

2009/2010 Girls Soccer Captain's Responsibilities

1. All Captains are expected to know and understand all rules involving Poway Girls Soccer and including the Poway High School Athletic Department Handbook.
2. All Captains will assist and/or participate in all Poway Girls Soccer sponsored activities, including meetings, team activities and fundraisers.
3. All Captains will present themselves at all times with a positive image of Poway High School and Poway Girls Soccer. This image should be a neat and clean, looking to perform the task at hand to the best of your ability.
4. All Captains will ride the team bus and lead your teammates by example.
5. All Captains must commit to attending and completing every practice session with their teammates. "Be there early, stay there late!"
6. One of the most difficult tasks of any Captain is communicating with the coaching staff. You are responsible to inform the coaches of any problems within the team structure. This will require each Captain to know and understand all Rules of Discipline as stated in the Poway High School Athletic Department Handbook. The Captain will work with the Coaching Staff to resolve any problems. No problem is too small.
7. All Captains will lead their team in daily warm up and cool down routine.
8. All Captains should understand that maintaining Team Discipline is their hardest task. Together with the Coaching Staff we will establish a well-disciplined competitive Girls Soccer Team.