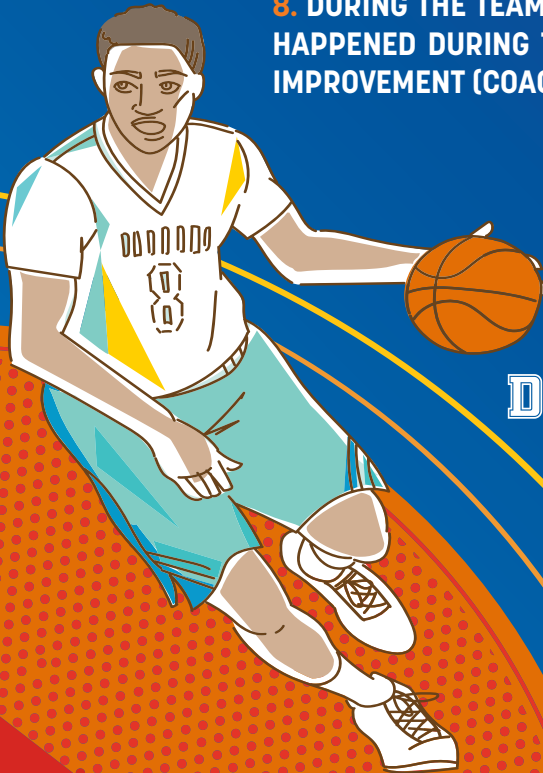


CAPTAIN'S ROLES AND RESPONSIBILITIES

1. PAY CLOSE ATTENTION TO THE THEME OF THE TRAINING SESSION AS OUTLINED BY THE COACH
2. START TO BECOME VOCAL AT TRAINING WITH SUPPORTING THE COACH DURING THE SESSION
3. LEAD THE PREGAME WARM UP ROUTINE
4. LEAD THE TEAM TOGETHER IN THE HUDDLE BEFORE TIP-OFF
5. DURING THE GAME BE VOCAL & HELP THE TEAM KEEP SHAPE, EXECUTE THE PLAN & PERFORM THEIR ROLES
6. ENSURE ALL PLAYERS PLAY WITHIN THE SPIRIT OF THE 'RULES'
7. AT THE END OF THE GAME, ASSEMBLE THE TEAM TOGETHER IN THE MIDDLE OF THE COURT & LEAD THE 3 CHEERS FOR THE OPPOSITION & THE REFEREE
8. DURING THE TEAM TALK, SHARE 2 GOOD THINGS THAT HAPPENED DURING THE GAME, & 2 THINGS THAT NEED IMPROVEMENT (COACH CAN PROMPT IF NEEDED)
9. BEFORE TRAINING THE NEXT WEEK, REPEAT THE 2 GOOD THINGS & 2 THINGS THAT NEED IMPROVEMENT TO THE WHOLE SQUAD



DEFINITION OF A CAPTAIN

MAIN RESPONSIBILITY TO
PROVIDE LEADERSHIP TO
HIS/HER TEAMMATES BOTH
ON AND OFF THE COURT

PLAYER OF THE WEEK

“ ABILITY MAY GET YOU TO THE TOP, BUT IT TAKES CHARACTER TO KEEP YOU THERE ”
John Wooden



AWARDED TO

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CONGRATULATIONS ON AN AWESOME EFFORT DURING OUR TRAINING SESSION & GAME THIS WEEK! YOU'VE BEEN CHOSEN TO BE OUR TEAM CAPTAIN FOR NEXT WEEK. GREAT WORK!

DATE: