

South St. Paul Hockey – Captains Manual

Definition of a Captain

A captain is a person chosen to represent and lead that team. It is an honor and responsibility which is special and should not be taken lightly. As a captain, you are following the footsteps of a very select group of people.

Responsibility and Qualities in a Captain

Below, you will see a list of qualities and responsibilities that team captains themselves have listed as important. You are encouraged to add to the list if you see an omission. It would be near impossible for one person to have all the qualities and perform all the responsibilities listed below. These lists establish an ideal and should be used to determine areas where you are strong and areas where you can improve.

Qualities in a Good Captain

Good role model	Have a positive attitude
Be honest	Communicate with others
Be a positive morale booster and motivator	Good sportsmanship
Be humble	Strong ideals, beliefs
Be concerned about team members' problems	Self-confident
Be committed to the team and school	Respect for team members
Be goal orientated	Have fun with others
Be genuine- not two faced	Commands respect from others
Be patient	Supports others
Be aggressive	Respected by teammates & coaches

Responsibilities of Captain

Be a leader not a follower	Have team meeting when appropriate
Know when and where to get help and assistance	Involving the team in solving problems
Be organized- follow through	Promote school pride
Act as a go-between between coaches and athletes	Give 100%
Be dedicated to excellence	Listen
Not use chemicals/drugs	Set personal and team goals
Set a good example	Be a good academic student
Keep team spirit up	Respond to pressure
Assist younger team members to fit in	Attend every practice and game
Understand responsibility extends beyond practice/games	Reinforce team rules
	Be a strong person
	Show proper sportsmanship

The following is a list of common problems most teams and organizations face and potential actions a captain could take in response to a problem. The intent of the two lists is to provide a starting point for discussion between a coach, captain(s), and team members on the problems and proper actions to be taken.

Potential Problems

Negative talk about a coach
Absence from practice
Tardiness to practice
Lack of commitment from player(s)
Violation of training rules
Rumor of chemical use (smoking, drinking, drugs) by team members
Athlete(s) receiving failing or near failing grades

Lack of support for one another
Team members do not like each other
Discouraged athletes
Athletes have personal problems- home, boyfriend/girlfriend, etc.
Team members do not work hard at practice
Discouraged about losing

Potential Actions to be taken by a Captain

Talk to coach confidentially
Talk to individual player
Talk to team with coach present
Talk to team without coach present
Talk to team members involved in problem as a group
Discuss problem with other veteran players
Lead by example
Look for honest compliments you can give each player
Encourage each athlete
Go to activities as a team and sit together
Have team socials after games, weekends, for interested team members

Invite athlete(s) to activities with you
Discourage put downs and negative talks when you hear it
Establish guidelines for proper behavior discuss them and keep reviewing them
Talk to teachers of classes to get extra help
Support other sports/activities
Be as vocal and enthusiastic as you can
Encourage team members to honestly confront problems that arise
Be open to constructive criticism yourself
Help team set goals
Help individuals set goals