

CAPTAINS / LEADERS

- 100% Loyalty and Belief and Respect = Coach's Program
- Set & maintain standards (team rules)
 - Demand teammates do the same
 - Confront players who violate team rules
 - Intervene between team members
- Help keep coach informed about what is going on with team (weekly meetings)
 - Player concerns = physical, mental, emotional, personal
 - Player ideas
 - Player suggestions
 - Team activities = organize outside of coach
- Disseminate information to team members
- Involved in decision making for team – give opinion and then help maintain decision for teammates
 - Right to question, but only to me in private
- Positive attitude, Team player, **Mental Toughness**
- Positive encouragement for players = Help make practice fun
- Dedication = on and off the floor
 - Willing to make sacrifices to benefit the team)
 - Involved in team year round stuff
- Leadership = on and off the floor
- Sportsmanship = **on** and off the floor
 - Attitude
 - Reaction to Players/Referees
- Honesty = on and off the floor
 - “Be bold, but not brutal”
- Role Model = hard working and ethical
 - Academically
 - Athletically
- COMMUNICATION = VOCAL
 - Team
 - Coaches
 - Officials
- Good Listener = body language, actions, and words
- Involved in:
 - Offensive Philosophy
 - Defensive Philosophy