

2019-20 NHS FIELD HOCKEY APPLICATION FOR CAPTAIN



FIELD HOCKEY

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REQUIREMENTS

In order to apply, each candidate must:

- 1) Have a 75% or higher cumulative GPA.
- 2) Be in good behavioral standing in the school and the community.
- 3) Agree to follow the guidelines outlined in the Student/Athlete Handbook during the summer, and throughout the entirety of the school year.
- 4) Be available to speak for and represent the NHS Field Hockey team when necessary.
- 5) Complete all parts of this application. Must be turned into Coach Underwood by Saturday, June 30th.

NHS CAPTAIN JOB DESCRIPTION

Job Title: NHS Field Hockey Team Captain

Start/End Date: When elected until the end of the school year

Reports to: Head Field Hockey Coach

Position Purpose: Be a strong leader by example and strong vocal leader with good communication skills. The primary purpose of the Team Captain will be to positively influence teammates on and off the field, at all extracurricular school and non-school activities, and in the local community.

Qualifications: The Team Captain is one of the hardest workers on the team, displaying a high level of commitment, focus, intensity, passion and effort. She will encourage, support and positively hold all teammates accountable. The Team captain has a willingness to go outside what is comfortable, safe and easy in order to motivate teammates (and herself) to a higher level of play. The ability to know and act accordingly in the best interest of the team, even though it may not be the most popular decision.

DUTIES AND RESPONSIBILITIES

The Team Captain will be expected to:

- 1) Be on time and present at all team practices and team functions (at least 5-10 min early).
- 2) Promote a positive attitude and positive team interactions.
- 3) Be a positive role model concerning commitment, intensity, confidence, response to mistakes, composure, hustle and a “team first” focus.
- 4) Help to settle team conflicts and be willing to confront and hold teammates accountable for their on-and-off field behaviors.
- 5) Work closely with and be the “point person” for the head coach.
- 6) Encourage and support all teammates.
- 7) Lead the team in good times and in bad.
- 8) Perform other related team duties as need or requested by the coaching staff.
- 9) Perform her role ALWAYS. This includes situations when the team is not performing well, in the midst of a bad practice, when teammates are struggling to get along and when teammates are negative in what they say and how they interact with one another.

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ESSENTIAL JOB FUNCTIONS

The Team Captain will be asked to:

- Ⓐ Be the hardest worker on the team (be the most committed/compelled).
- Ⓐ Model mental toughness by remaining calm, confident and focused. She will also respond to individual and team setbacks/mistakes in an appropriate manner.
- Ⓐ Develop strong interpersonal and team relationships and friendships.
- Ⓐ Provide energy and passion.
- Ⓐ Compliment and support teammates.
- Ⓐ Challenge teammates to improve and work harder.
- Ⓐ Confront teammates negative attitudes, complaining, gossip and lack of effort.
- Ⓐ Refocus the team when distracted.
- Ⓐ Make good decisions on-and-off the field.
- Ⓐ Check in with the head coach regularly.
- Ⓐ Support the mission of the Newington E.D.G.E. (Every Day Great Effort).

ABILITIES AND SKILLS NEEDED

- Ⓐ passion & enthusiasm
- Ⓐ energy & hard work
- Ⓐ commitment to be the best
- Ⓐ good verbal and nonverbal communication skills
- Ⓐ strong character & good decision making
- Ⓐ confidence and mental toughness
- Ⓐ assertiveness, to do what is needed
- Ⓐ composure, to remain cool and calm under pressure

SIX TRAITS OF ATHLETICS LEADERSHIP

- 1) Inspire her teammates to be better players and persons.
- 2) Earn the respect of fellow team members through word and deed.
- 3) Make appropriate choices on-and-off the athletic field.
- 4) Follow coaching instructions in letter and spirit.
- 5) Act as a communication liaison between the coach and athletes. Act as a communication liaison between the athletes themselves.
- 6) React at her best when under stress.

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Part I: PERSONAL INFORMATION

Name: _____

Graduation Year: _____

Address: _____

Cell Phone: _____

Email: _____

Part II: ACADEMIC ELIGIBILITY

I do hereby attest that (CANDIDATE NAME) _____ has
earned a Cumulative GPA of _____ % as of (current date) _____.

Name of Guidance Counselor (please print): _____

Signature of Guidance Counselor: _____

Part III: ACADEMIC HONORS

Please list any academic honors you have received during your current high school career.

PART IV: COMMUNITY SERVICE

Please list any community service organizations you have belonged to (this includes and is not limited to high school clubs).

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PART V: SPORTS HISTORY

Please list all sports played throughout your high school career. Please list any awards you have received (Varsity Letter, JV Certificate, All-Conference, All-State, All-Herald, Leadership, MVP, Most Improved, Captain's Pin, etc.)

GRADE	SPORT	AWARDS
9		
9		
9		
10		
10		
10		
11		
11		
11		

PART VI: QUESTIONNAIRE

Please answer the following questions honestly.

- i. Define Leadership in your own words:**

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ii. What are the five most important qualities a captain must have and why?

iii. Why do you want to a be captain for the field hockey team? Also, what is your vision for the role?

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iv. What leadership skills do you possess? Also, name at least two situations that have prepared you to be a leader and/or have developed your leadership skills.

v. What ideas do you have to make your team more successful?

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vi. How would you handle the interaction with first year team members? What would be your goal as a team captain for these members of your team?

vii. How will you bridge the gap between the coach and your fellow team members? How will you support the coach's vision, philosophy and expectations?

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viii. You notice a few team members are not as focused and driven at practices. It is starting to affect the team and game play. What do you do?

ix. Your team falls behind early in the game and your teammates are hanging their heads. What will you do on the bench, during timeouts and half time to keep the players' spirits up and motivate them to continue to play hard?

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x. In the locker room, you over hear a team member trash talking the coach to a group of team members. What do you do?

xi. You are a team captain and you have become aware that a few team members, one of which is your best friend, are planning to go to party tonight. You know alcohol will be served at this party. How would you handle this situation? (BE HONEST!)

You find out your best friend and the other team members ended up going to the party. You are aware that they drank alcohol. How would you handle this situation? (BE HONEST!)

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PART VII: REFERENCES

Please provide two references that speak to your character and leadership skills. Please do not use fellow teammates or family members as references.

REFERENCE 1

Name	
Years Known	
Capacity	
Email Address	

REFERENCE 2

Name	
Years Known	
Capacity	
Email Address	

PART VIII: ACKNOWLEDGEMENT

FOR THE STUDENT ATHLETE

I, (CANDIDATE NAME) _____ have read and understand the entirety of this application. I am fully aware of all the requirements necessary to apply for the role of Captain. I realize violation of these requirements will lead to my removal as a candidate for Team Captain. I swear that all the information included in this application is valid and truthful.

Candidate Signature

Date

FOR THE PARENT/GUARDIAN

I, (PARENT/GUARDIAN NAME) _____ fully support my child's candidacy for captain. I am fully aware of the responsibilities my child is accepting with this application.

Parent/Guardian Signature

Date