

Willmar Wrestling Captain Expectations

Captaincy is awarded to individuals based on their commitment to the team and the Willmar Wrestling program. The title of Captain is an award for an individual's demonstration of character and dedication, and is also a commitment that carries responsibility and accountability to the program. This level of commitment extends through the entire year, serving as a role model and leader of the program. The coaches use the characteristics listed below as a guideline when making the decision to award a wrestler with captainship. The head coach may revoke captainship from individual(s) at any time if they feel the requirements are not being satisfied, or that the influence on the team is not beneficial.

Skills and qualities desired of a captain are as follows:

- Ability to communicate well with others and create positive rapport
- Shows dedication to the sport, coaches, and the Willmar Wrestling program
- Leads by example through their actions and decisions
- Is a positive role model both on and off of the mat
- Exhibits a strong work ethic
- Maintains academic integrity

Actions considered when disputing captaincy:

- Receives an alcohol or drug violation
- Receives a failing grade
- Receives suspension from school and/or school affiliated activities
- Absences and tardiness to practice
- Demonstrates actions that are deemed detrimental to the individual, team, or program

Our captain(s) are expected to be leaders of our team, and program. A captain's influence on the team is very influential and important. As an actively participating member of the team your attitude, dedication, belief, and support is what will assist in keeping the team's focus and devotion. Your belief in the coach's decisions, practices, strategies, and events will influence the whole team's mentality. Your actions, comments, attitude, work ethic, commitment, and decisions are the characteristics that will influence your teammates. Since a captain has such an influence on the team in a multitude of ways, the coaches will have meetings regularly to keep communication clear and consistent. The captain also acts as a voice for the team. Items in relationship to the team should be discussed with the head coaches and captain(s). A captain is expected to be involved in, and promote, all of the team activities and events.

The coaches will provide the captains with direction and support. An important part of being a captain is to take the responsibility to demonstrate leadership, and create team-building experiences. The coaches expect discussion from the captain(s) on any decisions related to the wrestling program.

If you are interested in fulfilling this role on the Willmar Wrestling team complete the application and submit it before the deadline: April 28th, 2023

Cardinal Wrestling Captain Application 2023-24: *Completion of this application must be thorough, legible and submitted in paper copy. Copies of the application are also available in Coach's office.*

Athlete name: _____ Athlete grade ('23-'24): _____

Why do you want to be a captain of the Willmar Wrestling team?

What have you done to this point in your career to become a captain?

What are you going to do as the captain of our team?

How do you feel your teammates see you as a member of the team? Why?

We expect our captains to be committed to the Willmar wrestling team. Are you willing to fulfill the expectations we have for our captains?

As a captain, your involvement in our strength and conditioning program, camps and clinics, and team events is expected. Discussion between you and the head coach about situations that inhibit involvement must occur **prior** to the event. Not participating in these events influences your eligibility to be a team captain. Mark the programs you are going to attend:

Strength and Conditioning _____ SDSU Camp _____ Central MN Wrestling Camp _____

-----Completed after application is reviewed-----

Head Coach Signature: _____ **Date:** _____

Athlete Signature: _____ **Date:** _____