



GFC Knights Track & Field Captains

As a captain you will be seen as a leader. The makeup of the team will reflect you and will be influenced by your action as well as the actions of the other captains.

Being a captain on the Track & Field team is an honor and a very important responsibility. It is more than just a title, you have been awarded a leadership role and are expected to demonstrate the qualities that got you this position all of the time. The team is yours and will develop a personality similar to you. If you approach meets with a business like attitude, so will your teammates. If you try to cut corners, trash talk, act disrespectful to others, your teammates will follow your lead.

You are a liaison between the coaches and your teammates. To be an affective captain you don't have to be bossy but need to lead by example. You must always do the little things, accelerators, sit-ups, stretching, and be at practice on time. When you skip any of these things others will notice and assume it is acceptable to do so. This is an honor but also a responsibility; if you do not fulfill it you can lose the right to be a captain.

One of the biggest challenges being a captain in Track & Field is that you are a captain for the **whole** team, not just the events you compete in. At meets your team is spread over a large area, and several events are going on at the same time. One of your biggest duties is to encourage your teammates to go cheer for other events, especially when they are done for the day. We are a team, but also a family that has to support each other!!

Listed below are the responsibilities all captains are expected to fulfill:

- Learn everyone's name on the team.
 - Start 5 min warm-up runs.
 - Lead team stretching.
 - Thank meet organizer at every meet!
 - Help organize and run fundraiser activities – Betty Allan – Bake Sale
 - Take role of your athletes on bus when traveling and tell coaches when everyone is accounted for.
 - Introduce yourself and help with anyone new to the program.
 - Attend 7:30 am Monday meetings with the Coach Allan to discuss the last week and the upcoming one.
- **Distance Captain:**
 - Decide running course and tell coaches the route
 - Let someone choose the route. This is a chance to recognize someone for doing something well or special by letting them choose. (You get to be the good guy)

- Take a quick roll of your athletes so you leave with everyone
- Make sure everyone does their Accelerators
- Make sure the 4x8 has a baton and the runners are wearing the same thing
- **Throwing Captain:**
 - Organize rides from Central to RR for throwing practice.
 - Communicate with Coach Allan on how the throwers are doing in practice
 - Know the class dismissal times and bus departure times are for meets.
- **Sprint Captain:**
 - Make sure the relays are wearing the same uniforms, under garments.
 - Have batons for the relays
 - Make sure the alternates are available
- **Jumps Captain:**
 - Make sure everyone knows their flights and checked in with officials
 - Teammates warmed up for evented
 - You should keep a list of everyone's marks