Inglemoor Viking Cross Country  
Application for Team Captain  
Eligibility: athletes entering their Jr or Sr year and competed in XC at least one season

**A TEAM CAPTAIN WILL DO THE FOLLOWING:**

**EARLY SPRING**

* Meet with coaches to help plan summer training, pre-season meeting and the season.
* Captains give input on Invites they would like to attend as a team
* Plan the Captain Camp
* Design a team t-shirt

**LATE SPRING**

* Plan recruiting events at the middle schools and high school for the next season.
* Attend the pre-season meeting at Inglemoor and be prepared with information about Captain Camp.

**SUMMER**

* Attend summer conditioning (when in town) and encourage new runners to attend.
* Plan 1-2 social events for the team
* Maintain contact via email, phone or social with new and current members of the team.
* Plan and attend summer running camp for team
* Dedicate themselves to summer training and come into the season in excellent shape.

**REGULAR SEASON**

* Lead team in warm-ups and cool down activities
* Attend all practices unless sick or excused by head coach. Absences by captains will not be tolerated.
* Plan fun events during practice
* Set a good example of training and participation in practice and meets
* Reach out to newer members of the team and encourage them
* Help with daily attendance
* Assist coaches with communication to the team
* Lead and supervise team set up and clean up at meets
* Clean up the bus after away meets
* Communicate concerns to coaches promptly about positive and negative team dynamics
* Plan social events during the season
* Set a good example of how to be a STUDENT – athlete. School comes first!
* The Inglemoor Cross Country team is typically one of the largest sport teams on campus. Being a team captain is a huge responsibility. You need to think of others before yourself! Only apply if you are up to the task and want the **BEST** for your team!

The position is determined not by running ability, but by character, attitude, integrity and **COMMITMENT TO TEAM and the sport of cross country.** 8 captains will be chosen.

Email to Coach Rich Bennett ([rbennett@nsd.org](mailto:rbennett@nsd.org)) Feel free to add additional pages to this document to accommodate your responses.

NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

GRADE LEVEL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EMAIL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CELL PHONE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Why do you want to be a captain for the cross country team?
2. What are your personal goals for cross country?
3. What goals do you have for the team?
4. What skills/qualities do you have that could be useful as a captain?
5. What improvements/ideas would you like to implement for the team?

What is your availability for the Summer?

PEER REFERENCE (classmate, teammate, coworker)

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ EMAIL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADULT REFERENCE (teacher, coach, supervisor)

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ EMAIL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_