates, and the game/program.

**RESPONSABILTIES:**

Captains should complement coaches as liaisons of team culture. Sometimes, they may help coaches focus players’ attention when it wanders. Other times, they may represent players’ points of view on game strategy, practice plans or how to ensure that all players stay aligned toward team goals. **Responsibilities may also include:**

* Act as a liaison between the coach and the team.
* Leading stretching, warm-up or cool-down sessions.
* Attending EVERY practice and match (excused absence by coaches aside).
* Be at least 15 minutes early to all practices.
* DELEGATE/ FACILITATE routine tasks: net setup and break down, water, “lines” on match day. This will also be monitored by coaches.
* Include & HELP teammates who are less integrated into the team.
* Helping settle disagreements among teammates.
* Organizing ONE team-bonding event sanctioned by the Head Coach.
* Meet with the Head Coach before & after practices and matches to be aware of plans, goals, and concerns for that day.
* Help teach and run drills, if asked.

**The “job” doesn’t stop once you earn the title and responsibility of being a team captain….**

**…. it gets harder.**