

Team Captain Attributes

There is no perfect formula when selecting the best team captains since leaders can emerge from different grade levels, skill-sets, athletic talent, and life experience. However, it is important to recognize some of the attributes that make great captains, so we don't strictly rely on popularity or pure lacrosse talent.

The attributes listed below are meant to provide future leaders areas of focus and/or players a guideline to help them select the best captains to lead their team. Please keep in mind, it is rare to find young leaders with all 6 attributes or perfection in any one area. This is just a tool to help you identify elements of great team captains!

Girls will vote for 3 captains during the 2nd week of the season... results will be confidential to coaches only.

CAPTAINS ARE THE HARDEST WORKERS

They invest fully in whatever they do whether it is practice, conditioning, community service, and most certainly, competitions. They know that their success as an individual and credibility as a leader depends on earning it day after day with their work ethic.

CAPTAINS ENCOURAGE THEIR TEAMMATES

The best leaders bring out the best in their teammates. Instead of being all about themselves, they encourage teammates to work hard, build confidence, and keep going when times are tough. They create a positive vibe around your team because they look to build on people's strengths rather than harping on their weaknesses.

CAPTAINS ARE HONEST AND TRUSTWORTHY

Your best leaders are reliable and honest with coaches and teammates. They work hard to earn and maintain trust and respect. Further, teammates and coaches comfortably can confide sensitive thoughts and feelings with them because they keep things private and confidential. They serve as true allies and advocates for the team.

CAPTAINS RESPECT OTHERS

They treat their teammates, coaches, opponents, and officials with respect - even when they disagree with their decisions. Rather than talking down to teammates, they humbly see themselves on the same level as their peers. They seek to help, uplift, and serve their teammates rather than expecting their teammates to cater to them because of their leadership status.

CAPTAINS CARE PASSIONATELY

The best leaders care passionately about the team's success, about their teammates, and about their sport. They love the game and bring a sense of passion to everything they do. They play your sport because they absolutely love it. They also desperately want what is best for the team and willingly make individual sacrifices for the good of the group.

CAPTAINS ARE RELENTLESSLY COMPETITIVE

They invest the necessary time and energy to maximize the team's chances of winning. Your best leaders make the hustle plays, win the 50/50 balls, challenge their teammates to step up, and make your opponents bring their absolute best rather than giving an inch. Their competitiveness will set the tone for the rest of the team and ups the intensity of your workouts and certainly your games.