

Selecting The Freshmen Basketball Team Captains

Responsibilities

The following is the list of our captain's responsibilities:

Generate Team Spirit

- Organize a least one social event outside of practice
- Lead the team cheers in the locker room, on the bench or on the court
- Help the coaches with the creation of the end of the year awards to all team mates
- Other: locker notes, pep talks, fun runs, ice cream treats, team lunches, whatever you can think of to motivate the team members

Lead warm-ups, stretches, and cool downs

- Lead team in daily stretching and dynamics, making sure the team does them effectively, efficiently, and together
- Gather entire team at games and practices for warm ups and cool downs
- Be a model when it comes to warming up and cooling down

Be a role model for all team members

- Be on time every day with all necessary equipment
- Help coaches focus the team during team meetings
- Attend all team events
- Bring disciplined work habits to practice daily
- Maintain team information (phone numbers, addresses, birthdays etc.)
- Be knowledgeable about the sport, training, and equipment

Organize summer ball

- Pick a time and location
- Make sure at least one team member is there for every session
- Phone team members and encourage them to run and attend

Know and support your teammates

- Know everyone's name by the 2nd week of practice
- Show interest in all player's progress
- Be approachable
- Cheer on team at workouts and games and encourage others to do so

Be a team spokesman

- Be a conduit between the coaches and team concerning team issues
- Help articulate team goals for the team