# st.croixprep

4260 Stagecoach Trail N Stillwater, MN 55082 651-395-5900 f 651-395-5901



#### **ARCHERY TEAM CAPTAIN'S DESCRIPTION**

#### Job Title: TEAM CAPTAIN

Reports to: Head Coach or Coaching staff when Head Coach isn't' present

**Position Description:** Be a strong leader by example, following all our team values (do what's right, relationships matter, work hard-play hard, work as a team-win as a team, always learning, and make it fun) and be a strong vocal leader with good communication skills (one who will encourage, support, and positively hold all teammates accountable).

A primary purpose of the TEAM CAPTAIN will be to positively influence teammates on-and-off the field, at all extracurricular school and non-school activities, and in the local community.

The TEAM CAPTAIN will always be expected to perform their role. This includes situations when the team is not performing well, during a bad practice or game, when teammates are struggling to get along, and when teammates are negative in what they say or how they interact with one another.

# Duties and Responsibilities:

- Be on time to all team practices and team functions (at least 5-10 minutes early)
- Promote a positive attitude and positive team interactions every day
- Help settle team conflicts and be willing to confront and hold teammates accountable for their on-and-off field behaviors
- Work closely with and be the "point-person" for the head coach
- Check in with the head coach
- Refocus teammates when distracted
- Model mental toughness by remaining confident, focused and by responding to individual and team setbacks/mistakes in an appropriate manner
- Take attendance at practices
- Rally the team to setup and clean-up the range for tournaments and practices
- Lead warm-ups for practices and games
- Perform other related team duties (as needed or requested by the coaching staff)

## Abilities and Skills Needed:

- Passion, enthusiasm, energy, and hard work
- Commitment to be the BEST
- Good verbal and nonverbal communication skills
- Strong character (good decision-making)



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- Confidence and mental toughness
- Assertiveness (to do what is needed)
- Composure (to remain cool and calm under pressure)
- A willingness to go "outside your comfort zone" and push your teammates (and yourself) to a higher level of play . . . every day!

### **Performance Expectation:**

The TEAM CAPTAIN understands that their performance will be evaluated by the head coach throughout the season. Any issues will be discussed, and they will be given the opportunity to improve. If improvement doesn't match the agreed upon expectations, the head coach reserves the right to revoke the position.