



CAPTAIN'S HANDBOOK

The First Step on Your Evolution as a Leader

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Founded in 1844 by Oliver Smith

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INTRODUCTION

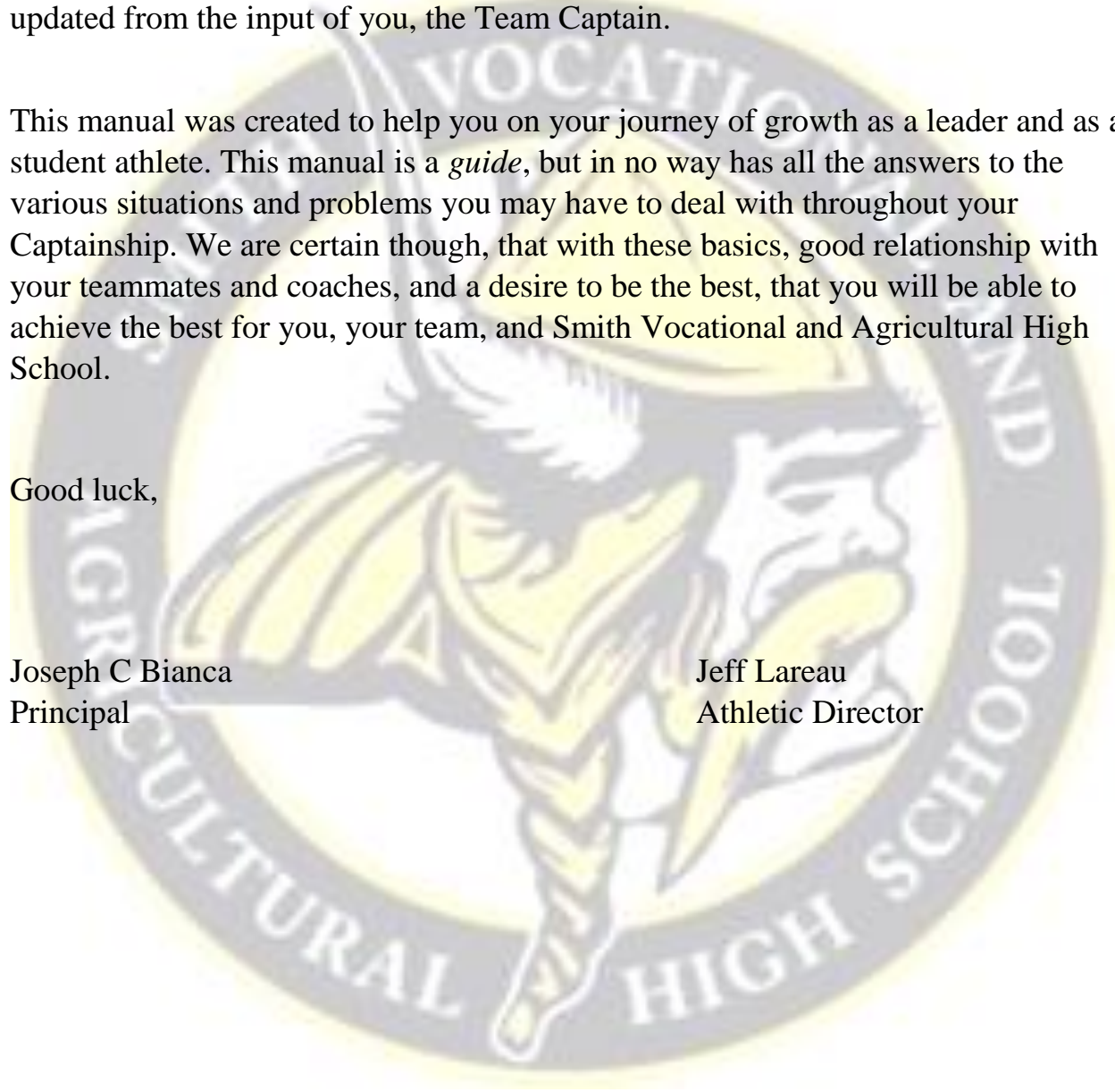
This Handbook was created by Smith Vocational and Agricultural High School administration; reviewed and edited by your coaches. Future versions will be updated from the input of you, the Team Captain.

This manual was created to help you on your journey of growth as a leader and as a student athlete. This manual is a *guide*, but in no way has all the answers to the various situations and problems you may have to deal with throughout your Captainship. We are certain though, that with these basics, good relationship with your teammates and coaches, and a desire to be the best, that you will be able to achieve the best for you, your team, and Smith Vocational and Agricultural High School.

Good luck,

Joseph C Bianca
Principal

Jeff Lareau
Athletic Director



“LEADERSHIP IS GETTING PLAYERS TO BELIEVE
IN YOU. AND THEY CAN TELL WHEN YOU’RE
NOT GIVING IT ALL YOU’VE GOT.”

- **Larry Bird**
NBA Hall of Fame Player

Congratulations! You’re a Team Captain. Now what?

Being chosen as Team Captain is an honor and a privilege that you should be proud of accomplishing; but it is also a big responsibility.

A captain is not just a member of the team. You need to be a role-model and a leader, both on and off the field of play. You will function as part of the official and unofficial leadership and communications of the team. You will represent and speak for the coaches when leading your teammates and speaking with the officials; you will speak for the team when dealing with reporters; and you will represent and speak for the team when meeting with your coaches.

Great captains are not born, they make themselves. There is not a specific style or personality that ensures success as a leader. The most important thing is to be ethical and fair. You need to find your own voice and style. Your coaches and teammates see the potential in you, after all that is why you were chosen. You must hold yourself and others to high standards, but be direct and honest. A good captain does not tolerate cliques, gossip or drama; but looks to include all members of the team. A captain must be focused on *team goals*, as well as their own individual goals. The best leaders are those who can make everyone around them better; leading themselves and their team to greatness.



