

Overlake Captain's Application

"Leadership is action, not position." – Donald H. McGannon

An integral part of the Overlake Athletic Department's mission is to **TEACH RESPONSIBILITY** to student athletes. Too often in sports, captains are named without learning the specific skills that can help lead others. Also too often, the title of captain is simply given to, or expected from, the seniors, the players with the most experience, the fastest runner, the best shooter, the players who are perceived to be the most talented, etc. This can sometimes create an environment of entitlement and animosity among teammates which hampers team success.

Therefore, the Overlake Athletic Department is taking the lead and giving our student athletes who wish to become captains the necessary tools to lead their teams in a positive direction by bringing out the best in others.

Our goal remains to teach lifelong lessons to student athletes. Learning about how to lead others will help all of them long after their playing days at Overlake are over.

If what you just read speaks to you and inspires you to want to become a captain of your team next season, we invite you to apply to be an Overlake captain.

Application requirements:

1. This application must be completed and received by your coach and/or the Athletic Director by the following dates for each season (fall = August 12th; winter = November 4th; spring = February 13th)
2. Be in good academic and behavioral standing with the school during the 2019-2020 school year (i.e. no academic or behavioral warnings on your record).
3. Your application must be signed by you and your parent(s)

Responsibilities – once named captain, your work really begins. Below is a list of responsibilities that will be expected of you:

1. You need to maintain good standing with respect to all policies for student athletes (Overlake Student Handbook, WIAA/Overlake training rules, etc.)
2. You need to be a role model for your teammates, coaches, and school. Remember, you represent Overlake and its community.
3. You need to live by the integrity of your completed application and, to the extent that your coach agrees with you, aspects of your plan for the season.

If you have any questions about the application process, contact Athletic Director John Wiley.

jwiley@overlake.org 425-868-1000 ext. 624

STEP 1 – REQUIRED

Choose one of the following authors to read:

1. Bruce Brown – Read the following 3 booklets:
 - “Captains – 7 ways to lead your team”
 - “Life lessons for athletes”
 - “First steps to creating a successful team”
2. Abby Wambach – “WOLFPACK – Together unleash the power of change”
3. Jon Gordon – “The Hard Hat, a true story”

In order to facilitate this process, the Athletic Department has the Bruce Brown series available on a first come, first served basis.

If you choose to read Abby Wombach, you can purchase her book here:

https://www.amazon.com/WOLFPACK-Together-Unleash-Power-Change/dp/1250217709/ref=as_li_ss_tl?encoding=UTF8&qid=1547237850&sr=8-1&linkCode=sl1&tag=momastery-20&linkId=3bb99fdec8c2b416c02ec4ae27e88b5c&language=en_US

If you choose to read Jon Gordon, you can purchase his book here:

https://www.amazon.com/Hard-Hat-Ways-Great-Teammate/dp/111912011X/ref=sr_1_fkmr0_1?keywords=john+gordon+the+hard+hat&qid=1557255922&s=gateway&sr=8-1-fkmr0

Another Great (optional) Resource

National Federation of State High School Association (NFHS) Captain’s Course:

<https://nfhslearn.com/courses/61028/captains-course>

Step 2 – REQUIRED:

Answer all of the following questions as thoroughly as possible in your own words. For each of your responses, please include a reference to, or example from, the material you read and/or studied. Attach your typed responses to this application.

- Why is a captain’s leadership important in a team setting?
- What is the captain’s role and how do they contribute to the team culture?
- What responsibilities does a captain have that could potentially put them at odds with their teammates?
- What responsibility does the captain have in building leadership of future leaders?
- What is the difference between holding people accountable to team culture versus using the authority of being a captain to force teammates to do things that you want? (For example, what’s the difference between being demanding and bullying? Between team bonding activities and hazing, etc.?)
- Please provide two examples of times when you have seen excellent captain leadership on your team.
- Please provide two examples of missed opportunities when captains could have used their influence in a positive way.

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- What is your plan as a captain to advance the culture of your team next season? Please describe in detail the specific steps you will take to make your team experience better for all.

Student Name: _____ Signature: _____

Parent signature: _____ Sport: _____ Date: _____