**Stuttgart Piranhas**

**Team Captain Agreement**

**2022-2023**

**(due to Head Coach by: 09 September 2022)**

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

* Captains must be a Sophomore, 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.
* Attend DIVISIONAL Championship Swim Meet (28 Jan 2023)
* Attend Individual Championship Meets, if qualified
* Swim events selected by Lead or Head Coach (individual, relays, and LDTT)
* Represent our team in a positive manner both in and out of the pool, ie at school, within the community, etc.
* Comply with Piranhas and High School Code of Conduct.

**Team Captain responsibilities include:**

* Be at the pool 10-minutes before the start of practice time to help with pool set up, tear down, and dry land.
* Coordinate and keep track of high school team members’ participation in individual DRYLAND exercise programs.
* 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 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.
* At meets, circulate to get to know the entire Team.
* 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 marshaling area.
	+ Swim your races and be a humble competitor.
	+ Model good sportsmanship; congratulate your competitors and set an example for our swimmers.
	+ Stick around during “Split Meets” to cheer on your teammates.
* Attend coach’s meetings as required 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 swimming community. I will lead by example with a positive attitude and strive to make the most of this opportunity.

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

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