



ROLE DESCRIPTION FOR CLUB CAPTAIN

ROLE OF THE CAPTAIN

The Club Captain is the link between the administration of the club and the athletes. It can be the role of the team captain to represent the views of the athletes within the club and contribute to the development of the club through providing advice and guidance from an athlete perspective.

DUTIES OF A CLUB CAPTAIN:

- A good Club Captain is a person that all athletes can contact and talk to about any comments they may have
- Is a positive role model for all members of the club
- Communicates with fellow team members and provide support and advice where needed
- Encourages club members to be involved in social and voluntary activities
- Welcomes new members to the club

The duties of a Club Captain will vary from club to club. The ideas above can be used as guidance for someone to think about what they think their role should be.

SKILLS AND QUALITIES REQUIRED

- To be an excellent communicator
- To have knowledge of the club and athletes
- Able to seek and represent the views of others

BEING A ROLE MODEL FOR YOUR CLUB

The role of a Club Captain means that you will be seen as a role model at all times, and someone that other athletes in the club may look up to. Here are some ideas that will assist you in being a great role model:

- Generate Team Spirit
 - Organize a least one social event outside of practice
 - Lead the team cheers at meets
 - Provide end of the year awards to all team mates
 - Other: notes to team mates, pep talks, fun runs, ice cream treats, team lunches, get togethers, 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 meets for warm up and cool down at meets
 - Be a model when it comes to warming up and cooling down



- Be a role model for all team members
 - Always be on time or even early for meetings, training or events
 - Always have all necessary equipment
 - Help coaches focus the team during team meetings
 - Attend all team events
 - Bring disciplined work habits to practice daily
 - Have the upmost respect for all team members and staff
 - Ensure language and behaviour reflect well on the club
 - Maintain a log book
 - Be knowledgeable about the sport, training, and equipment
 - Offering help and support to others e.g. helping to set up lane ropes and help other volunteers at events
- Organize summer training
 - Pick a time and location
 - Make sure at least one team member is there for every run
 - Phone team members and encourage them to run and attend
- Know and support your team mates
 - Know everyone's name by the 2nd week of training
 - Show interest in all swimmers' progress
 - Be approachable
 - Cheer on team at workouts and races 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
 - Being positive and constructive in your views in raising ideas and suggestions to the club committee or others. Always try and focus on the positives and the outcomes of the point you are trying to make