



COMPETITION CHEER CAPTAIN CRITERIA

Before you run for captain, please make sure you understand the following:

- Captains must be present for all practices, events and competitions.
- Captains must help enforce all rules and regulations.
- Captains must respect all athletes and be willing to work closely with coaches.
- Captain candidates must be in good standings with their teachers, administration, and grades.
- Captain candidates on JV and Varsity are required to prepare a one-page essay to present to their squad on why they should be captain.
- The VARSITY squad will vote on TWO captains and the JV squad will vote on TWO captains once the speeches are given (If there are two squads).
- The coaches will then count the votes, evaluate the speeches and select three captains for Varsity and two for JV (If there are two squads).

For your speech, please keep these rules and ideas in mind:

- Captains will be required to lead stretches and help assist with making sure practices are productive and run smoothly. How can you help with that?
- Captains are expected to motivate the team, keep a positive attitude, and have discipline. Captains should be able to separate their feelings towards friends and always do what's best for the team.
- Captains will be required that a team chant is solidified.
- Captains are required to be comfortable with public speaking. Captains are required to give motivational pep talks at competitions, help facilitate events, and always be ready to be a spokesperson.
- Captains must be comfortable with speaking up in choreography. They are required to help make sure the team is energized, outgoing, and staying focused.
- Captains are responsible for assisting with planning and running team bonding events.

- Captains are responsible for making full-out boards or motivational material.
- Captains are responsible for making sure the team stays together at both Nationals competitions and are following all rules.
- Captains are responsible for knowing all the counts for the routines and can assist anyone when they are needed.
- Captains should squash any conflicts within the squad and if unattainable must go to their coach for support.
- Captains are responsible for making sure all teammates are accounted for at practices, events, and competitions, in the right attire (No nails or jewelry).

For your speech, please answer the following questions or touch on them:

1. How do you plan on not creating a divide between comp and sideline? What can you implement on the sideline team that you learn in comp?
2. With the UCA and USA stunt guidelines progressing and becoming more difficult, what can we do as a whole to help assure that we will meet this criteria in time for comp season and do it safely?
3. What are your personal characteristics, goals, and vision for the year?
4. What does the competition team mean to you and what is your goal for the future of the program?
5. Why should everyone vote for you and trust you to be captain?