

Captain's Job Description and Application Alpharetta Swim and Dive Team 2018-19

The Alpharetta Swim team has a history of not only being a team with high expectations, but with a remarkable level of success. Such success needs to happen not just at Fulton County Championships and the State meet, but every single day leading up to the season and throughout the months of practice and meets. We all know that good leadership, particularly from team members, is the best way to build up the team in every possible way.

With the role of captain comes responsibility on many different levels. Before you apply for the captain's position, the coaches request that you carefully consider the following responsibilities that we expect out of each and every captain throughout the season.

Responsibilities Include:

- ***Demonstrate a strong supportive presence and ability to lead at the beginning of the season Be the best FOR the team, not necessarily the best ON the team.***

In everything you do throughout the season, you represent the team. That doesn't mean you'll always be the fastest, but you will be the example of loyalty, exemplifying good sportsmanship with all swimmers/divers, team spirit, and a strong work ethic. You will work with your teammates one on one to promote the same qualities in them.

- ***Be inclusive of all other swimmers/divers at all times, no matter ability or grade level.***

It can be intimidating to be a new freshman on the team, or even to be a veteran who has worked his/her way up in status. As a captain, you are expected to be the **first** to welcome these individuals, making a concerted effort to get to know new swimmers/divers.

- ***Make team activities, workouts, bus trips, and meetings your number one priority:***

Your position as captain is an honor and a privilege, and your acceptance of it means that you'll make it your first priority throughout the season. You will attend all dryland and swim practices (unless you are a club swimmer) from beginning to end and participate in **all** events related to the team. **You will not have any other sports, activities, commitments, or academic engagements that conflict with the season.**

- ***Assist Coaches in leading warm up, core, drills, and cool down*** activities at practice and meets. Be the first one to lead or initiate dry lands, warm up and cool down.

- ***Communicate with prospective swimmers and divers with encouragement.***

Participate in a meeting/assembly with interested 8th graders before school lets out in the spring at feeder middle schools. Let them know we need them on the team! Also, sit at the Swim/Dive team table at Information Day to solicit new members by introducing yourself to incoming freshmen or new swimmers to the area.

- ***Be able to choose a captain's award winner the Monday following each meet.***

Traditionally, the captains work together to come up with 1 boy and 1 girl who have demonstrated exceptional team spirit, went above and beyond the normal expectations to support the team at the meet and/or by both swimming or diving well and possibly qualifying for State.

- ***Create and lead team cheer, display team spirit at all times.*** The captains will come up with a cheer and communicate it to the entire team to be conducted prior to the start of all meets. The captains will lead the team in this cheer. Captains should be at all meets.

If you feel you can meet these expectations and lead this team then please fill out the application and return it to either Coach Kearney or Coach Chandalyn.

Application

If you feel that you can commit to the above responsibilities and would like to apply for a captain's position for the 2018-19 team, please fill out this application and **return it to Coach Kearney or Chandalyn by Monday, October 29, 2018.** If you have any questions, please see Coach Kearney. Only juniors or seniors may apply. (2 girls and 2 boys will be chosen for swim captains and 1 captain will be chosen to represent dive.)

Name: _____

Graduating Class of: 2019 or 2020, circle one.

1. Why do you want to serve our team as a captain?

2. What new ideas do you have to promote the idea of "team", athletically and socially among all swimmers/divers?

