

CAPTAIN for East Ridge Cross Country team.

Please do the following if you'd like to "run" for captain:

- 1. Read this thoroughly.**
- 2. Ask your parents if it is okay for you to run.**
- 3. Type a page statement stating why you want to be captain and why you would do a fine job AND give a speech.**

A captain is appointed to *serve* the team.

Captain expectations:

-BE THE MOST DEDICATED MEMBER OF THE TEAM! Captains should be at every practice and will be called upon to have duties outside practice time too. The standard for captains is much higher than for any other runner on the team.

- A captain will adhere to all rules and regulation of the team (handbook), East Ridge High School and MSHSL.

-Captains should set an example of exemplary character.

-They should aid in directing other athletes towards good behavior but understand that the coaches are the final authority.

-They should be the first and the last to be cheering for teammates at meets.

-If there are incidents and misbehavior happening, especially where others could or are getting physically harmed or emotionally harmed, OR where property is being damaged, the captain shall inform the coach(es).

-At the end of any practice, or any meet, it is the captain's responsibility to be the last one to help pick up equipment and other things left behind. (This is the whole team's responsibility but again the captain should be the last to leave the area to make sure this is done). Attendance help and timing chips as well as helping at finish lines are some other responsibilities of a captain.

-A captain must adhere to the MSHSL rules and regulations. Remember in our team handbook (both online and rules stated at the pre season parent meeting), that if a violation occurs, a captain loses his/her captain status. If a league violation occurs for *any* athlete they are no longer eligible for running for captain.

-A captain's family may be asked to assist in many of the team's functions as support for their son or daughter's team. This includes many activities the team is involved in

-A captain will contact the team when there is a need for communication of all members. For example- calling team members to remind them of fundraising activities.

-Again, a captain should be present at all practices (understandably, there are some unpredictable circumstances ie- illness etc However, absences due to employment, hanging out with friends, watching other activities etc are not excused. If a captain has excellent attendance at the 5th week of the season, they can continue as captain.

*In our sport, it is very important that Captains be responsible. It is one of the only sports where athletes are not with their coaches 100% of the time.

CHECKLIST:

-Speech- "Why you'd be a good captain." Given at Season end Meeting.

-150 run miles in the spring, OR spring sport

-150 run miles in the summer (text Coach Ness weekly mileage)

-7am 3 mile runs on T and Th during the season (make most of these.

-Summer Captains' practice attendance (not fully required but must have a reason to miss).

-Lead team warm ups at practice.

-Lead warm up and cool down at meets.

-Coaches evaluate at 4 weeks into the season.