

**PLAINFIELD NORTH
BOYS CROSS COUNTRY**

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CAPTAINS EXPECTATIONS**

This year the Plainfield North XC Program will have 3 captains. Two Captains will be voted on by their teammates will the remaining captain assigned by Coach Thoms. When voting for a captain, athletes should put a strong emphasis on leadership, character, and off-season training.

RESPONSIBILITIES

- 1. Captains are to be the best leaders on the team. Our off-season training program will determine the success or lack of success of the team. Future captains are expected to run in a summer program and train in the winter and running in our track program in the spring.**
- 2. Captain must be the most committed on the team. Future captains must commit themselves to running a minimum of 400 miles in the summer.**
- 3. Captains must set a good example in character. Captains are expected to follow all training rules, earn strong grades and treat others with respect**
- 4. Captains must foster a strong team environment. Captains are expected to not only train in the off-season with their teammates, but are expected to encourage other students with good character to join the team. Our captains are expected to mentor our new runners and take them under their wing.**
- 5. Captains must know the current expectation of the Plainfield North XC program and make efforts to raise this standard**
- 6. Captains will represent the team at official functions, fund-raising events, awards nights, ect.**
- 7. Captains will assemble and organize the team and conduct the warm-up and cool-down routines.**