What makes a good Team Captain?

Think about some of the captains and coaches that you have had in the past. Did you respect them? Did you feel valued, inspired, trusted and supported? Did you feel challenged to become more, to move past your excuses? Or did you feel disrespected, unappreciated, unchallenged and just part of a group rather than a team?

Activity:

Focus on the captains and coaches that you respected and looked up to.

What was it about those individuals? List some qualities below that you felt made the difference:



Share out some of your answers to the group.

What are some answers that were shared you didn't have on your list, but that you think are important for you?

What makes a good Team Captain?

Did you list any of the following characteristics about the captains and coaches that you looked up to?

- Leads by example
- Works hard in every situation
- Max effort
- Selfless
- Supportive and Positive
- Listens to all members of the team
- Honest
- Maintains their grades in school
- Manages multiple tasks well
- Trustworthy
- Enthusiastic and motivating
- Dependable
- Self-Disciplined
- Confident
- Does the right thing
- Holds the team accountable
- Protects all players
- Stands up for what is right


Activity:

Self-Reflection or being able to ‘know yourself’ is one of the most important characteristics for a leader to have. Being able to observe yourself and make adjustments in your interactions with others, will help you to reach all members of your team. It will allow you to make areas in your leadership that might be weaknesses now, into strengths and make your strengths even stronger.

Using the lists generated from the previous page and the list above rate yourself, by placing your score next to each characteristic. Rate yourself from 1-3 (1 = little or no ability; 2 = some ability; 3 = high ability).

Reflection:

Which characteristics have you marked as strengths? Which characteristics do you need to work on? What steps can you take to make your weaknesses stronger throughout the season?



“COMING TOGETHER IS THE BEGINNING.
KEEPING TOGETHER IS PROGRESS.
WORKING TOGETHER . . . IS SUCCESS.

- **Henry Ford**
American Inventor/Industrialist

Building a Team:

Your relationship with your coaches -

The responsibility for building a successful team starts with the coaches. A good relationship with your coach helps to build a bridge with the team. The relationships that you build with each individual on the team and with your coaches, will help you and the team get through the highs and lows that come during the season.

Some of your peers may have problems as simple as failing grades, problems with rides to and from practices, and dissatisfaction regarding playing time; or as complex as drug, alcohol, anxiety/depression or even suicidal thoughts. These athletes may not feel comfortable going directly to the coaching staff. Respect that decision and be trustworthy, but let them know that the coaching staff needs to be a part of the discussion. These complex issues are too much for you as the captain to handle alone. Make sure that your peers are safe and that there is a trusted adult that you can go to. Work with the player and the coaching staff, or other school officials, to come to a resolution.

Meetings

During the beginning of the season, you should meet frequently with your coaches. These initial meetings will help to identify the following:

- General expectations for you as a captain.
- Expectations for you as a captain during practices, games, school and times away from the team.
- Areas that the coaching staff want you to watch or support.
- Your role in building morale, following rules and directives, and with handling team issues.
- Your role in peer conflicts.
- Keeping the coach in the loop

Schedule regular meetings with your coaches. These meetings will help to let the coaches know if decisions that were made are understood by all members of the team, and that any issues or concerns brewing behind the scenes are brought to the attention of the coaches early. They may empower you to try and deal with certain concerns, but they should be kept up to speed as the

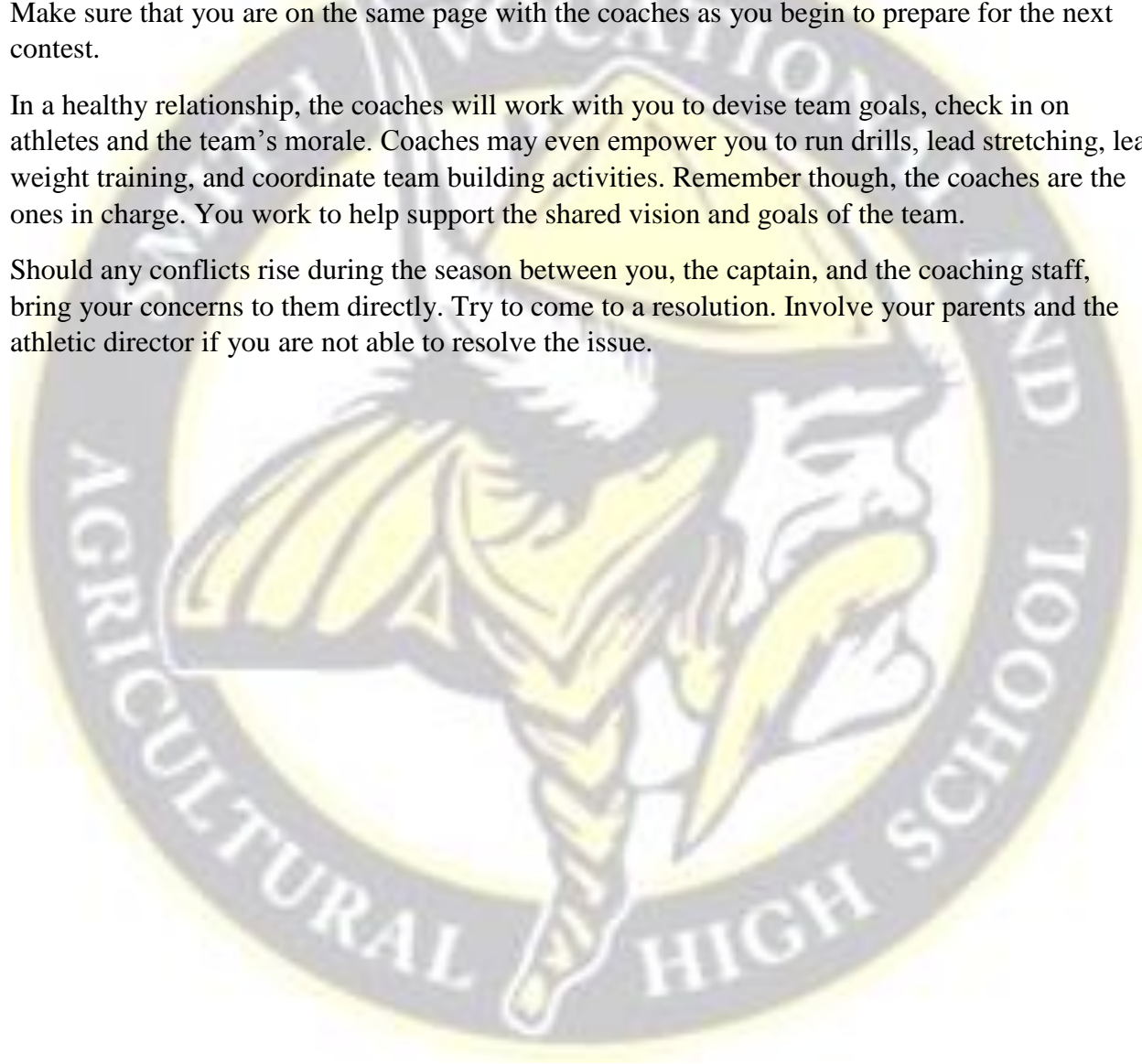
process works. These meetings will also help to determine what things need to be addressed by the coaching staff and what can be handled at your level.


Discuss with your coaches if they want weekly or daily meetings. Agree on a time, before or after practices.

Touch base with the coaching staff before games, to make sure that you understand your role and any strategy that the staff wants to employ during that particular game. After games, meet with the coaches to discuss pros/cons of the game, needs to be addressed and things to celebrate. Make sure that you are on the same page with the coaches as you begin to prepare for the next contest.

In a healthy relationship, the coaches will work with you to devise team goals, check in on athletes and the team's morale. Coaches may even empower you to run drills, lead stretching, lead weight training, and coordinate team building activities. Remember though, the coaches are the ones in charge. You work to help support the shared vision and goals of the team.

Should any conflicts rise during the season between you, the captain, and the coaching staff, bring your concerns to them directly. Try to come to a resolution. Involve your parents and the athletic director if you are not able to resolve the issue.





“LEADERSHIP IS A MATTER OF HAVING
PEOPLE LOOK AT YOU AND GAIN
CONFIDENCE, SEEING HOW YOU REACT.
IF YOU’RE IN CONTROL,
THEY’RE IN CONTROL.”

- **Tom Landry**
NFL Hall of Fame Coach

Building a Team:

Your relationship with your fellow Captain(s):

First and foremost, you and your fellow captain(s) must be on the same page. You must work in concert with each other. You must never undermine each other publicly and never undermine your coaches. That being said, if your fellow captain’s behaviors are inappropriate, you must intervene. You must be able to hold each other accountable.

Work to build a positive working relationship with your fellow captain(s), if not a genuine friendship. A good relationship at the top of the student athlete leadership is vital to a successful season. One of your jobs as a captain is to encourage spirit, excitement, solid effort and team purpose. These cannot be accomplished without your fellow captain(s) and you working together.

Subsequently, your teammates will see that the captains are working together as a unit and will follow your lead. They will work together and hold each other accountable.

Your relationship with your teammates -

Navigating the narrow road between being a teammate, a friend, a captain and leader can be challenging. Although it can be difficult to get it right, being honest and approachable is a good start. Remember, that you are not a coach. Through meetings with the coaches, you should understand what they expect your role to be on the team. You should also understand what they want you to handle and what they want you to push up the chain. Further, your coaches should have made these same expectations clear to the entire team. This will help you when you try to meet those expectations during the season.

Still, you are a leader on your team. You must accept that role and be ready to serve as a leader. Above all, you must lead by example, because your teammates will follow your lead. Your thoughts, words and actions will be emulated, especially among younger members of the team. This takes a different kind of perspective. You must be aware of your words and actions. As a captain, you have a different responsibility level and you can no longer count on hiding in the shadows. You need to realize that what you say and do will always be watched. You must

therefore be purposeful. Your actions, words and choices will have both an immediate and long term effect on the team dynamics.

You must never ask from your teammates what you are not willing to do. You must do your best to be positive and encouraging, even when you may be calling a teammate out on lack of effort or poor choices. Frame all criticism as constructive, pointing toward improvement. The positive or negative effect on the team should always be stressed when you have these conversations with teammates. It should never be made personal.

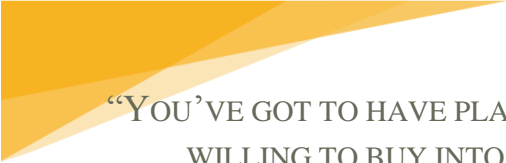
Work to build your team's trust. This is done through consistent actions and fair treatment. Captains must work to make all members feel like they are part of the team. Refrain from gossip, cliques, and any verbal or physical confrontations among teammates. You must be willing to step in to control these situations and report them to the coaches.

Hold yourself accountable as well as others, but be respectful. Praise in public, but provide feedback in private. If another athlete isn't performing, isn't putting forth effort or isn't meeting team expectations, pull them aside. If possible let the coach know your intentions first. Remember to 1) be respectful, 2) all feedback should be clear and not personal, 3) feedback should be based in facts and provide specific examples, and 4) lead to a solution or identify steps to improvement.

