

DUBLIN CREW CAPTAIN EXPECTATIONS

PERSONAL

- Lead by example--that is, by consistent attendance and great work ethic during each session.
- Have a vision for the team and the season.
- Be an example of dedication and positive work ethic.
- Exhibit positive sportsmanship and character.
- Work to your ability in the classroom.
- Be a positive example in class, in school, and our community.
- Be chemically free.
- Be willing to stay after to work on little things!

TOWARD YOUR TEAMMATES

- Encourage positive practice intensity and enthusiasm.
- Accept all team members and help make Dublin Crew a positive experience for all team members.
- Support and show interest in Dublin Crew novice teammates.

TOWARD THE COACHING STAFF

- Serve as a liaison between the team and coaching staff
- Communicate any concerns, ideas, or problems to the coaching staff.
- Be supportive of the coaching staff.

TOWARD THE COMMUNITY

- Help the parents and supporters understand how important they are.
- Help the parents and supporters feel appreciated.
- Try to recruit whenever you can – this means not only in the words you express but the appearance that you have in the Community.

PRACTICE EXPECTATIONS

- Be dependable and prompt for practice.
- Help set a positive and enthusiastic atmosphere at practice.
- Help set the standard of great intensity and competitiveness.
- Help the coaching staff during the strength period.
- Set the pace during conditioning.

- Continued -

REGATTA EXPECTATIONS

- Be dependable and prompt for regattas.
- Help set the expected pre-regatta atmosphere in the tents.
- Help lead the pre-regatta warm-up.
- Help set an intense and enthusiastic atmosphere during the regatta.
- Display good sportsmanship during and after the regatta.
- Encourage your teammates to attend pre & post-regatta functions.
- Lead by example via such things as ensuring the uniform is worn properly at all times during the regatta.
- Promote team spirit by leading cheering of teammates during the regatta.

ELIGIBILITY

- Be a year-around example of adherence to your school rules regarding alcohol and chemicals.
- Confront players who are rumored to be violating team rules and report it to the Head Coach

CAPTAIN'S PLEDGE

If chosen as a captain of Dublin Crew, I agree to abide by and support the above criteria to the best of my ability. I understand that if I fail to do so, I may lose my position as captain and may be dismissed from the team.

Prospective Captain's Signature

Date