

High School Sailing TEAM CAPTAIN Information

A Team Captain serves an essential leadership role for the individual teams that participate in the CYC High School Sailing Program. In addition to leading their specific team, the Team Captain will also work alongside the program's Committee Chairs to ensure the high school sailing program runs as effectively as possible and continuously improves.

To be a Team Captain, a sailor should:

1. Be on the team for at least one year
2. Meet the grade-level requirement established by each team, typically 11th or 12th grade
3. Lead by example

To lead by example, Team Captains:

1. Participate regularly in practices, regattas, and committee/program events
2. Arrive early to events
3. Motivate other sailors
4. Act respectfully toward coaches, parents, volunteers, teammates, opponents, and judges
5. Communicate with judges, hosts, volunteers, and other teams politely and professionally at regattas or events
6. Actively listen to sailors and provide constructive feedback
7. Are supportive of coaches and Committee Chairs
8. Strive to keep their team unified
9. Are coachable and open to improve
10. Understand that there are boundaries and expectations to being a captain
11. Maintain good sportsmanship and exemplify the sport of sailing's Corinthian Spirit

Responsibilities for Team Captains include, but are not limited to:

1. Ensure all of their team members are kept informed of both team and program events
2. Serve as a liaison between the team and the program's Committee Chairs
3. Encourage all sailors to arrive on time to events and know who can/cannot participate
4. Organize individual team bonding events
5. Lead outreach efforts and ensure team news is shared via social, email, etc.
6. Work with the team parent or volunteers for team-related needs
7. Handle issues with the team, coaches, or individual sailors, in a private, respectful manner

Qualities that make an effective Team Captain:

Committed, composed, humble/modest, reliable/responsible, respectable, trustworthy/honest, motivated/give full effort, cooperative, understanding, uplifting, approachable, focused/disciplined, positive attitude, knowledgeable of sailing and racing rules, and each regatta's NOR and SIs.

Being the captain does not necessarily mean you are the best sailor or athlete, but it does mean you are willing to demonstrate these qualities to the best of your ability and strive to improve.

Nomination and Voting:

- All sailors who meet the requirements above may self-nominate or be nominated as a team captain.
- Sailors must attend and/or sail for the individual team for which they are nominated.
- Sailors may serve as both a Team Captain and as a Committee Captain.
- Each team will guide and complete its election process, including deadlines and information around nomination, application, and selection. For the 2024-2025 sailing season, Team Captains will be announced at the End-Of-Year Dinner on May 15, 2024.