Hazing is never tolerated. It is not the role of sports to demoralize, embarrass, injure or humiliate participants. Although coaches may assign various responsibilities to players like carrying water, equipment, inventory or other roles; it is never ok for athletes to assign personal tasks or responsibilities to other athletes; like carrying upper classman's helmets, cleaning their uniforms or paying for items. There should never be any activity expected of anyone to become part of a "group". These behaviors are wrong, regardless of the person's willingness to participate. Captains must not tolerate any demeaning behaviors, and should be especially on the lookout in places and during times with limited adult supervision.

SCENARIOS:

1. Your fellow Captain and you are organizing a Captain's practice on a Saturday. You are having a difficult time agreeing on the activities to do. You feel that the team needs conditioning, while your fellow Captain wants to use the time to perfect skills. How do you handle it?
2. A teammate has been late to practice. The coaches have spoken to them, but you know that the reasons they gave are a lie. What do you do?
3. You know that a teammate was at a party in another town and the rumors are that they got drunk. The teammate denies it, but a photo of them is starting to circulate. What do you do?



“YOU’VE GOT TO HAVE PLAYERS WHO ARE
WILLING TO BUY INTO YOUR SYSTEM,
DEMAND THE BEST FROM THEMSELVES AND
THEIR TEAMMATES, AND HOLD THEIR
TEAMMATES ACCOUNTABLE.”

- **Pat Summit**
College Basketball Coach

Principles of Team Building –

There are some key principles that you should monitor as your team develops and take action to cultivate.

Principle #1: Self-Efficacy –

This means the power you have to **produce an effect**. As a member of a successful team you must hold yourself accountable, be self-motivating, self-reflective and take ownership in your development.

The military has a saying “Carry your own water.” Essentially, this means that what’s yours to take care of, you take care of. We all have an equal amount of “water to carry”, and making our teammates take on our responsibilities on top of their own is selfish. The mindset of “Carry your own water” focuses a person on finding solutions to get their job done, and away from finding excuses or people to blame when the job isn’t done. Look at your training, your performance, and your relationships with others. I’m sure there are reasons you can come up with that make being successful at these things harder. But is being successful impossible?

Self-efficacy also means that when the team loses, or performance wasn’t as good as it could have been, the first place we look is to ourselves. What could we have done better? The coach’s job is to evaluate the members of the team and identify things to improve. It is your job to look at yourself and determine what you need to do to **produce an effect**.

Principle #2: Acknowledgement –

This seems to be a skill which people struggle. As a captain you need to display and show acknowledgement for the positive actions of your teammates, in both your words and in your actions. Members of a group need to form bonds of trust and appreciation. By acknowledging the efforts, sacrifices, and achievements of others, no matter how small or big shows that you as a captain are paying attention to all members of the team. As a leader you are responsible for helping to create a positive and empowering climate.

Principle #3: Role Importance –

Every member of the team is valuable and important to the success of the team. Each member will contribute something invaluable and immeasurable as you achieve your goals. It is often easy to center on those members of your team that get labeled the ‘star athlete’, the ‘passionate leader’ or the ‘workhorse’. Make no mistake though, no one alone can achieve the goals of the team. We each will play an important part. You have to understand and respect the roles that we all play. You must also understand that roles can be temporary. You never know who will step up at a pivotal moment during a game, who will challenge the star at practice to make them better, or who will supply comic relief during times of stress. Leaders respect the roles we hold and understand that those roles will evolve as the season progresses. You must understand the role that you play on the team will evolve too.

Throughout the season, keep the members of your team focused on the positive parts of the role that they play and encourage them to understand how to take the next step in their development. There may be a point in the season that you or one of your teammates focuses on the negatives of their role and are envious of others’ roles on the team. They may focus on lack of playing time, upset that they are not playing their preferred position, or that someone else seems to be getting the credit for the team’s success. It is times like these that you, the captain, should step in to bring back a positive outlook and redirect them toward possible healthy solutions. Remind your teammates of their self-efficacy. That things can change and can improve.

Throughout life the roles we play change. We must focus on the situational nature of roles, understand that as our effort and skill level improves so will the roles we play, and always stay positive. As a captain, it is important that you understand this and help other members of your team gain this same outlook.

Principle #4: Trust –

It is your responsibility to help build trust in your team. All members need to be valued, a part of team functions and activities, both on and off the field. Trust is earned. Your actions and words can’t conflict with each other. Credibility is proven over time.

Further, you must also be confidential with team information and things that are shared. Often times stories, hopes, fears and expectations are shared amongst the team. There may be times when all of you experience periods of vulnerability. These are not times to pick on, embarrass or demean each other. As a captain you can use these opportunities to help mentor and guide your teammates. Of course, illegal behavior or unsafe acts that are discussed must be reported. Confidentiality should not allow for secrets that put people at real risk; of physical, mental or legal harm.

Principle #5: Honesty –

Honesty means being truthful to others and yourself. To be effective, each member must use tact and honesty that is grounded in the caring relationship that you have built with each other as teammates. It is hard for members of a group to be honest with each other until we have trust in each other. Trust is essential for teams to take the next step. Honesty with oneself allows you to analyze your strengths and weaknesses when it comes to your ability and your leadership. Once you are honest with yourself, you can improve. Honesty with each other lets us evaluate the team as a whole and the team as individuals. Once we are honest as a team, the team will improve.


Honesty at that level is hard to achieve, but should be strived for. There will be pitfalls, hurt feelings, disagreements and perhaps some anger; but if honesty is always pursued with caring and the best of intentions, the outcome will eventually be worth the effort.

Activity:

As you read the 5 principles of team building did you notice the order?

A successful team starts with your mindset and habits; from there it's acknowledging the mindsets and habits of your teammates; and understanding that we all have an important role to play in the success of the team. These then build trust in each other, the team and the team's mission. Once trust is built, honesty and open dialogue can take place. This open dialogue acts as a force multiplier helping the team achieve far more than it ever imagined possible.

Do you think there are other principals that build a strong foundation for team building? Write your ideas below.



“FOR THE STRENGTH OF THE PACK IS THE
WOLF, AND THE STRENGTH OF THE WOLF
IS THE PACK.”

- **Rudyard Kipling**
The Jungle Book

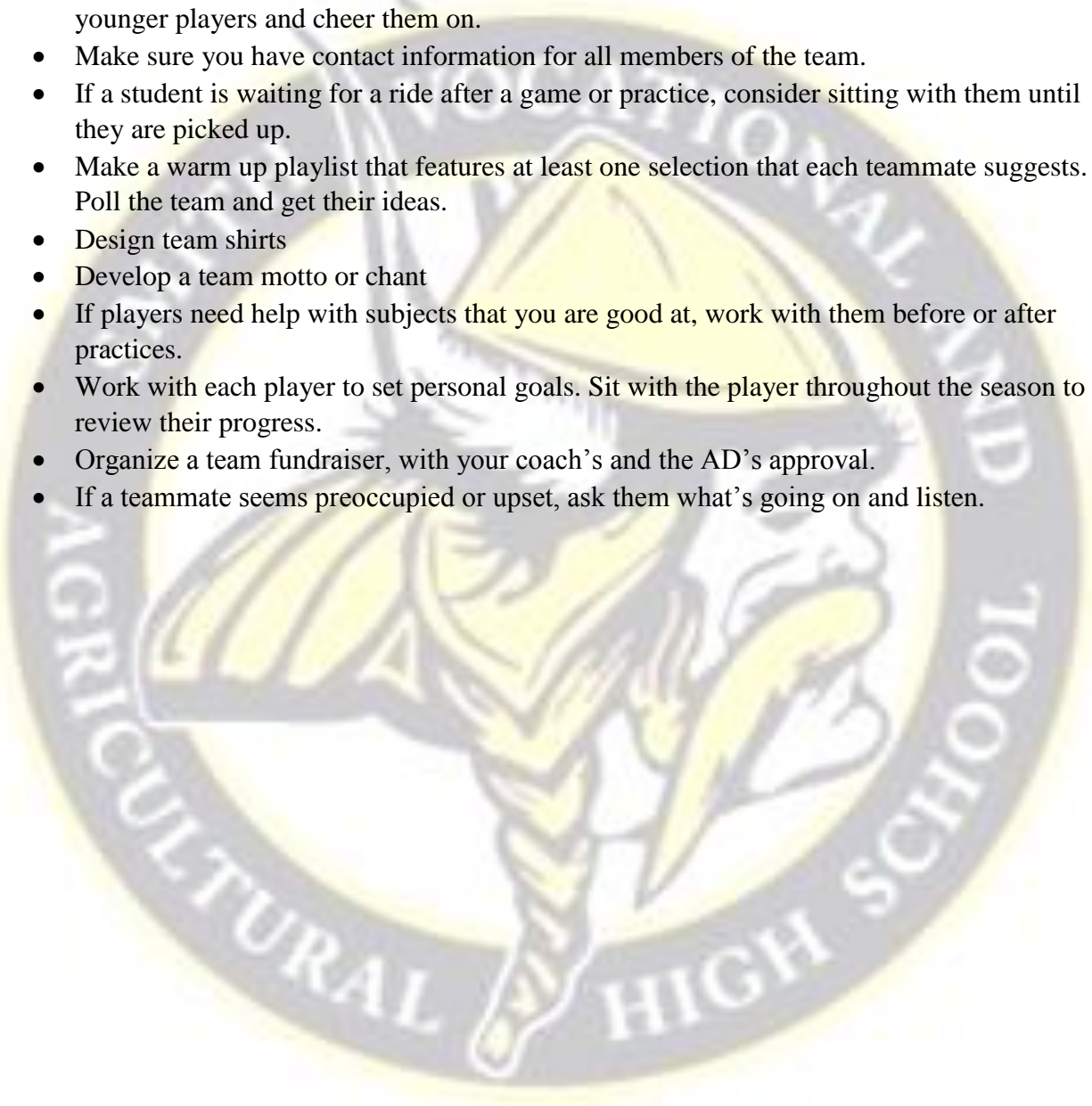
Building on the 5 principles –

Read the quote in the upper right hand corner of this page. Can you explain what author Rudyard Kipling means? How do you think the quote relates to the 5 principles of teambuilding?

Below are some ways for you, as a leader, to model the 5 principles for your teammates:

- Hold yourself responsible
- Pay attention during games and practices.
 - If someone performs above expectations, compliment them.
 - If someone performs below expectations, pull them aside and offer to help
- Bring underclassmen or new players into group dynamics and conversations.
- Plan team bonding events and activities.
- When you plan a team event outside of practice, or if another member of the team plans an event, make sure that all members are invited.
- Learn something personal about each of your teammates and make sure that they know something about you (Family names, goals outside of athletics, other hobbies...)
- If there is a teammate who routinely ends up alone during ‘pair up drills’, then you be their partner

