

# Pine-Richland Field Hockey

## TEAM CAPTAIN EVALUATION FORM

NAME: \_\_\_\_\_

A **TEAM CAPTAIN** is:

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

**Provide a point value for each trait below for each Team Captain Candidate.**

5 = Most exemplifies the Team Captain Trait

4 = Above Average

3 = Average

2 = Below Average

1 = Least exemplifies

	Candidate 1	Candidate 2	Candidate 3	Candidate 4	Candidate 5
<b>COMMITMENT</b> 1. is one of the hardest workers on the team <b>** prepared over the summer months and during the off-season ** not only meets but seeks to exceed the standards of performance</b>					
<b>CONFIDENCE</b> 2. has confidence in her abilities as a player and a leader <b>** is a go-to player in clutch situations ** is a vocal leader on the field in the play of the game</b>					
<b>COURAGE</b> 3. is willing to get out of her comfort zone and take risks to improve <b>** willing to address any teammates' negative attitudes, complaining, gossip, and lack of effort</b>					
<b>CHARACTER</b> 4. models mental toughness by remaining confident and focused <b>** responds to individual and team setbacks/mistakes in an appropriate manner ** treats teammates, coaches, and others with respect</b>					
<b>ENCOURAGER - CONFIDENCE BUILDER</b> 5. compliments teammates when they succeed <b>** encourages and supports all teammates ** can inspire and motivate teammates and raise team morale</b>					
<b>ENCOURAGER - TEAM BUILDER</b> 6. is a team player who seeks to unify the team <b>** is approachable and able to build strong interpersonal and team relationships</b>					
<b>TOTAL SCORE</b> (add all the scores from questions 1 to 6)					

**The candidates with the top two scores receive your two votes for Team Captains.**