

Student Athlete Captain Guidelines & Expectations

Being selected as a team captain is both an honor and a responsibility. Captains are expected to lead by example, represent the team with integrity, and help create a positive, hardworking team culture.

Eligibility Requirements

To be considered for captain, student athletes must:

- Have been a member of the team during the 2025–2026 season
- Be entering their junior or senior year
- Maintain strong academic standing (good grades)
- Demonstrate consistent positive behavior in and out of practice
- Show respect toward teammates, coaches, and school staff

Leadership Qualities

Captains should embody the following:

- Strong communication skills with both peers and coaches
- Organization and reliability
- A positive attitude and team-first mindset
- Willingness to step up and lead in all settings

Captain Responsibilities

Selected captains will be expected to:

- Lead team warmups regularly
- Help initiate and lead game day chants and team spirit
- Assist in choreographing routines throughout the season
- Set the standard for effort, attitude, and accountability
- Be a supportive and motivating presence for all team members

Selection Process

- One captain will be selected by the coach
- One captain will be voted on by team members
- If more than 2 are applying, the next voted captain will become the social media representative if they choose. Otherwise a separate vote will occur for Social Media Rep.

Requirements

Students interested in being a captain must:

- Prepare and present a 1–2 minute speech explaining why they want to be a captain and what they will bring to the role. Those interested will give this speech in May tryouts to judges.
- 1 Captain will be selected by Coach/judges.
- Others interested will give speech again at our first practice in August and team members will vote.