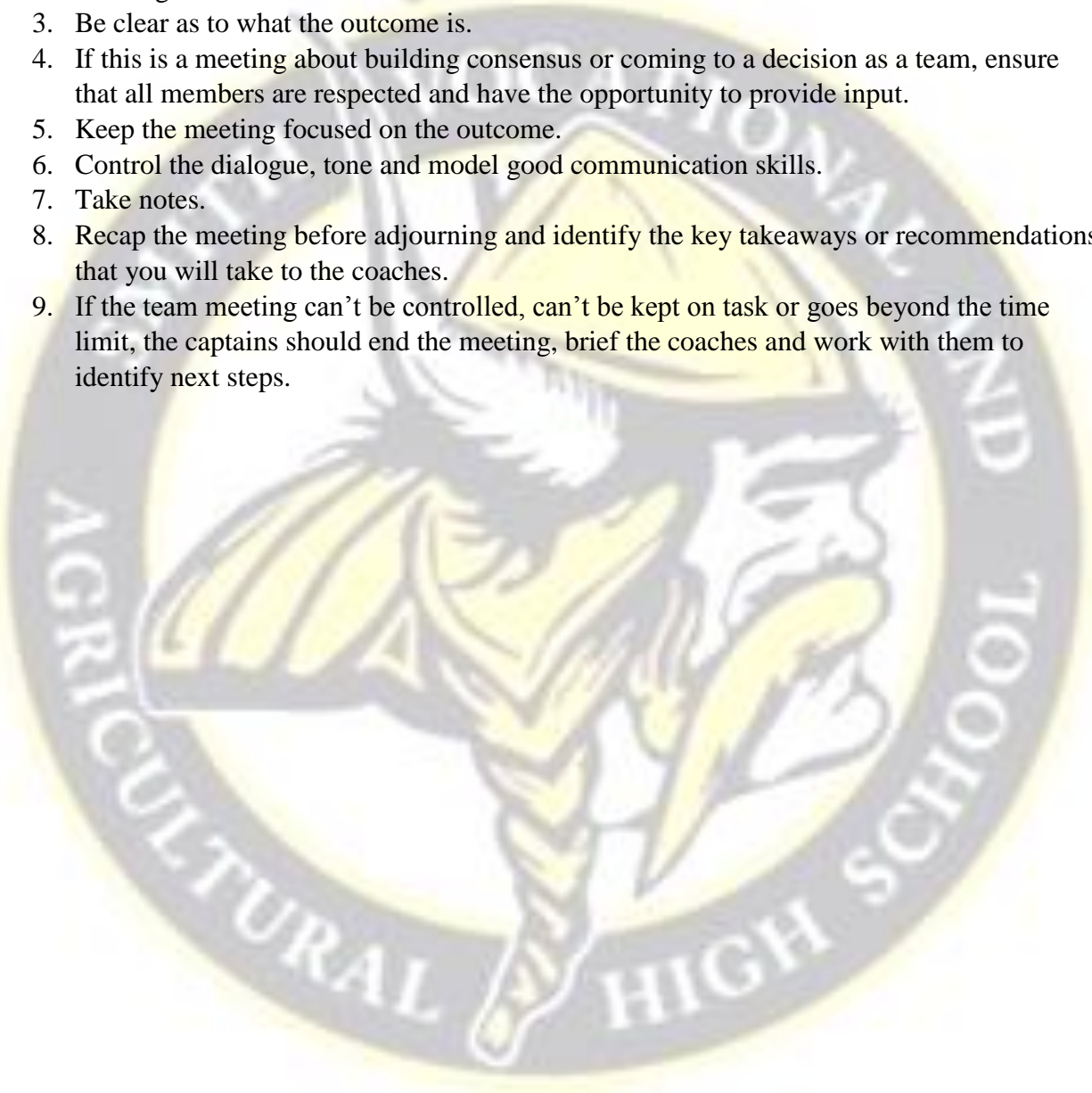
- Set boundaries with each other, names you don't want to be called, things you don't like, etc. and be open to your teammates also setting boundaries.
- Have a team dinner before or after games.
- Sit with each other at breakfast or lunch.
- Go to other team's games together and matches together as a group.
- If you have a junior varsity team, make sure you attend those games too. Learn about the younger players and cheer them on.
- Make sure you have contact information for all members of the team.
- If a student is waiting for a ride after a game or practice, consider sitting with them until they are picked up.
- Make a warm up playlist that features at least one selection that each teammate suggests. Poll the team and get their ideas.
- Design team shirts
- Develop a team motto or chant
- If players need help with subjects that you are good at, work with them before or after practices.
- Work with each player to set personal goals. Sit with the player throughout the season to review their progress.
- Organize a team fundraiser, with your coach's and the AD's approval.
- If a teammate seems preoccupied or upset, ask them what's going on and listen.



Team Meetings –

Coaches may put you and your fellow captain(s) in the position of running a team meeting. When this occurs, use the following as guidelines:

1. Work with your coaches to plan the meeting.
2. Meetings should have a time limit.
3. Be clear as to what the outcome is.
4. If this is a meeting about building consensus or coming to a decision as a team, ensure that all members are respected and have the opportunity to provide input.
5. Keep the meeting focused on the outcome.
6. Control the dialogue, tone and model good communication skills.
7. Take notes.
8. Recap the meeting before adjourning and identify the key takeaways or recommendations that you will take to the coaches.
9. If the team meeting can't be controlled, can't be kept on task or goes beyond the time limit, the captains should end the meeting, brief the coaches and work with them to identify next steps.





“DON’T FOLLOW THE CROWD, LET THE
CROWD FOLLOW YOU.”

- **Margaret Thatcher**
Former Prime Minister of Great Britain

Your relationship with others outside of the Team

Of course you won’t be interacting with only your team and coaches. As part of a school community, there are several groups that you will have contact with on a daily basis. As the team captain, you will stand out from the pack. These groups will look to you either for information, explanations or to take responsibility. These groups can include school staff, other students, other captains, other teams, fans, parents, officials and the media.

When interacting with them, it is important to first mentally identify which group you are dealing with, what they are looking for, and how what you say can affect you and the team. Remember, you are not just another player. What you say can have a broader affect.

Let’s take a look at a few of these groups in more detail, we will discuss the media in its own section.

