

-Lakeville South Cougar Cross Country-

Duties and Expectations for Captains:

It is an honor and a responsibility to acquire the status of captain.

Please know that the coaches expect the following from you ☺

1. Dedication to the sport
2. Must be a role model of all team expectations and MSHSL rules
3. Excellent attitude and ability to make all team members feel welcome and an important part of the team regardless of ability
4. Excellent communication with peers and coaches
5. Be a leader in the classroom
6. Be a person who works to their potential in every practice and race
7. Be a motivational leader ☺ Rain, storm, sun, wind, snow ...motivate to do our best as a team
8. Recruit, recruit, recruit!

As a captain, please help with the following:

1. Help organize and lead running in the off-season
2. Lead team stretch and strides and core exercises for your group
3. Lead race warm-ups and cool-downs for your group
4. Organize team t-shirt/sweats...work with coaches on design and collect money for orders
5. Assist with fundraiser organization...work with coaches to plan games, food, movies etc.
6. Help coaches plan end-of-year banquet
7. Help coaches organize equipment for meets....ice, water, spike kit, tarp, tent and make sure the team camp is cleaned up following the races
8. Help with locker room organization, putting up signs, bulletin boards, motivational slogans, pictures etc.