

Nordic Captains Role

As an individual

- Model responsible behavior
 - Demonstrate leadership skills with good communication and positive actions
 - Model positive behavior towards training
 - Complete the work-outs to the best of your ability
 - Always inform coaches if unable to attend practice
 - Maintain a positive and encouraging attitude

As a Captain:

- You are expected to build team unity within your immediate team group (ie MHS boys, MHS girls, SHS boys, SHS girls) and Pittsford Nordic as a whole, as you:
 - o Contribute to a positive team attitude as Pittsford Nordic
 - o Encourage a cohesive team training to achieve the best possible team results
 - o Ensure team inclusion so no one feels left out or neglected
- Attend practice regularly
- Be a leader by your behavior
- As far as possible – be FIRST in and LAST out

Provide support to the Coaches:

- Help organize the team when needed
 - Team Fundraiser
 - Race Days
 - Fence Party Days
- Ensure all members sign the honor daily attendance honestly
- Ensure the ski room is kept clean and tidy at all times including after waxing
- Communicate regularly and openly with the coaches - Both the positive and the negative
 - Meet regularly (as determined by captains & coaches) to share team information

Above all – live up to your commitment as a Captain

Coach Dykes and Coach Lilly