Students –

You should treat every student with respect, regardless if they are a teammate or not. You must realize that every other student is potentially a fan or a future teammate. Other students will not only form opinions of you, based on your behavior, but also of your team. As an athlete, students will look up to you. As a captain of a team, other students will emulate your behaviors. Smile, hold a door, and help someone with their books or tools. Use proper language, never gossip or join in on anything that you would be embarrassed about, should other people hear about it. Set the best example of how Smith Vocational students should act.

Teachers, School Staff and Administration –

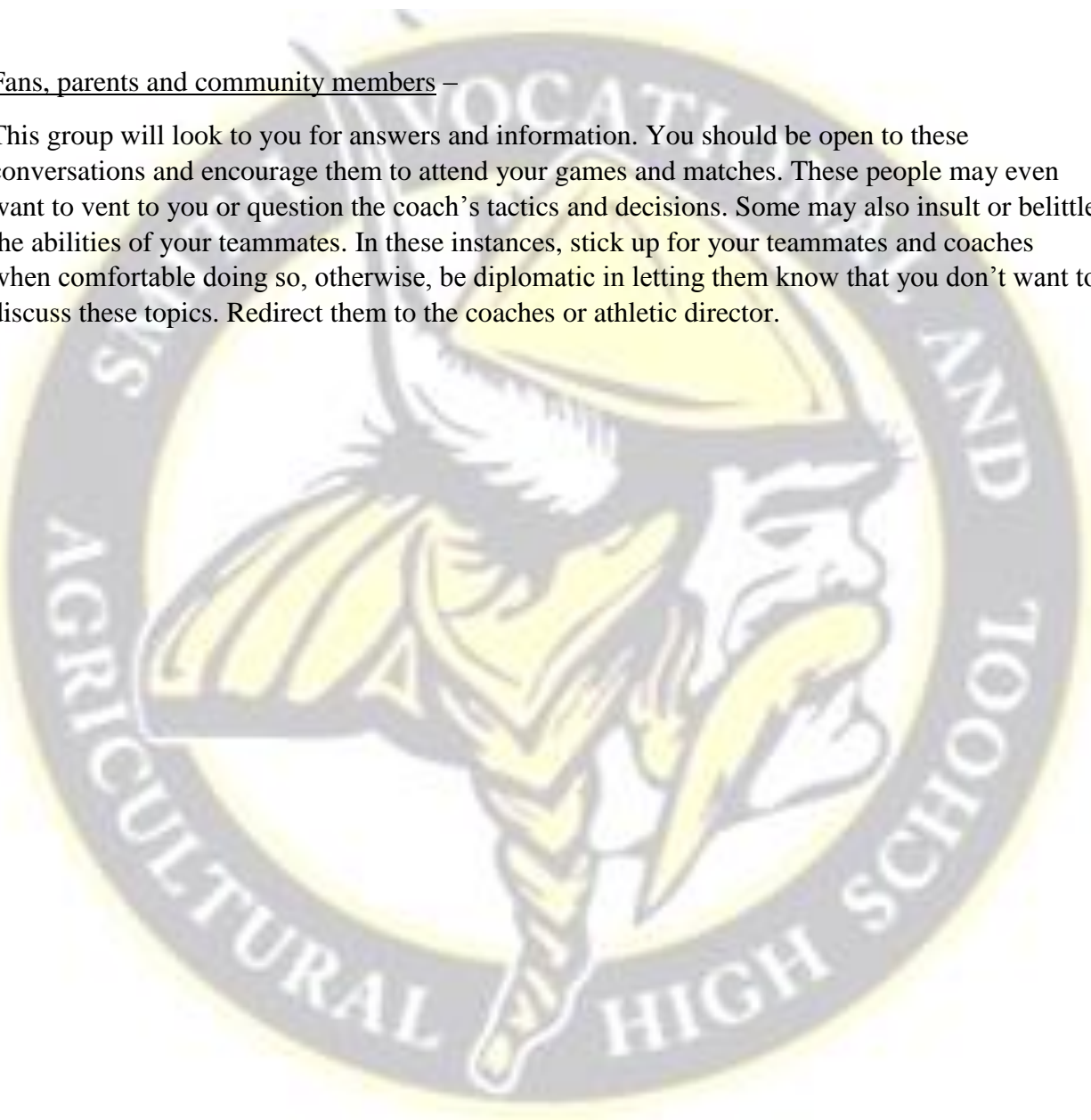
School community members will often look to you for information regarding your team and your team’s performance. You should be open to these conversations and encourage them to attend your games and matches. They may also come to you asking about other students, be diplomatic and answer their questions. If you don’t feel comfortable answering, or feel the answers would violate confidentiality, refuse politely. Some staff may want to share information about other athlete’s academics or behavior, because you are the captain. In this instance, you should redirect them to the coaches or the athletic director. You should let your coaches know about these types of conversations.


Officials –

You are the team's representative on the field. There may be times when the officials warn the team through you, or ask you to intervene on situations. There may even be times when they consult you regarding penalties. The officials will judge the team and the school by their interactions with you. They can either give the benefit of the doubt or watch your team closer.

Fans, parents and community members –

This group will look to you for answers and information. You should be open to these conversations and encourage them to attend your games and matches. These people may even want to vent to you or question the coach's tactics and decisions. Some may also insult or belittle the abilities of your teammates. In these instances, stick up for your teammates and coaches when comfortable doing so, otherwise, be diplomatic in letting them know that you don't want to discuss these topics. Redirect them to the coaches or athletic director.





“SPORTSMANSHIP FOR ME IS WHEN A
GUY WALKS OFF THE COURT AND YOU
REALLY CAN’T TELL WHETHER HE WON
OR LOST.”

