



As a team captain, you are expected to exemplify the highest standards of leadership, sportsmanship, and dedication. This document outlines the expectations and responsibilities associated with your role.

## 1. Leader and Role Model:

**Lead by example:** Display dedication, discipline, and a strong work ethic in your training, conduct, and interactions with teammates on and off the water.

**Inspire and motivate:** Encourage teammates to push their limits, maintain focus, and strive for excellence in every aspect of rowing.

**Foster unity:** Promote a sense of belonging and camaraderie among athletes, regardless of experience or skill level.

**Uphold team values:** Embody the core values of DUC, including respect, integrity, and a commitment to continuous improvement.

## 2. Communication:

**Maintain open lines of communication:** Act as a bridge between the coaching staff and the team, ensuring that important information is relayed accurately and promptly.

**Listen and support:** Be receptive to your teammates' concerns, ideas, and feedback, and provide guidance or escalate matters as needed.

**Facilitate Captain's practices/team bonding:** Organize and lead extracurricular activities that include all teammates.

## 3. Accountability:

**Attend team functions:** Be present for practices, meetings, competitions, and any other events related to the team's activities. You must be active and present.

**Set the standard:** Consistently adhere to training schedules, demonstrate punctuality, and maintain a high level of commitment.

**Encourage responsibility:** Hold teammates accountable for their actions and commitments, and provide constructive feedback when necessary.

#### 4. Sportsmanship:

**Exhibit fair play:** Encourage respectful behavior on and off the water, treating opponents, teammates, coaches, and officials with professionalism and courtesy.

**Manage conflicts:** Help resolve conflicts within the team in a constructive manner, promoting a harmonious team environment.

#### 5. Performance:

**Excel in training:** Strive to improve your rowing skills, physical fitness, and technique to set a benchmark for the team.

**Support development:** Offer guidance and assistance to less experienced teammates, aiding their skill development and integration into the team.

#### 6. Organizational Involvement:

**Assist with logistics:** Collaborate with coaches in coordinating transportation, equipment setup, and other logistical aspects of competitions and training.

**Promote DUC spirit:** Organize team-building activities, functions, and social events to enhance team cohesion.

#### 7. Communication with Coaches:

**Serve as a liaison:** Maintain an open channel of communication between teammates and coaches, addressing concerns or suggestions as appropriate.

**Provide insights:** Offer feedback to coaches about the team's dynamics, progress, and any areas of concern.

#### 8. Continuous Improvement:

**Personal development:** Seek opportunities to enhance your leadership skills, knowledge of rowing techniques, and understanding of team dynamics.

**Adapt and innovate:** Propose creative solutions to challenges and contribute to the evolution of team strategies.

#### 9. Represent the Team:

**Act as an ambassador:** Represent the team positively in the community, at events, and when interacting with other teams.

**Uphold the team's reputation:** Conduct yourself in a manner that reflects the team's values and fosters a positive image.

Your role as a captain is integral to the success of DUC. By embracing these expectations, you will contribute to a vibrant and successful team culture. Your leadership, dedication, and sportsmanship will inspire your teammates to strive for excellence and uphold the values that define our team culture. Failure to fulfill any of the examples may cause a strip in rank. We have every confidence in your ability to excel in this role.

**If you believe you meet these criteria and want to submit your name for consideration as Team Captain, please complete the nomination form. Team Captains are nominated by the coaching staff and voted on by their teammates.**