

Track and Field Team Captain Application

Name:

Phone Number:

Email Address:

Number of years as a member of the track and field team:

1. What qualities does a team captain need to exemplify?
2. Describe, using specific examples, how YOU demonstrate those qualities you described above:
3. Describe the qualities that make a good team:
4. Describe what a good, well-functioning team is like, and what you as a captain would do to help make that happen:

5. If I, the coach, made a bad decision during a practice or meet, what would YOU do?

6. Describe, using specific details, how you would respond to the following situations:
 - a. A member of the team has used social media outside of practice to participate in bullying a fellow teammate.

 - b. A member of the team, when coaches are not present, talks poorly about the team and the coaches.

 - c. A member of the team, when coaches are not present, participates in horseplay that is starting to go too far.

7. Tell me, in 25 words or less, why YOU should be a team captain: