

DOVER-SHERBORN RAIDERS

Winter/Spring 2018-19

Varsity Team Captain Handout

(for you and your parent(s)/guardian(s))



What is Sportsmanship?

- Sportsmanship is a demonstration of generosity and genuine concern for others. It is a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.
- Sportsmanship is a blending of cheers for “your team” and applause for the “opponents,” observing the letter and spirit of the rules, and showing consideration for others.
- Sportsmanship is the “golden rule” of athletics – treating others as you wish to be treated.
- Sportsmanship is respect – respect for others and one’s self.
- Sportsmanship is all this and much more.
- For a coach, sportsmanship might be accepting a “questionable” call without protest.
- For a student-athlete, it may be extending a helping hand to an opponent who is down.
- For a spectator, it might be cheering for his team when it loses, and applauding the opponent when it wins.
- For an official, it may be showing restraint when verbally assaulted by coaches, athletes and spectators.
- Sportsmanship encompasses all that which is good in human nature.
- Sportsmanship is citizenship in action.

CAPTAIN JOB DESCRIPTION

Job Title: TEAM CAPTAIN

Start/End Dates: start of season – end of season

Reports to: Head Coach and Athletic Director

Position Purpose/Summary: Be a strong leader by example (one of the hardest workers on the team, displaying a high level of commitment, focus, intensity, passion, and effort) and strong vocal leader with good communication skills (one who will encourage, support, and positively hold all teammates accountable).

The primary purpose of the TEAM CAPTAIN will be to positively influence teammates on-and-off the playing field, court, track, slopes, pool, etc., at all extracurricular school and non-school activities, and in the local community.

DUTIES AND RESPONSIBILITIES:

The TEAM CAPTAIN will be expected to:

- Be on time to all team practices and team functions (at least 5-10 minutes early),
- Promote a positive attitude and positive team interactions - every day,
- Provide a positive role model concerning commitment, intensity, confidence, response to mistakes, composure, hustle, and a “team first” focus,
- Help settle team conflicts and be willing to confront and hold teammates accountable for their on-and-off field, court, track, slopes, pool, etc. behaviors,
- Work closely with and be the “point-person” for the head coach,
- Encourage and support all teammates,
- Lead the team throughout the season (in good and bad times),
- Perform other related team duties (as needed or requested by the coaching staff).

WORKING CONDITIONS/ENVIRONMENT:

The TEAM CAPTAIN will be asked to perform his/her roles at all times. This includes situations when the team is not performing well, in the midst of a bad practice, when teammates are struggling to get along, and when coaches and/ or teammates are negative in what they say and how they interact with one another.

ESSENTIAL JOB FUNCTIONS:

The TEAM CAPTAIN will be asked to:

- Be the hardest worker on the team (be the most committed/compelled),
- Model mental toughness by remaining confident and focused . . . and by responding to individual and team setbacks/mistakes in an appropriate manner,
- Develop strong interpersonal and team relations (friendships),
- Provide energy and passion,
- Compliment and support teammates. Always look out for one another and stand up for a teammate in need,
- Challenge teammates to get better and work harder, in a positive way...screaming at people does not work,
- Confront teammates’ negative attitudes, complaining, gossip, and lack of effort with positive actions,
- Refocus teammates when distracted,
- Make good decisions (on-and-off the field, court, track, slopes, pool, etc.),

ABILITIES AND SKILLS NEEDED:

- Passion and enthusiasm,
- Energy and hard work,
- Commitment to be the BEST,

- Good verbal and nonverbal communication skills,
- Strong character (good decision-making),
- Confidence and mental toughness,
- Assertiveness (to do what is needed),
- Composure (to remain cool and calm under pressure).

QUALIFICATIONS REQUIRED:

A willingness to go “outside your comfort zone” and push your teammates (and yourself) to a higher level of play, the right way and every day!



Team Captains: Roles and Duties

The number of team captains and how and when they will be selected is a coaching decision. Captains may be elected or appointed on a game-by-game basis.

It is expected that a team captain be a leader of his/her team and should be ready to assume duties outlined by his/her coach. Captains are expected to be fully aware of team rules, and are expected to communicate with the coach and team members in the event of problems that affect the team. Captains may be asked to meet with the Athletic Director during the school year to discuss the program.

Team captaincy may be removed during their tenure by the coach, athletic director, or Headmaster. Any team captain who violates an MIAA rule will have their captaincy removed upon confirmation of rule violation.

Captains should set a good example of sportsmanship and demonstrate positive leadership at all times. During athletic contests that they participate in or attend, they should cheer in support of their school's team rather than against the opponent.

Posters and flyers should be affixed to bulletin boards only. They should never be attached to the glass walls near exit doors, or on doors throughout the school. These notices and posters should be removed after the event takes place. All posters and notices should contain appropriate language and graphics and be approved by the headmaster, per school handbook.

Captains should provide the Athletic Director with any pre-competition music that you would like to be played during warm-up's. This must be burned on a CD!!!! The music should not contain any offensive terms or lyrics that are not suitable for a school environment. The CD should be given to the Athletic Director one week prior to the season.

Banquet Guidelines

Sports Banquets are a very important and essential part of the athlete's experience. These occasions provide an opportunity to celebrate and recognize team members at the end of the season.

