

PINE-RICHLAND CROSS-COUNTRY TEAM
GUIDELINES FOR SELECTION OF TEAM CAPTAIN(THESE GUIDELINES APPLY
SEPARATELY TO GIRLS TEAM AND TO BOYS TEAM)

A) Selection: Team captain(s) for each season will be recommended to the Coach by majority vote of those team members determined by the Coach to be eligible to vote. Unless the Coach otherwise determines, those team members who have either (a) earned at least one Pine -Richland cross-country varsity letter and/or (b) received Pine -Richland certificates of participation for cross-country in two or more years, will be eligible to vote. The vote will be supervised by the Coach and will take place on the date, at the time and place and in the manner designated by the Coach. The selection will be made by the Coach. The Coach intends to accept the team members' recommendation if he believes the selection is based on proper application of the Criteria for Selection (see C below).

B) Number of Captains: The Team will have one or more captains, as specified by the Coach.

C) Criteria for Selection: The following factors should be considered in choosing the team captain:

- Sportsmanship
- Leadership
- Dedication
- Work Ethic
- Initiative
- Character
- Compliance with team rules
- Consistent and complete compliance with the Coach's instructions and requests
- Years of participation in cross -country and/or track (as a runner)
- Athletic achievement in cross -country and/or track (as a runner)

Note that running performance is only one of the criteria. The Team Captain(s) is/are not necessarily the best runner(s). However, the Team Captain (or at least one of the Team Captains, if there are two Team Captains) should be capable of competing for Pine -Richland at the varsity level in invitationals and at WPIAL championships (top 7).

D) Responsibilities of Team Captain:

- The Team Captain(s) will lead the team in warm -up, cool down, stretching, practices and meets, all as directed by the Coach.
- The Team Captain(s) will advise the Coach of all informal practices, such as any Sunday practices and off-season practices, scheduled by the Team Captain(s) or otherwise held by the Team. The Team Captain(s) will be responsible for organizing and coordinating, and constructing a calendar for and taking attendance at, informal off-season practices. Team Captain(s) will be responsible for reporting the progress of all of these practices. All off -season practices are voluntary. However, the schedule must be approved by the Coach.
- The Team Captain(s) will attend and be on time to **ALL** team functions (practices, meets, meetings, bus departures). An injury is not an excuse for missing or being late to any team functions.

E) Discipline: The Team Captain(s) will be familiar with all Team rules and address any Rules violation by any team member directly with that team member and will report to the Coach the violation and the team member's response to the Team Captain(s).

F) **Removal and Replacement :** The Coach, in his discretion, may remove and replace the Team Captain(s). The Coach intends to replace the Team Captain(s) for failure to meet any Criteria for Selection and/or for any violation of Team rules. ***Team Captains are held to the highest standard of conduct. Complete compliance in all respects with Team rules, and consistent meeting of the Criteria for Selection, is required of our Team Captains. Even minor violations or failures by a Team Captain may result in removal and replacement of that Team Captain.***