

Caring, Courageous, and Consistent.

Caring:

Great teammates have an undeniable passion for the sport, for competing, and for their teammates. They put the success of the team ahead of their own needs and are truly concerned with the well-being of all team members. As a caring captain, you should treat all teammates with respect and recognize the contributions made by all team members. If you have a problem with a teammate, you should approach that teammate in private and in a positive way to address the situation and find a solution. The captain should be the one to stop rumor spreading and gossiping. These kinds of behaviors destroy team chemistry.

Courageous:

Captains are willing to step up. As a courageous captain, you must “walk the talk” and you cannot be afraid to compete in the worst of situations. Courageous captains set the example for the rest of the team. Your actions must embody the core values of the team, especially during times of adversity. Be a model of courage and dedication to your teammates by setting lofty goals and working hard to reach them. Finally, as a courageous captain you must show that you trust your teammates and coaches, and are also willing to hold teammates accountable to working hard and being prepared.

Consistent:

Effective captains need to be the model of consistency. To be a consistent captain you need to hold yourself to a standard of giving 100% effort in every practice and game. You cannot cut corners and earn the respect from teammates and coaches that is necessary to lead the team effectively. Consistent captains also have an authentic style of communicating. Some lead by their actions, while others are more vocal. Importantly, to be a consistent captain you must remain true to your own style of communication and not try to be someone else.

If you successfully accomplish these 3 C's you will earn a 4th C – credibility. Nothing is more important in leading your team into competition than being seen as an authentic, credible leader.