

# HHS XC Captains

## Coach's expectations

- Committed to attending Jr. Hoya Camp
- Committed to attending summer runs and activities
- Committed to attending all meets, team activities and out of town trips.
- Demonstrates leadership through positive interactions with the stakeholders on the team

## Team expectations

- Plans ahead for events
- Gives their all and does not just go through the motions
- Does not take it as a title or job. Actively involved in doing things
- Not cliquey—open to the whole team
- Bonds with team and gets them to bond with each other
- Sets up little/big brothers and sisters
- Makes it fun hanging out and working hard
- Leader on and off the track. Gives out phone number...friendly in the halls
- Positive attitude...does not complain
- Works with the team and not just telling people what to do
- Is present and a part of the team
- Not the fastest....be a leader

Based on those expectations from the coaches and team leadership, I nominate

\_\_\_\_\_ to be captain of the HHS XC team. (You may nominate yourself)

I am interested in helping with.....

\_\_\_\_\_ Graphic designer—design team shirts

\_\_\_\_\_ Social media organizer—manage social media accounts

Your Name \_\_\_\_\_

Please submit to Coach Scott (email [hoyarelay@hotmail.com](mailto:hoyarelay@hotmail.com) or you can drop by Rm 413) by Friday, May 10th, 2024