

## **Captain Expectations**

- Be humble in the role as a Captain. Be a "servant" leader.
- Embrace the principles of the Mounds View High School Leadership Program for School, Team and Community A symbol of Success, Respect, Positive Attitude, Unity and Acceptance.
- Understand and embody the purpose, values and philosophy of the program. Be a role model of the Player Expectations. Lead by example; "Servant Leadership!"
  - o Be leaders with "Lift-Up" and "On-The-Mound."
- Encourage others to be leaders as well The best leaders understand the need to engage as many players as they can into leadership roles. The most effective teams don't have "a" leader. They are a group of leaders; each in their own way.
- Hold yourself and all teammates accountable.
- Be a voice in the locker room and on the weekends when Coaches are not present.
- Help Coaches take the pulse of the team. Keep the coaches connected and informed about how
  players might be doing, who is struggling, and if there are any team issues.
- Help coaches minimize and manage any conflict within the team.
- Represent the players to the coaches, present ideas and suggestions to help the team. Discuss player concerns with coaches.
- Provide input to coaches on any changes the coaches are planning on instituting.
- A Captains leadership responsibility CANNOT be turned ON & OFF. The ability to play well may fluctuate but your leadership cannot. Leadership does not get a day off.
- Be objective in evaluating playing time for yourself as well as friends.

"Talent is important. But the single most important ingredient after you get the talent is internal leadership. It's not the coaches as much as one single person or people on the team who set higher standards than that team would normally set for itself. I really believe that that's been ultimately important for us." (Coach K – Duke University)

The "title" of Captain is granted. Respect and Leadership can never be granted, they must be earned. Captains must earn the role of leader. This applies to all others as well. There is no limit on the number of leaders on a team; the team needs many to step up and provide significant leadership.

If you believe you are the sole reason for your success, you can't be a leader. Keep your own talent in perspective. (Dick Vermeil)

Titles don't lead; actions do.

I agree with the expectations, and I commit to meeting the challenges and opportunities of being a Captain:

