**So You want to be a Captain**

4 total Captains

 2- Picked by coaches

1. Picked by Team
2. Weekly Captain

What is a captain?

 They are the Leaders of the Team and value the program. Captains are an extension of the

Coaching Staff. Captains are a way of players disciplining themselves, they can dish out

punishments and be reprimanded for not performing their duties properly.

Disrespecting a Captain is the same as disrespecting a coach and the offender will receive the same consequence as disrespecting a coach.

Abuse of Power will result in the team determining the consequences of punishment.

Captains Duties:

* Control Athletes Attitude
* Keeping Athletes on task
* Defending Teams Integrity (Protect Team Mates)
* Address Referee’s during the game
* Be the Example:
	+ Work Hard
	+ Always do their job
* Takes care of business of the field
* Mentor for team mates

Remember you will be held to a higher standard, You must control yourself at all times and be the example.