

# **Randolph Girls Cross Country**

## **Captains Code of Conduct**

- Actively encourage sportsmanship through your own behavior and actions. Actively discourage unsportsmanlike conduct.
- Be a liaison between the coaches and team members.
- Promote appropriate conduct on and off the field which includes support and adherence to all school policies.
- Keep team members motivated by giving positive reinforcement and criticism of their efforts.
- Take care of equipment and facilities.
- Always offer help don't ask if it is needed.
- Team members should look to you for guidance and assistance; you are their best source of information for things that have happened in the past.
- Work hard even when the coaches are not watching.
- Come to practice early, prepared, and ready to go.
- Be ready to offer constructive suggestions to the coaches for overall team improvement.

## **Specific Responsibilities of Captains**

1. Actively promote the Randolph Cross Country Team
2. Organize and lead summer running with strong meaningful practices.
3. Organize and lead the team in pre-game/pre-practice warm-up.
4. Make-up summaries for the morning announcements.
5. Meet weekly with the coach to discuss team issues.
6. Organize team meetings on an 'as needed' basis.
7. Help organize pasta parties and other Team building activities.
8. Captains are team leaders. If you are chosen as a Captain you must be willing to accept these responsibilities.