

# DCA Captain Application 2018



**Why is DCA having a Captain in 2018?** Teams with strong leadership have a decided advantage. All it takes is one person who is committed, focused and on a mission to spark an entire team into believing in themselves.

## WHAT IS LEADERSHIP

- Leadership is action.
- Leaders focus on things that need to be done and do them.
- Leaders do not shy away from challenges or responsibility.
- Leaders go the extra mile for their team, doing more than expected.
- Leaders take chances and take action

## WHY HAVE CAPTAINS?

Teams with strong leadership have a decided advantage. All it takes is one person who is committed, focused and on a mission to spark an entire team into believing in themselves.

## UNDERSTANDING YOUR ROLE AS CAPTAIN

Leadership is not a position that someone gives you; it is ultimately a privilege that you must earn and maintain.

## COACHES EXPECTATIONS

- Lead drills
- Set mental and emotional tone of the team
- Keep coaches informed about team issues
- Provide input on team decisions
- Talk to struggling teammates
- Handle conflicts within the team
- Plan team activities
- Be loyal to the coaches and support their decisions
- Arrive prior to training starting to help with set up
- Mark the roll/ risk assessment each practice
- Lead the FS, Flex and Jumps routines
- Assist with fundraising events
- Assist/organise community link events such as Cheer on Wheels
- Assist/organise cheer camp
- Help with publicity and advertising

## TEAMMATES EXPECTATIONS

- Be spokesperson for the team
- Be fair
- Be a good listener
- Keep it confidential
- Demonstrate respect for EVERYONE
- Put in extra effort to raise spirit

## UNDERSTANDING WHAT PREVENTS YOU FROM BECOMING A GOOD LEADER

- Insecurity
- Fear of rejection
- Fear of failure

- Not being prepared
- Moodiness and drama
- Lack of motivation
- Criticism
- Stubbornness
- Proudful

## **JOBS**

### **PUTTING THE TEAM FIRST**

- Be first to serve and last to be served
- Be first to arrive at practice and last to leave
- Create a climate of privilege to serve
- Never let your own ego get in the way

### **LEADER BY EXAMPLE**

- Be first to lead by example and last to violate team standards
- Display the behavior that you want from your teammates
- Understand the team goals and be the first to display the needed behavior to make them successful
- Be an example of attitude – “Understand and model the core covenants of the team. Be aggressive, enthusiastic, confident, disciplined and compete fearlessly. Be intelligent enough to listen and develop the ability to work and learn. Have faith in the people you are working with, don’t let your teammates down and always put the team ahead of yourself. Maintain integrity and your sense of humor.”
- Be an example of poise
- Be an example of a teachable spirit
- Be an example of work ethics of the team
- Be an example of excellence
- Be an example of accountability
- Be an example of initiative
- Be respectful of teammates, coaches, and officials

### **ENCOURAGER**

- Be the first to encourage and the last to be discouraged
- Be a confident-builder
- Develop a relationship with each team player. Get to know them and their personalities
- Assess each player for a better understanding on how to motivate them. (Teammate mental assessment form enclosed)
- Remind them of their strengths
- Give them permission to make mistakes. Explain that they are learning.
- Encourage by being mentally tough – leaders who want their teams to be mentally tough must be mentally tough themselves. They must be willing to accept and deal with challenges, to look at mistakes as learning tools. Do not let your spirit be broken.
- Encourage by being motivated yourself – Walk into practice excited and ready to go
- Encourage by keeping things in perspective – Learn to only worry about things that are in your control (your attitude, effort, preparation)
- Encourage by being positive – Teams move toward positive behavior. Stay away from the cynical attitude and self-pity.
- Learn to take the negative and turn it into a positive.
- Help teammates accept their role
- Emphasize that every role is important

#### TEAM BUILDER

- Be first to protect and defend and last to criticize
- Protect and defend by being loyal to your coaches and teammates
- Welcome new people to the team
- Bring out the best in others

#### ENFORCER

- Be first to confront violations of team standards and be last to ignore problems
- More encouraging leads to less enforcing
- See how to handle conflict

#### MANAGER

- Let them know what to expect
- Set standards not rules
- With the team, develop a team mission and have everyone sign it
- Have each cheerleader sign a commitment pledge

#### LISTENER

- Often teammates need someone to talk to.
- Listen for understanding
- Listen; do not judge
- Listen; do not offer advise unless asked
- Listen; keep information **confidential**
- Listen; do not take sides

#### KEEPING TEAM POSITIVE

- Be the first to praise others and the last to brag or draw attention to yourself
- Have them focus on the message, not the messenger
- Show appreciation with awards

#### HAVING FUN

- Develop a team motto to start and finish practice
- Play team bonding games
- Develop different drills to develop skills
- Plan team activities
- Make rewards for teammates
- Bring in treats
- Post motivational signs
- Take photos: post and give copies to teammate

**PLEASE NOTE: This application form is due by TUESDAY 15<sup>TH</sup> MAY 2018.**

**No applications will be considered after this date.**

**Applications must be emailed to [dubbocheeracademy@hotmail.com](mailto:dubbocheeracademy@hotmail.com) with the subject line stating "your name Captain Application".**

**Coaches will announce the successful recipient at the following training session.**

# Application Form

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. What are your experiences with cheerleading?
2. Give an example where you have held a leadership position OR shown leadership previously.
3. Give an example of how you would work with your coaches to ensure the success of your squad.
4. How would you handle conflict?
5. How do you earn respect?
6. Why is cheerleading important to you?
7. How would you handle not getting the captaincy?
8. If you had a best friend on the squad and she had a disagreement with somebody else on the squad how would you handle the situation?