



# Overlake Captain's Application 2022-23

*Leadership is not about being the best. Leadership is about making everyone else better.*

The Overlake Athletic Department gives 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 themselves and others.

***Our goal is to teach lifelong lessons to student-athletes. Learning about how to lead others will help you long after your playing days at Overlake are over.***

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

If you are a **returning captain**, please choose a different book this season in Step 1 and revise your original application in Step 2, Question #8 (you may skip 1-7).

## **Application requirements:**

1. This application must be completed, emailed, and received by your Coach and the Athletic Director.
2. To be in good academic and behavioral standing with the school prior to and during the school year (i.e., no academic or behavioral warnings on your record).
3. Your application must be signed by you and your parent(s)/guardian.

**STEP 1** – Choose one of the following books to read, they are all available on Amazon.

1. Bruce Brown – *“Captains – 7 Ways to Lead your Team”*
2. Abby Wambach – *“WOLFPACK – Together Unleash the Power of Change”*
3. Jon Gordon – *“The Hard Hat, 21 Ways to Be a Great Teammate”*

**Step 2** – Answer 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. Attach your typed responses to this application.

1. Why is a captain’s leadership important in a team setting?
2. What is the captain’s role and how does a captain contribute to team culture?
3. What responsibilities do captains have that could potentially put them at odds with their teammates?
4. What responsibility does the captain have in building leadership of future leaders?
5. 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?
  1. For example, what’s the difference between being demanding and bullying?
  2. What is the difference between team bonding activities and hazing, etc.?
6. Please provide two examples of times when you have seen excellent captain leadership on your team.
7. Please provide two examples of missed opportunities when captains could have used their influence in a positive way.
8. 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: \_\_\_\_\_

**Once submitted, your coach will follow up directly with you concerning your application and let you know of the decision.**

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

1. Be a role model for your teammates, coaches, and school. Maintaining academic, behavioral, and WIAA standards are expected of you. Remember, you represent Overlake and our community.
2. You need to live by the integrity of your completed application and, to the extent that your coach agrees with you, your aspects of your plan for the season.
3. Attend all Captains' Council meetings offered the first three weeks of the season by the Athletic Department.

*If you have any questions about the application process, contact Athletic Director John Wiley, [jwiley@overlake.org](mailto:jwiley@overlake.org)*