

LSM Captain's Application

I. Personal Information

Name: _____ Date: _____

Grade: _____ Address _____

Captain's Application for the Sport of: _____ for the _____ season

II. Academic Information

I attest that the candidate named above has earned a _____ cumulative GPA at this time.

Signature of Guidance Counselor: _____

III. References

Please name 2 references that can speak to your judgment and leadership skills. *(Please do not use your teammates, Lewis Mills Coaches, or family members as references)*

1.

2.

IV. Sports History

Please list sports played and athletic awards you have won.

Sport	Grade(s) played	Varsity letter(s)/Awards
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V. Please list any academic honors you have earned at Lewis Mills High School.

VI. Answer the following questions:

1. What makes you the best candidate for this leadership position?

2. How would you handle the interactions with JV and freshman team members? What would be your goal as team captain for these members of your team?

VII. Spartan Captain's Pledge

By signing below I accept the following:

I realize that being selected to the position of team captain carries with it more responsibility than being just a team member; others in the school and greater community look to me as a leader and role model. I will do my best to exemplify the qualities that the Administration, Athletic Department, Head Coach and school community expect of me. **I pledge to adhere to the Code of Conduct below all year-round and to embody the Six Traits of Athletic Leadership.** I understand that failure to meet these expectations will result in the immediate removal of my captaincy.

Code of Conduct

- ❖ Follow the Athletic Training Rules by remaining chemical free (I will not use tobacco, alcohol or illegal drugs).
- ❖ Conduct myself in a manner consistent with the Lewis Mills High School Expectations for Acceptable Behavior and Citizenship as outlined in the Athletic Handbook.
- ❖ Earn the respect of my teammates, the school community and the communities of the towns of Burlington and Harwinton.
- ❖ Be a good citizen (I will demonstrate respect, loyalty, cooperation, trustworthiness, selflessness, honesty, compassion and pride in my school and its positive reputation).
- ❖ Demonstrate good school behavior (I will be punctual and abide by school rules).
- ❖ Demonstrate positive academic qualities. (I commit to academic progress and my best effort).
- ❖ Demonstrate positive athletic qualities (I commit myself to good skills, dedication, commitment to the sport, good sportsmanship, hard work, teamwork and communication skills).
- ❖ Be willing to act as liaison between teammates, coaches, director of athletics, and other appropriate school personnel.
- ❖ Follow the athletic department training rules during the summer and in and out of season.

Six Traits of Athletic Leadership

1. Inspire his or her teammates.
2. Earn respect of fellow team members through word and deed.
3. Make appropriate choices on and off the athletic field.
4. Follow coaching instruction in letter and spirit.
5. Act as a communication liaison between coach and athletes and athletes themselves.
6. React at his or her best when under stress.

_____ (Candidates Signature)

I _____ fully support my child's captain's candidacy and am fully aware of the responsibilities my child is accepting with this application.

_____ (Parent/Guardian Signature)