**Stuttgart Piranhas**

**Team Captain Agreement**

**2019-2020**

**Team Captains for Stuttgart Piranhas are expected to:**

* Captains must be a Junior or Senior in High School.
* Model a strong work ethic, team spirit and sportsmanship.
* Partner with team coaches to promote unity within the team.
* Encourage positive behaviors in other swimmers.
* Represent our team in a positive manner both in and out of the pool.
* Comply with Piranhas and High School Code of Conduct.

**Team Captain responsibilities include:**

* Full Season Captains agree to attend 8 meets. Fall and Winter Captains, 5 meets.
* Be at the pool 10-minutes before the start of practice time to help with pool set up, tear down, and dry land.
* Delegate responsibility to others as appropriate - this helps to build a stronger team environment.
* No phones, eating, or sitting while coaching.
* Learn as much as you can from the lead coaches. Ask questions.
* Be a role model. You will be seen as a leader and person the swimmers look to for guidance.
* Set a good example for your swimmers during practice. Have fun.
* Be excited to be where you are and working with who you are.
* Be fun, energetic, and positive at meets.
* Be present and engaged with the swimmers you work with.
* At swim meets you are an athlete and a leader.
	+ Set the example of proper nutrition during and after the meet.
	+ Demonstrate proper physical and mental preparedness.
	+ Help to organize swimmers to get them to the marshalling area.
	+ Swim your races and be a humble competitor.
	+ Model good sportsmanship; shake hands with your competitors and set an example for our swimmers.
* Attend monthly coaches meetings with the Piranhas Coaching Team.
* Support Team Spirit activities: Team Potlucks, Fun Practices, Team Building events, etc.

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ believe that I am capable of fulfilling the responsibilities of a Piranhas Team Captain. I will abide by the guidelines for my role as Captain and the Piranhas Swimmer Code of Conduct. I will be a positive role model for my team and the swim community. I will lead by example with a positive attitude and strive to make the most of this opportunity.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_