

Irondale Cross Country Captains Contract

Captain Responsibilities:

To be a successful cross country captain requires a love of running, hard work, patience, interpersonal skills and a desire to help the team be successful.

Captain's Duties:

1. **Be a positive role model in all aspects of your life!**
2. **Encourage your teammates to reach their potential** - encouraging them to do their best on runs, work hard during core and strength sessions - listen during team meetings
3. Take responsibility for team warm-up and cool down.
4. Must be willing to help **coordinate summer running program**. Commit to help lead summer running workouts for the 9 weeks of summer before start of season!
5. work with coaches to **recruit more runners** to join cross country!
6. Communicate with coaches any issues, concerns or problems
7. Walk race courses with the team, discuss race strategy.
8. Assist coaches with regard to daily attendance - being a role model of attending practice Monday-Saturday (**help lead Saturday practice**)
9. **Assist coaches with gear to and from meets (tent, rollers, tarps)**
10. Supervise the clean up of team camp after each meet
11. Help plan "Pasta parties" before big meets
12. All Captains and parents of captains are expected to help with end of season banquet
13. Work with team members and parents to provide refreshments for meets
14. Coordinate team apparel order at the beginning of season

I have read the expectations of an Irondale Cross Country Captain and understand the responsibilities that go along with this position.

I would like to be a candidate for Team Captain and if elected, I will do my best to carry out these duties.

(Athlete Signature)

(Date)

(Coach Signature)

(Date)