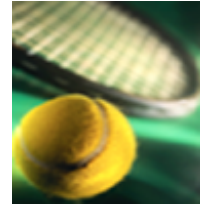


Wolves Tennis



The Role of the Team Captain

- Represent his/her team with pride, respect and leadership when requested
- Help establish match **game plans** with team members
- Lead the player or pep talk or identify someone who would like to.
- Help ensure all the players are on time for practice, trips, and matches.
- **Be the link between the players and the coach, when a player does not feel comfortable in coming directly to the coach for some specific reason.**
- Lead the group for meals, meetings, rest time during the trips and on competition days.
- When at the courts, take responsibility of leading the group to their best performance.
- Communicate when necessary and be the role model in terms of friendship and leadership.
- Especially provide the necessary patience and confidence to all the other teammates. This needs to be highly positive and visible.
- Keep in contact with the coach during matches, requesting, and offering suggestions for teammates on the court.

What it Means to Be a TEAM Captain?

The coaching staff of CBHS Tennis does not take the issue of team captains lightly. Being a team captain is not just some title that we give to any athlete on the team or even a title that we give to the best athlete on the team. Being a team captain means sacrificing the glory of oneself for the betterment of the team.

But how does an athlete achieve this role of team captain? Some think that leadership is something you are born with, so natural team leaders and captains will just emerge. On some level this statement is true, but you may be waiting a long time before you actually see a natural leader on your team or you may never see a natural team leader emerge. We believe that leadership is something that has to be taught and or demonstrated to the athletes. We cannot expect our athletes to know what it means to be a team leader/team captain if we do not first teach them or show them ourselves how to do it, on and off the court, during season and during the off season. We want to focus on a few of the characteristics and qualities that are helpful in becoming a team captain.

1. **A team captain is smart** – An athlete's grades in school are important. We emphasize

academics at Cut Bank High School, because we know that if you are smart enough to work hard in the classroom, then you will be smart on the court. As coaches, we cannot possibly prepare our athletes for every situation they will face, but we hope the team captains can be wise enough to make adjustments during competition that are needed and then help lead the team with these adjustments.

2. **A team captain is a liaison/trustworthy – It is very important that the coach has complete trust and faith in the team captain’s ability to carry out orders as well as encourage others to do the same.** The team captain is also on the coaches’ side, anytime the team is complaining about what they have to do; the team captain’s are there to guide the team in the direction that the coaches intended.

3. **A team captain is humble**– A team captain is constantly sacrificing his/her own desires and putting the best interest of the team first. Being humble also means listening; the team captain is not always yelling or talking down to his/her teammates, but instead listening for ways to help the team and communicating them in a positive nature.

4. **A team captain is strong/tough – A team captain is strong mentally and tough physically.** This means they may not be the strongest athlete, but they hang in there during all the workouts, when everybody else wants to give up, they don’t. It is their strong mental determination and their tough physical bodies that help them achieve this.

5. **A team captain has a positive attitude** – People are attracted to a person with a positive attitude. If someone is always negative or complaining then people will draw away from that person.

6. **A team captain aspires to show these qualities year round.** On the court and off the court. During the season and during the off-season.

SPECIFIC FUNCTIONS:

- Lead any stretching @ practices and matches
- Encourage hydration @ practices and matches
- Determine need for practice and game gear.
- Help with rooming combinations at over-night matches
- Determine eating locations on match trips
- Lead clean up at match sites and on buses
- Organize helpers for indoor mat roll outs and take downs
- Encourage challenge matches but remain neutral
- Provide input to coaches on web pages
- Other duties not mentioned here

