

## **The Captain - Roles and Responsibilities**

Your leadership as team captain extends beyond the court, influencing the team's dynamics and overall success. Here are the main 10 roles and responsibilities that define your crucial role:

### **1. Leadership by Example:**

- Demonstrate a strong work ethic, commitment, and dedication during training and games, leading by example.
- Serve as a role model for the team both on and off the court, showcasing the values and standards expected from each team member.

### **2. Effective Communication:**

- Foster open and respectful communication among team members.
- Act as a bridge between the players and coaching staff, addressing concerns and facilitating productive discussions.

### **3. Team Dynamics Understanding:**

- Recognize and understand the emotions and dynamics of individual team members.
- Uphold team identity, promoting a positive and supportive team culture.
- Hold all team members accountable for their contributions to the better development of the team, fostering a collective commitment to growth and improvement.

### **4. Composure During Challenges:**

- Maintain composure and stability during challenging moments, offering a calm and focused presence to the team.
- Encourage positive responses to mistakes, turning them into opportunities for growth.

### **5. Unwavering Support:**

- Provide consistent support to teammates, offering encouragement during both successful and challenging situations.
- Balance constructive criticism with positive reinforcement to motivate and uplift the team.

### **6. Advocacy for All Team Members:**

- Emphasize the importance of every team member, regardless of playing time, recognizing their unique contributions.
- Foster a sense of inclusivity and teamwork, ensuring everyone feels valued and integral to the team's success.

### **7. Collaboration with Coaching Staff:**

- Maintain regular and constructive communication with the coaching staff.
- Back up the coach in front of the team, presenting a united front even in the face of personal disagreements.

### **8. Accountability and Operational Oversight:**

- Make sure there are no balls left in the gym after practice and monitor the count of balls before and after games, instilling a sense of responsibility for the team's resources.
- Emphasize the importance of each member in contributing to the overall efficiency and organization of team activities.

### **9. Event Coordination:**

- Ensure the punctuality and attendance of all athletes for practices and events.
- Address team needs to the coach, actively participating in discussions about group requirements.

### **10. Delegating and Task Management:**

- Effectively delegate responsibilities to team members, guiding and supporting them as needed.
- Manage the team's duties responsibly, addressing tasks individually and maintaining a positive and collaborative team culture.

In embodying these roles and responsibilities, you contribute significantly to the team's growth, unity, and success. Your leadership on and off the court plays a pivotal role in shaping a positive and thriving youth volleyball team.

Team Captains are responsible for:

1. Make sure that there are no balls left out in the gym at the end of every practice. Delegating to the whole team and sharing the responsibility is expected.
2. Taking balls and ball cart to and from tournaments. Delegating to other team players and holding them accountable is expected. When flying to tournaments, make sure that 10-12 balls are deflated and distributed among players luggage.
3. When at tournaments, gather the whole team to watch the second game of the match immediately before the team's next one. Once the second set score is at 12 points, start the warm-up with all players that are eventually not in the