

**Captain Selection**  
**RV Cheerleading 2017-2018**

The coaching staff will not take the role of the captain lightly. Captains are asked to assist the coaches with many tasks throughout the season. From planning team bondings, to leading warm-up and stretching, the captains are the coach's right hand. Captains lead by example but are not a coach. They work as a great advocate for the coach. They are expected to defuse conflict as much as they can, in order to keep it off the mat. They are expected to follow up with their teammates on skills, injuries, and scheduling, in order to make sure that our team are prepared and not always having to hear from the coach. Captains approach their teammates in a loving, supportive, and calm manner. They approach teammates when they are not abiding by the rules or holding their own weight on the team. They do this in a motivating and encouraging way. Not all encouragement, advice, or even correction should come from the coach. If an athlete chooses to apply for captain, they will have a meeting with the coaches about the expectations. Please read through the requirements to apply. If still interested, please attend the Captain's Interview Meeting.

**Varsity Captain Application Requirements**

- Must be an upperclassman (Junior or Senior)
- Must not have quit the program at any point in time
- Must not have scheduling conflicts with most games, events, etc.
- Must carry a 3.0 GPA cumulative average
- Must Complete the NFHS Captions Course

If an athlete meets the above requirements and would like to apply for a captain's position, the following must be completed:

- 1) Complete Application
- 2) Attend Captain's Interview Meeting
- 3) If Chosen as a Finalist, Address Team About Desire to Be a Captain

The team will then vote for captains anonymously, and the coaching staff will tally and choose two/three of the team's choices. Coaches will not select an athlete who received zero to minimal votes from teammates. It is agreed by the coaching staff that teammates must have the desire to follow their captain.

Thank you for inquiring about the captain application process. Please contact the coaches for any further questions. Below is the application and the recommendation forms.

**Captain's Application: RV Cheerleading 2017-2018**

Name: \_\_\_\_\_

Years in Program: \_\_\_\_\_ GPA: \_\_\_\_\_ Grade Level: \_\_\_\_\_

**Please answer the following questions with as much detail as possible. Please contemplate all the questions, before answering:**

1) Why is it your desire to earn a position as captain?

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2) What is the role of the captain? What expectations does the team have for the captain?  
What expectations does the coaching staff have for the captain?

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3) What qualities do you possess that would allow you to be a good captain?

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4) What qualities would you need to improve on to become a better leader?

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5) How can you help our program build confidence in our athletes?

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6) What ideas do you have to create a healthy and productive bond on your team?

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7) How would you help resolve conflict between two teammates?

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8) What scenarios do you feel is appropriate for a captain to step in and confront team behavior?

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9) What situations do you feel are necessary to bring to a coach's attention? What situations do you feel are necessary to bring to the head coach's attention?

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10) How can our program improve our relationship with other programs, the student body, and the faculty? What suggestions do you have for showing our support?

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I \_\_\_\_\_, parent/guardian of \_\_\_\_\_, give permission and am fully supportive of my athlete applying for the captain position. If my athlete is chosen as captain: I understand the communication that would take place between captain and coach. I understand that captains are held to a higher standard. I understand the expectation of time captains are to give to the program, and monthly meetings with the coaching staff. I understand that captains should lead by example and are NOT a coach. Lastly, I understand that if my athlete is disrespectful, does not lead by example, is often late or out of dress requirements, or breaks contract, they will be removed of their Captain position.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_