



## **Captains Qualities:**

1. Earning the Respect of your teammates is critical!
2. Leaders must have strong character and be trusted by their teammates.
3. The Captain should be able to unify the group rather than allow cliques to control the dressing room
4. He/she understands the concept of TEAM, and places team objectives above his personal goals.
5. He/she understands that everyone on the TEAM has a role
6. He/she must convey the message that the Crest on the front means more than the name bar on the back.
7. 2 way communication is important (the coach wants to have a pulse of the team and vice versa)
8. Watch, Listen and Speak Out when things need to be addressed.
9. Only player officially recognized as being able to talk to game officials about rule interpretations
10. The voice of the team
11. Great Captains lead their team on and off the ice. They initiate team activities and make sure everyone is included

## **2. Captains Roles:**

- What specific kinds of roles do you feel your captains should take on?
  - Be positive, show pride – Celebrate the little things – good body language
  - Help to discourage cliques – make an effort to interact with everyone or deal with individuals that are demonstrating this behavior early....if things don't change talk to coaches.
  - Ensure that team does the little respectful things (push chairs in, polite to staff, encourage cleanliness of dressing room, etc.) (All by example or reminders)
  - Help young players integrate into team

- Motivate
- Lighten the mood
- Get tough when need to with team
- Talk one on one with teammate (usually to console, motivate, encourage)
- Address team between periods or in meetings on non-game times

### **3. Coach Expectations**

- Be present and engaged
- Be with the team
- Display positive team and personal values – always
  - Classy – represent your team and Alberta in a positive light
  - Do whatever it takes...regardless of the role given to you
  - Buy in...trust in the coaches decisions and demonstrate your commitment to the team
  - Truly believe that we can reach our goals
  - Show respect for everyone
- Maintain your composure always
  - Body language – never show frustration
  - Exude confidence
  - Never quit
  - Play a team game and in so doing, be a hero
- Recognize the significance of your responsibility – it can help us win or help us fail
- Be a good person/player/teammate
- Help the team have fun...in good times and bad.