

2024 Outdoor Track Team Captain Rubric

Team Captains will be chosen using the following guidelines:

- **Leadership:** Help your coach's when asked and wherever you can
- **Set a good example:** Work hard, finish runs, show full participation.
- **Attendance:** be at practice/meets and be on time
- **Be chosen to lead team workouts:** This can help you earn a Captains spot but does not guarantee one
- **Help motivate/cheer on teammates**
- **Show a positive attitude:** Lead by example all of the time, on and off the track

Note: Captains will be chosen by the coaching staff prior to our first official competition (not including the scrimmage meet). Captains will be picked using the above criteria as a guideline. The athletes that best fit this criteria will be chosen. The number of Captains chosen will be limited to maintain the integrity of the Captains spot. Just because an athlete is made a Captain does not mean they are guaranteed to keep that spot. They must maintain the standards throughout the season.

Final decisions on Captains and the number of Captains designated is at the Head Coach's discretion.