TEAM CAPTAIN APPLICATION

Team Captain Application

For players who want to lead. Answer honestly; there are no perfect answers.

Name _____ Grade / year _____

Position / role _____ Seasons on this team _____

1. Why do you want to be a captain this season?

2. In your own words, what does a good captain do? What does a captain NOT do?

3. Describe a time you helped a teammate, on or off the field. What did you do?

4. A teammate keeps showing up late and the team is getting frustrated. What would you do first?

5. How will you make sure new, younger or quieter players feel part of the team?

6. What is one thing our team should do better this season, and how would you help?

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Commitments and coach notes

If I'm chosen as a captain, I will:

- [ ] Live the team's standards first: on time, full effort, respect for officials, opponents and teammates.
- [ ] Carry the team's questions and concerns to the coach, and help explain the coach's decisions.
- [ ] Include everyone, especially new, younger and quieter players.
- [ ] Speak up early and privately when the team drifts from what it agreed.
- [ ] Bring serious problems (bullying, safety, anything illegal) to an adult right away.
- [ ] Check in with the coach once a week.

Player signature _____ Date _____

Coach scoring (1 = rarely, 4 = consistently)

	1	2	3	4
Lives the standard first	☐	☐	☐	☐
Connects players and coaches	☐	☐	☐	☐
Includes everyone	☐	☐	☐	☐
Lifts the team's energy	☐	☐	☐	☐
Speaks up when the team drifts	☐	☐	☐	☐
Teammates named them in nominations	☐	☐	☐	☐

Notes _____

Teammate nomination slips (cut out)

I nominate: _____

One thing they already do that a captain does:

_____

I nominate: _____

One thing they already do that a captain does:

_____

I nominate: _____

One thing they already do that a captain does:

_____

I nominate: _____

One thing they already do that a captain does:

_____