- **Jim Courier**
Tennis Champion

Sportsmanship 101 –


One of the most important things for you as a captain to model and instill in your teammates is sportsmanship. Sportsmanship has nothing to do with athletic ability, age or role on the team. Sportsmanship is all about self-discipline, respect for the game, respect for yourself and your opponents. Sports is emotional. We put forth a tremendous amount of effort during competitions and invest so much time in honing our skills. However, our emotions cannot take control of situations.

It is your responsibility as a captain to moderate your own emotions and reactions before, during and after competitions. It is also your shared responsibility to help manage the emotions of your teammates. In emotional moments, we may say and do things that we will regret. We may act inappropriately out of anger, jealousy, excitement or disappointment. Once something is said or done, it cannot be taken back. It is better to learn self-control than to embarrass oneself, the team or the school. In this day and age of social media, our worst moments can be immortalized. Poor sportsmanship can ruin your reputation and good standing in the league and school.

The other side of poor sportsmanship is the effect that it has on your team. Poor sportsmanship can lead to penalties, ejections and suspensions. Poor sportsmanship during a game can allow for player advantages, penalty kicks/shots, large chunks of yardage given to the other team, or second chances for a team to score. These can have negative and immediate effects on the game and your team’s season goals. It could be the difference between winning and losing, or making the playoffs.

Each member of the team is important. To lose any member for a long period of time puts stress on the other members and puts the team’s goals in jeopardy. If a teammate crosses the line, discuss it with them. Remind them of what is at stake and let them know that that behavior is not acceptable. If they get ejected or suspended, let them know that you need them and this can’t happen again. Discuss with them ways to process their emotions and control their behaviors in the future.

As a captain try and set team goals around sportsmanship. Perhaps create a team motto or chant to instill the team’s vision.



“EITHER WRITE SOMETHING WORTH
READING OR DO SOMETHING WORTH
WRITING ABOUT.”

- **Benjamin Franklin**
Inventor, Publisher, Statesmen

Media –

As a captain and an athlete, hopefully you and your teammates will do things worth writing about. As a representative of your team, your coaches, your school, and of course yourself, what you say and do needs to be purposeful and intentional. As you can imagine this can be easier said than done. During your high school athletic career and as a captain, you may be asked to meet with reporters or be a part of different media messages, therefore we need to prepare you for these potential interactions. Most people, even adults, do not have experience being interviewed. Speaking publicly may cause some people discomfort. Hopefully, as we go through the following media guidelines, some of that uneasiness will go away. Below are some media basics to think about:

- Never agree to a phone interview or personal interview without your coach or the athletic director knowing. If you are contacted directly, ask them to first contact the athletic director or your coach.
- You need to handle the media properly. Before talking know your story. What's your message?
- Don't let nerves get the better of you.
- Interacting with the media can be an opportunity to develop communication skills.
- Always have patience with the media and interviewers.
- Maintain eye contact.
- Identify the audience that you are addressing. In all situations we need to consider who our audience is and reflect on how our words will impact ourselves, our team, our school, our community and our competition.
- If you don't fully understand the questions, don't give an answer until you do. Ask them to repeat or clarify parts of the question.
- Think before you answer. Be sure that what you say is what you want to say.
- Whatever you choose to say becomes the story, the message “on the record” and what those viewing or reading the interview, will come to know about the subject.
- You are not obligated to answer any questions. You can defer, excuse yourself, decline to speak, or simply answer “I don't know.”
- Your answer should always be painted in a positive light.
- Praise your competition when asked about them.
- Don't assume anything is ‘off the record’.

- Do not mistake familiarity for friendship. Never make any statements, observations or comments that are inappropriate to media or around the public.
- If pushed for a longer, deeper or a different answer by the media, stick to your original message. Repeat the answer you already gave, or state that “I don’t have anything else to add.”
- If you don’t agree with the premise than say so. Answer the part that you can, but be clear about what you are answering.

Gen. Colin Powell, former United States Secretary of State, often told his subordinates in regards to the media to remember, ***“They get to choose the questions, but you get to choose the answers.”***

To put the guidelines in a more simple way:


- Be honest.
- Be humble.
- Praise opponents.
- Use proper language.
- Remember that someone is always watching.
- Smile and make eye contact.
- Beware of leading questions or faulty premises.
- Be clear and concise.

Let’s practice:

As captain, your team just won a game that you were not expected to win. This win also places your team into the playoffs. Pick a partner and role play the following. One of you will be the reporter interviewing and the other will be the captain being interviewed.

Interview questions:

1. Congratulations on the big win. What does this mean for your team?
2. Who do you think contributed the most to this win?
3. The play seemed to be getting a little rough out there during the second half. Why do you think they were playing so dirty?
4. Your coach pulled your best player out of the game when he got angry with the officials. This could have cost you a chance at the playoffs. How do you feel about the coach’s call?
5. What do you think your chances are in the first round of the playoffs? Your first round opponent has struggled this season.



“ONE OF THE MOST IMPORTANT THINGS
FOR ANY LEADER, IS TO NEVER LET
ANYONE ELSE DEFINE WHO YOU ARE.”

- **Ginni Rometty**
CEO of IBM

Closing Summary –

Congratulations! Being named captain of your team is an incredible honor. It speaks to the confidence your teammates and coaches have in you. Although it is a big responsibility, it is also a great opportunity to grow and learn. Your time as a captain will provide you with the skills and experience needed to be successful during your high school years and beyond.

Being a leader doesn't mean that you will always know the right answers or even that you will make all the right decisions. The goal is strive for self-improvement, to find your own voice, and be a role model for your teammates.

Use this handbook as the season progresses. Remind yourself of key concepts, team building activities, and media guidelines. At the end of the season revisit the characteristics of a leader and reflect on how much you have improved.

Good luck!

