

Captains expectations

As a captain these are the expectations. Captains don't need to be the fastest on the team, but they need to be able to generate team spirit and comradery with the WHOLE team. They need to show what it takes to improve and have knowledge of the sport. They need to have a positive attitude and go above and beyond the bare minimum.

- Respect your coaches.
- Lead by example. No talking while coaches are talking and remind your teammates to quiet down and gather up when needed.
- Respect your other captains and their ideas.
- Greet new athletes (and learn their names) at the beginning of practice and answer questions. Be inclusive to athletes of all abilities.
- Lead and come up with name games/activities.
- Set up the groupme and answer questions as needed.
- Lead warm up run, stretches, and balance.
- Lead warm up ski and make sure athletes know where to meet for technique and when. Also make sure skiers are skiing with the correct group. Varsity, JV, beginner, etc.
- Lead warm ups before races, make sure everyone knows race start times and has their bibs. Collect bibs at the end of race.
- Make a point to know the workout plan and training goals for the day/week.
- Show up for technique session and help as needed.
- Plan apparel order, holiday camp gift exchange, pasta dinners, and other fun team activities.
- Bring any concerns and suggestions to coaches as needed.