

Responsibilities of a High School XC Captain

“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.” -John Quincy Adams

As an athlete:

Display Talent. It's important to lead on the course and off.
Be motivated in your workouts, in season and out.
Respond to coaching advice and support the coach in front of others.
Be resilient to personal and team disappointments.
Lead a healthy lifestyle. Set the example.

As a leader of the team:

Support the entire program. Freshman, JVs and alumni.
Lead group activities (warm ups, on the bus, social gathering, etc.)
Help out at home meets. Make sure things get done.
Act as a host for visiting teams/coaches
Volunteer cheerfully. Don't expect others to do everything.
Act as a link between team and coaching staff. This means communicate.
Maturity is essential and at times it is important to keep things confidential.
Exhibit sportsmanship to opposing competitors and officials. Kill your opponents with kindness, they will have fewer reason to want to beat us.

How You Can Support the Team:

Include, don't exclude people. That means everybody in all events, all grades, whether you are friends or not.
Be approachable to your teammates.
Encourage teammates of all abilities and encourage everyone to challenge themselves to the best of their ability.
Have pride in your uniform, represent your school well.

Remember, people on the team look up to you. Your words and actions matter to your teammates (especially the younger ones) Your attitude will carry over to the rest of the team, either in positive or negative way. More is expected of you than your teammates, but remember you have earned this responsibility. This is your chance to make your mark on your cross country tradition. When you graduate it would be nice if you remembered the team as you move on to bigger and better things and give back when you can.

