

Chisago Lakes Volleyball Captain Expectations

Last Updated: June 2021

Captain Selection:

Chisago Lakes Volleyball Captains will be selected as follows. We follow the same process as many programs at CLHS and using recommendations from the Minnesota State High School League:

1. Each spring, all returning Varsity players are emailed an application and an explanation of the process. They have two weeks to submit applications to our coaching staff including short essay questions, references, leadership experience, and ideas for the program.
2. The coaches review the applications, discuss our experiences with each applicant, reach out to references provided by the applicants, and ask the applicants follow-up questions when necessary. Then the coaching staff makes the captain selection based on the athlete's leadership experience, mentorship capabilities, work ethic in the gym, and other notable qualities. There is no voting by players. All applicants are notified if they made it or not. All captains must apply each year, even if they were a captain the year before.
3. From there, the captains meet weekly with the coaching staff all summer to prepare for the 2021 season. They go through a leadership book study, their handbook/expectations, and multiple planning tasks (apparel selection, social calendar, volunteering commitments, promotions, etc.). They also help write curriculum for our program this fall where they will lead weekly lessons from our summer reading to help develop our program's team-oriented skills.
4. The captains also meet weekly with the coaching staff during the season for communication and connection to the team. They will continue planning events for the group, helping mentor and teach the younger girls, and representing the program as a whole to the community.

Captain Expectations

1. Captains will communicate regularly.
 - a. Captains will be available and responsive to coaches to help solve problems, create a positive atmosphere, and make connections between players and staff.
 - b. Captains will be available and responsive to players to answer questions, offer advice, and solve programs as they arise.
 - c. Captains will be available and responsive to team parents as needed.
2. Captains will meet weekly.
 - a. Captains will make every effort to attend all summer captain meetings and to have all objectives met for each meeting.

- b. Captains will make every effort to attend all in-season meetings and make contributions toward program improvement.
 - c. Captains will help create fall curriculum for the program.
- 3. Captains will represent themselves as positive role models.
 - a. All social media interactions will be thoughtful and reflect positive characteristics.
 - b. Captains will avoid all possibilities of MSHSL violations and illegal behavior. Captains will not associate with peers that would be a negative influence on their behavior or reputation. Receiving a MSHSL violation will result in an automatic termination of captainship, whether in-season or out-of-season. Additionally, captains will hold the rest of the team accountable for their actions in this way.
 - c. Captains will hold themselves to the highest academic standards and encourage other players to do the same.
- 4. Captains will represent the team, the program, the school, and the community respectfully.
 - a. Interactions with peers at school, at practice, at school events, and elsewhere in the community will reflect school and program values.
 - b. Captains will help connect our program to the community by promoting our efforts through social media and the local paper.
 - c. Captains will help inspire the next generation of athletes by helping coach spring & summer youth camps, LARA opportunities, and other various community connections.
- 5. Captains will be humble servant leaders.
 - a. Captains will be the first to serve needs in the program, fix problems, and be resourceful.
 - b. Captains will work toward program improvement by respectfully working with coaches to connect staff and players.
 - c. Captains should go above and beyond what is asked to fulfill program needs. They should be the first to set up the gym, transport equipment, and take on extra tasks.