

# Mayo Spartan Football

## 2016 Captains Application

NAME: \_\_\_\_\_

DATE DUE: Thursday, July 28<sup>th</sup> 2016

1. Please list your athletic/academic/community involvement during the appropriate season:

Winter: \_\_\_\_\_

Spring: \_\_\_\_\_

Summer: \_\_\_\_\_

2. Please list your years of playing contact football including your senior season: \_\_\_\_\_

3. Please list past experiences of being in any type of a leadership role (in/out of sports):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Please explain within the space given what characteristics you would portray as a captain:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. Please explain why you want to be a captain and the example you would lead your peers by:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**\*I have read the Spartan Football Captain Guidelines on the back of this paper (circle) YES**

Athlete Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# Spartan Captain Guidelines

Captains are an important asset to a program when they are a true representation of the program possessing both respect and accountability. A Spartan captain will exemplify these qualities;

1. Model the Spartan Philosophy
2. Be a leader by word and example to the team/coaches/school and community
3. Be clear of any athletic department violations during the school year
4. Model a positive work ethic in all opportunities
5. Stand by the coaching staff and their decisions to put the team first
6. Model all team rules and discipline policies
7. Communicate with the coaches as mediators for the team

Spartan captains are expected to put the team concept of the football program first. At times they will need to make tough decisions with peer pressures among friends and teammates to be in the position as a captain. The coaches will stand behind the captains and support them as they follow through in these expectations. Captains should trust the coaches and feel at any time they can communicate with the coaches. It is an honor and a privilege to be a captain as they are in a great position to lead their peers in ways that even the coaches can't.

\*The team will be able to give their vote of who they feel will be great captains and the coaches will have the last word in approval as to what is best for the Spartan program leadership.