

WHS Girls Lacrosse Captain's Expectations:

The role of a captain is to provide leadership, help reinforce a positive team culture, and to set a good example for their peers on and off the field. It is not a captain's job to be the coach, enforcer, or babysitter to their teammates. Our program's philosophy is to grow the student-athlete as a whole while creating and maintaining a competitive, safe, and positive environment for everyone involved. You have been selected by your teammates and coaches for this role because they believe that you can provide excellent support and leadership for this program while upholding this philosophy. However, since you are a captain, you will be held to a higher standard than the rest of the players; by this we mean that they will be looking to you for guidance and answers on some topics and you may be privy to information others are not. Being a captain is a big role and is an important part of athletics, we expect to see you acting accordingly in your role as described below:

- Coaches reserve the right to change captain's and captain dynamics at any point if such change is needed for the overall growth and success of the program.
 - Changes may include (but are not limited too): stripping of captainship, addition of assistant captain(s) or changing a players status of "Captain"
 - Coaches will notify present captains first if such changes are going to be made and for what reason warrants said change.
- Model exceptional leadership, sportsmanship and good citizenship to all teammates, coaches, officials, spectators and visiting teams.
- Maintain good academic standing per school and MSHSL eligibility requirements
 - Not doing so will result in an absence from all lacrosse-related activities until all grades are in good academic standing
- Treat everyone with respect – you may not be best friends with everyone but you will be expected to be courteous and respectful both on and off the field, and include all teammates in program activities.
 - Situations will be addressed if they arise. This could lead to a change of responsibilities such as loss of captainship, a break from the team, etc. These decisions will be made at the discretion of the coaching staff.
- Hold yourself and your teammates accountable for their words and actions on and off the field:
 - Social Media is out there forever even if it is "deleted". Be conscious and aware of what you say and do online
 - Post-game field interaction: No team, ref, player or coach bashing while still in proximity of opponents or others – do it on your own time in privacy.
- Lead by example – the other players look up to you and consider you to be role models
- Uphold the program philosophy & embody the core values of the program:
 - Honesty, Integrity, Humility, Discipline, Hard work, and Having fun
- Bring a positive attitude to practices and games
- Lead practice and game warm-ups (dynamic stretching, passing, etc.)
- Follow the guidelines for MSHSL substance, alcohol and tobacco use
 - Any infractions will be handled according to MSHSL and district policies and will be subject to additional consequences from the coaching staff

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- Communicate important information from coaches to the rest of the team
 - GroupMe will be the universal group chat platform for communicating information between coaches and players for this season
- Leave personal drama/issues off the field and outside of the team; the goal is to create a positive, consistent and competitive culture with everyone

Game Day Expectations:

- Run dynamic stretching, shuttles and partner passing off the field before we begin on-field warm-ups
 - Team needs to be ready to go 10 minutes before the start of warmups; bathroom, hair done, equipment on, ready to start early if need be
 - Team needs to be stretched and passing 50 min before we begin on-field warm-ups (20 min stretch + 20 min passing + 20 min shuttles)
 - Passing: Right, Left, Catch R/Throw L & Catch L/Throw R, Twizzlers, BTB's, Risers, Low-level passes, etc.
 - Team will stretch and pass together under the guidance of captains; no one will be off doing their own warmup
 - No individual earbuds/music after stretching is over
- Pump up the team and get them mentally ready to play and compete
- Provide a warm-up playlist for home games – ask teammates for song suggestions
 - *Playlist will need to be approved by coaches and possibly the AD; if you don't want your grandmother to hear it, don't put it on the list -kids come to our games*
- "Speaking Captain" – this responsibility will rotate between the captains each game the speaking captain will be the only player allowed to address the referees for questions and concerns in a polite manner on the field
 - *Players will bring questions and concerns to the speaking captain to be addressed with the referees*
 - *If the speaking captain is not on the field at the time of the whistle/incident, a different captain may address the referees or pass it along to the speaking captain*
 - *If a problem/concern continues, bring it to the attention of a coach and they will handle it from there*
- Captains & Referee Meeting – captains will discuss with coaches prior to the pre-game coin flip to determine what the selection should be for that competition