The purpose of these guidelines is to assist all persons who are responsible for planning and executing sports banquets. Each high school sports program is encouraged to hold a sports banquet/end of season event. It is expected and encouraged that the members of each sport make the decision on when and how to officially celebrate the season.

Each of the following should be taken into consideration:

- 1) The host should invite all Varsity team members, Junior Varsity team members, Freshmen team members, team managers, parents, friends, and select guests of the team.
- 2) Appropriate locations should be within 15 miles of Dover-Sherborn High School.
- 3) The cost for the meeting hall, dinner, and decorations should range between \$25 and \$35 dollars per attendee. If a team gift is involved, the total should not exceed \$45.00.

4) The High School Athletic Director must be advised of the proposed time and place of each event as soon as possible and before the event is officially booked to avoid conflict with other school and community activities.

5) There should be no alcohol service available for any person attending the event.

6) The event should start and end promptly. It is expected that the entire banquet and program not exceed three hours and end before 9:00pm on school nights.

**** Commonwealth of Massachusetts Ethics Law (Conflict of Interest) allows for a coach to receive a gift from an individual up to a value of \$50.00 and from a group with a value of up to \$150.00.**

Team Apparel

Team apparel is important for school spirit and to recognize team members for their accomplishments and commitment to the school community. The Athletic Department feels these guidelines will help ease the frustration with team orders:

1) All team orders must be approved by the Athletic Director before orders are placed.

2) Team apparel is defined as those purchases not considered part of the equipment list needed to participate on a team.

3) Apparel orders should be available to all members of the team, but are not mandatory for participation.

4) Team orders should be placed before the first contest of the sport.

5) Each team is responsible for taking orders and collecting money before the orders are placed.

6) Apparel should be predominantly school colors, royal blue and white. In the case of an apparel item that is a basic color (gray sweatshirt), the printing should contain royal blue and white. Black is also allowed but with royal blue and white accents.

7) The DS logo is available in the athletic office. Teams may also use sport specific prints with stock formats. All other language and graphics must be appropriate and approved by the Athletic Director.

8) All apparel items costing over \$25.00 must be available to be ordered in subsequent years for future team members. Ideally, these items should be available for the team for at least four years. As stated above, all team items/orders must be approved by the Athletic Director.

Spectator Rules and Regulations

Sportsmanship & Spectator Behavior

Dover-Sherborn High School expects all parties at a contest to display the highest possible level of sportsmanship. Players, coaches, and spectators are to treat teammates, opponents, game officials, and visiting spectators with respect.

Dover-Sherborn High School and the Tri-Valley League (TVL) are committed to the highest ideals of sportsmanship, as well as to establishing a healthy environment for competition. We will not tolerate negative statements or actions towards competitors, coaches, game officials, or fans in attendance at our events. This includes taunting, trash talking, baiting, berating players, coaches, or officials, or actions which ridicule or embarrass. The TVL has a ZERO TOLERANCE POLICY. Offenders will be ejected, and school disciplinary codes are also in effect.

The Principals and Athletic Directors of the Tri-Valley League stand committed to hosting events which support the highest ideals of sportsmanship.

The MIAA reserves the right to “warn, censure, place on probation or suspend for up to one calendar year any player, team, coach, game or school official or school determined to be acting in a manner contrary to the standards of good sportsmanship.” Dover-Sherborn High School also reserves the right to impose the same penalties on spectators displaying poor sportsmanship at any of our contests, home or away.

Athletics is a Privilege, Not a Right

- Athletes are expected to be positive role models and ambassadors for Dover-Sherborn Regional High School. This would include not only at or during athletic contests, but also throughout the school day and in transit.
- All team members should treat other athletes, coaches, opponents and officials with respect. This means listening to and following directions, being receptive to instruction and playing within the spirit and rules of the contest. In addition, hazing and bullying are unaccepted behaviors.
- Class attendance, participating in classroom activities and exercises, completing assignments and making progress in the various academic courses are part of the responsibilities that must be maintained by all athletes.
- All athletes will refrain from smoking and using drugs and alcohol. The MIAA Chemical Health rule will be strictly adhered to. In order to maintain a spot on a team, an athlete will meet all citizenship standards that are detailed and expected of all students.
- In order to meet the expectation of serving as a role model and ambassador, this responsibility also extends to social internet sites, chat rooms and online bulletin boards. It is unacceptable for any athlete to post or communicate anything that disrupts the educational or athletic environment.

Dover-Sherborn Athletic Department

Fundraiser Request/Approval Form

(This form must be submitted to Mr. Parcels, Athletic Director, 14 days prior to the event)

Date of Request: _____

Name of Athletic Team Requesting Fundraiser Approval: _____

Fundraiser Start Date: _____ Fundraiser End Date: _____

Person who has responsibility for fundraising event: _____

What is the Fundraiser Event and why are you raising funds: _____

Location of fundraising event: _____

This fundraiser will include (please check all that apply):

- Sales of items by students within the school
- Sales of items by students outside of school
- Events targeting students or parents participation
- Events targeting parent participation only
- Soliciting students
- Soliciting companies and organizations

If this fundraising event is being conducted by a private sport-specific booster group, what is the full name of such group and who is in charge of the group:

Any event that will involve alcohol consumption or any type of gambling, cannot involve any student that is enrolled within Dover-Sherborn Regional Schools. "Canning", SnapRaise and GoFundMe type fundraisers are not allowed.

Signature: _____ Date: _____

Decision: _____ Date: _____ Signature: _____