

Sierra Vista Wrestling

Team Captain Expectations

Integrity. Leadership. Accountability. Excellence

Being selected as a team captain is not just an honor, it's a responsibility. Captains are held to the highest standards of conduct, effort, and integrity. They are the example for their teammates, and they represent the values of Sierra Vista Wrestling at all times.

1. Lead by Example

- Consistently demonstrate the F.A.I.R. pillars: Fortitude, Attitude, Integrity, and Respect
- Show 100% effort in every practice, lift, and match
- Maintain a positive attitude, even in adversity
- Arrive early, stay late, and take initiative without being asked

2. Be a Voice for the Team

- Communicate clearly with coaches and teammates
- Speak up when issues arise and help resolve them respectfully
- Promote unity and shut down drama, gossip, or division
- Check in regularly with newer/younger wrestlers and offer support

3. Uphold Academic and Behavioral Excellence

- Maintain strong grades and good standing with teachers and administration
- Follow all CCSD and school behavior policies
- Avoid situations that could damage your reputation or the team's

4. Accountability

- Hold yourself and teammates to program expectations (effort, attendance, dress code, etc.)
- Address poor behavior or lack of effort directly, respectfully, and privately when possible
- Encourage others to do the right thing, even when no one is watching

5. Represent the Program with Pride

- Wear team gear with respect—on campus, at events, and in the community
- Be respectful toward opponents, officials, and event staff, coaches and teammates
- Speak well of your team and coaches at all times
- Help lead warmups, team huddles, and breakdowns with enthusiasm

6. Support the Coaches

- Assist with equipment setup, mopping mats, and cleanup
- Help organize and lead team fundraising and community service efforts
- Be trustworthy and mature in all team-related conversations

7. Embrace Leadership

- Understand that leadership is about lifting others up, not being above them
- Help struggling teammates grow, both technically and emotionally
- Celebrate teammates' successes genuinely
- Be a bridge—not a barrier—between coaches and the rest of the team

Failure to Meet Expectations

Captains who fail to uphold these standards may:

- Lose their leadership position
- Be subject to team discipline
- Be held publicly accountable by coaches and peers

Captain Selection Process

Coaches will pick team captains and announce them when appropriate.

Captains must earn their title every day through consistent actions, not just words or past accomplishments.