



MIHS Girls Swim and Dive Team Captain Guidelines & Selection Process

“The leadership role you play for your team often has more impact on your team’s success than what you bring to the team as an athlete.” – Jeff Jansen

For our program, we strive for best effort in all things. Our team prides itself on good sportsmanship and a high level of respect. Captains should respect their teammates, coaches, other teams, and themselves. Respect, effort, and empathy are pillars within our program.

In addition to the above statement, a team captain should exemplify the following qualities both as part of the team and within the community.

A Girls Swim and Dive Team Captain should be striving to the following characteristics:

Academics

- Respects and is kind towards classmates, faculty and school personnel
- Maintains good standing in school — grades, attendance, behavior
- Effective in balancing time & responsibilities between schoolwork and SWIVE

Social

- Adheres to all aspects of the athletic code — avoids illegal substances — holds teammates accountable in this area
- Stands up for what is right while at school and in the pool — contributes positively to the MIHS culture
- Promotes inclusivity and builds connections amongst **all** members of the program regardless of whether they swim, dive, are a state level participant or are completely new to the sport
- Actively prevents and speaks out against any forms of hazing, intimidation, bullying and body shaming

Communication

- Proactive in resolving conflict within the team
- Continually uses neutral or positive language to communicate with and motivate our team

- Uses school appropriate language — avoids profanity
- Focuses on communication with OUR team rather than opponents
- Serves as a liaison between coaches and swimmers/divers
- Manages athlete communication systems within the program — Facebook, Group Chats

Work Ethic

- Leadership example by pushing themselves and teammates to achieve their best
- Maximizes every practice and meet mentally and physically
- Goes above and beyond expectations to make team and self better

Accountability

- Takes on the responsibility of leading the program at the various voluntary events taking place throughout the calendar year (summer meetings, leadership training, summer prep for the season)
- Motivates teammates by being present and part of team growth in the summer, if applicable
- Prioritizes High School Swimming and Diving equally to other athletic commitments
- On-time for practices and meets and ready to work. Five practices/meets (once-a-day) each week throughout the season.
- Takes ownership of mistakes and works to make things right

Captains must commit fully to this role and the team. It's difficult to manage multiple commitments such as this around school and other outside activities; make sure this role is a priority. Expectations include participating in all meets throughout the season, anticipated full practice attendance, and

Summer Commitment: Captains will need to be willing and available for captains training during the summer. Training will take place over multiple weeks virtually or in-person.

Process for application: Apply via personal statement by Friday, April 1st. Personal statement should indicate that you would like to be a captain for the upcoming season, and why you think you would make a good captain. Statements will be reviewed by coaches only.

Selection Process: Coaches will seek full team input via voting. Team input will be heavily considered in addition to the personal statements and previous coaching interactions with the athletes during their time on the team. The coaching staff will deliberate and have final say in determining captains for 2022-23 Season.

Please contact Chauntelle if you have any questions.

Remember: this team can be full of amazing leaders who are not named captain. Just because you may or may not be a captain, your role on the team in leadership in the areas above are still vital to the team's success.

Timeline:

- Mandatory Virtual meeting for all interested candidates for 2022-2023 captain: Sunday, March 20th at 7pm.
- Applications for captains due to Chauntelle via email: Friday, April 1st

- Team voting for selected candidates April 4th & 5th
- Captains announced via email to those who applied and then to the team website publicly no later than April 17th