

## **Captain's selection process**

In preparation for the 2018 soccer season, we have made a few changes on captain's election. At the National NSCAA soccer convention. Coaches from around the nation call for leaders of schools and youth soccer sports they identified several best practices in:

- The criteria used to name captains (Application must be submitted at the beginning of the month of September).
- Specific responsibilities captains are given
- How captains can help establish and maintain your program's culture.

All are important considerations that can help us succeed this season and beyond, on the field and beyond.

### **Criteria**

Rather than simply awarding the title of captain to our leading scorer or our skilled midfielder, The Waseca Girls Soccer Coaches recommends that captains be "Triple-Impact Competitors," who are committed to improving themselves, their teammates and the game as a whole. As a coach, we'll introduce the concept of the Triple-Impact Competitor during tryouts and preseason so our players understand the basis on which we will select captains.

In addition to helping identify captains, this will inspire players who aspire to captaincy to suddenly pay a bit more attention to helping their teammates. Of course, this improves individual and team performance and can reinforce a strong team culture, which carries rewards far beyond the playing field.

Once we have identified our Triple-Impact Competitors, other factors that can determine whom we name captain include:

- Who works the hardest and the smartest in pre-season.
- Who adapts to the coaches goals, follows guidance and its programs to ensure long term success.
- Who singularly goes above and beyond our expectations in terms of improving self, teammates or game.
- Who might contribute even more to our team due to the psychological boost of being named captain.
- Who completes a Captaincy form and describes the ultimate honor of being a soccer team captain.
- Who may apply, but no more than 4 captains per season. Ultimate there has to be one captain on the field that will oversee the team functions and be a role model to the entire team. This captain will be distinguished as she may be wearing a team captain's bracelet.

## Responsibilities

Captains should complement coaches as arbiters of team culture. Sometimes they may help focus players' attention when it wanders. Other times they may represent players' points of view on game strategy, practice plans or how to ensure that all players stay aligned toward team goals.

Coaches will find the comfort level with the captain's level of authority among teammates and take care to understand and cultivate the appropriate level of respect teammates afford to captains. With the right balance, coaches can keep a finger on the pulse of the team through the captains, and captains can voice the players' divergent ideas to coaches without undermining the coaches' authority.

Captains also can lead in a variety of routine ways, such as:

- Leading stretching and warm-up/cool-down sessions.
- Communicating with referees. □ Organizing off-field activities.
- Finding ways to include teammates who are less integrated into the team.
  - Helping settle disagreements among teammates.
  -

Assigning other routine tasks, such as carrying equipment or preparing practice fields, making sure to take their turn in leading by example.

## Establishing and Maintaining the Waseca soccer Program's Culture

Choosing the right captains and charging them with appropriate responsibilities sets them up not just as team leaders but as exemplars for our program. Our captains can proudly represent our team in the broader community, such as booster clubs or school or district administrators. **NOTE:** Captains should always be able to accept constructive criticism and feedback about their individual and team play. They should also be good communicators and respected enough to relay the feedback to their teammates. We believe in young captains as age does not matter when someone possess the leadership skills, this will bolster our players confidence and train them on what it takes to be in a leadership role.

## Little Eyes Are Upon You

- There are little eyes upon you and they're watching night and day.
  - There are little ears that quickly take in every word you say.
    - There are little hands all eager to do anything you do;
    - And a little girl who's dreaming of the day he'll be like you.
  - You're the little fellow's idol, you're the wisest of the wise.
    - In her little mind about you no suspicions ever rise.
    - She believes in you devoutly, holds all you say and do;
  - She will say and do, in your way when he's grown up just like you.
- There's a wide-eyed little fellow who believes you're always right; and his eyes are always opened, and she watches day and night.
  - You are setting an example every day in all you do;
  - For the little girl whose waiting to grow up to be like you.

Every captain should have a season and long term goals. Goals establish where you intend to go and tell you when you get there. They help improve your overall effectiveness as an individual — whether you want to increase your soccer knowledge, for example, or improve your leadership skills. The more carefully you define your goals, the more likely you are to do the right things and achieve what you wanted to accomplish in the first place.

Examples of goals:

- Valedictorian of my class
  - Go to college
  - Get a scholarship
  - Play college soccer
- Undefeated State Champion
  - Best captain ever
  - Best teammate ever
- Make my teammate better every day
  - Never get a detention
- Escort my mom to graduation

### **Leadership expectations for team captains**

#### **~Issues that will prevent me from being a captain~**

- Grades (In order to help ensure the academic success of the Waseca high school students, the Waseca High school Girls Soccer Program have developed the “Keeping Academics First” program. Academics are first, athletics will follow! To be a captain you must have at least a 3.2.
- The use or possession of alcohol or tobacco, or the use, consumption, possession, paraphernalia, Sale or distribution of any other controlled substance, including anabolic steroids, will make you Ineligible. Please, see the Waseca High school Athletics Handbook at:

[http://www.edline.net/files/\\_ebCdM\\_/a50cae858ddf35cc3745a49013852ec4/Activities\\_Handbook\\_17-18.pdf](http://www.edline.net/files/_ebCdM_/a50cae858ddf35cc3745a49013852ec4/Activities_Handbook_17-18.pdf)

Waseca Administration follows the rules of the MSHSL along with Waseca Public Schools policies.

- Negative online behavior, issues such as cyberbullying, problematic usage and unethical behavior, will also prevent you from captaincy.
- Drinking and driving, hazing, and the use of any drug related substances are prohibit.