

Pine-Richland Field Hockey

TEAM CAPTAIN JOB DESCRIPTION

JOB TITLE: TEAM CAPTAIN

START/END DATES: Start of Season – End of Season

REPORTS TO: Head Varsity Coach or Head JV Coach

POSITION SUMMARY: *Be a strong leader by example ** one of the hardest workers on the team, displaying a high level of commitment, focus, intensity, passion, and effort. Be a strong vocal leader with good communication skills ** one who will encourage, support, and positively hold all teammates accountable. Be a positive influence on teammates both on-and-off the field.*

DUTIES AND RESPONSIBILITIES: *The TEAM CAPTAIN will be expected to:*

- Be on time to all team practices and team functions (at least 5-10 minutes early),
- Promote a positive attitude and positive team interactions - every day,
- Provide a positive role model concerning commitment, intensity, confidence, response to mistakes, composure, hustle, and a "team first" focus,
- Help settle team conflicts and be willing to confront and hold teammates accountable for their on-and-off field behaviors,
- Work closely with and be a "point-person" for the head coach,
- Encourage and support all teammates,
- Lead the team throughout the season (in good and bad times),
- Perform other related team duties (as needed or requested by the coaching staff).

ESSENTIAL JOB FUNCTIONS: *The TEAM CAPTAIN will be asked to:*

- Strive to be one of the hardest workers on the team,
- Model mental toughness by remaining confident and focused and by responding to individual and team setbacks/mistakes in an appropriate manner,
- Develop strong interpersonal and team relationships,
- Provide energy and passion,
- Compliment and support teammates,
- Challenge teammates to get better and work harder,
- Address teammates' negative attitudes, complaining, gossip, and lack of effort,
- Refocus teammates when distracted,
- Make good decisions on-and-off the field,
- Check in with the head coach.

ABILITIES AND SKILLS NEEDED:

- Passion and enthusiasm,
- Energy and hard work,
- Commitment to be the BEST,
- Good verbal and nonverbal communication skills,
- Strong character (good decision-making),
- Confidence and mental toughness,
- Assertiveness (to do what is needed),
- Composure (to remain cool and calm under pressure).

QUALIFICATIONS REQUIRED:

A willingness to go "outside your comfort zone" and push your teammates (and yourself) to a higher level of play . . . every day!

NOMINATIONS FOR TEAM CAPTAIN

If you are confident that you can consistently fulfill the duties and responsibilities of TEAM CAPTAIN and have the desire, skills, and abilities to do so . . . write your name here: _____

If you are confident that a teammate can consistently fulfill the duties and responsibilities of TEAM CAPTAIN and they have the desire, skills, and abilities to do so . . . write your teammate's name(s) here:
