Captain Application

Name: Grade: Years on team:

1. Why do you want to be a captain for Rochester gymnastics?
2. What leadership skills do you demonstrate while inside and outside of the gym?
3. What are 3 personal strengths you have? What are 3 weaknesses?
4. What are some team oriented goals that you’d like help your team accomplish this season?
5. Describe how you would help create and maintain a team culture throughout the season.