

WHAT IS LEADERSHIP

- Leadership is action.
- Leaders focus on things that need to be done and do them.
- Leaders do not shy away from challenges or responsibility.
- Leaders go the extra mile for their team, doing more than expected.
- Leaders take chances and take action

UNDERSTANDING YOUR ROLE AS CAPTAIN

Leadership is not a position that someone gives you; it is ultimately a privilege that you must earn and maintain and can be revoked by coach at any time if seen fit

COACHES EXPECTATIONS

- Lead drills
- Set mental and emotional tone of the team
- Keep coaches informed about team issues
- Provide input on team decisions
- Plan team activities
- ALWAYS have a positive attitude at practice and towards your fellow cheerleaders and coaches.
- Be loyal to the coaches and support their decisions

TEAMMATES EXPECTATIONS

- Be spokesperson for the team
- Be fair
- Be a good listener

UNDERSTANDING WHAT PREVENTS YOU FROM BECOMING A GOOD LEADER

- Not being prepared (Coming to practice late, no call no shows, missing workout gear/uniform,etc)
- Moodiness/attitude (Talking back to coach, eye rolling, bad mood during practice. We understand everyone has bad days, but each member of the squad should try and come to practice to work hard and put their best foot foward.)
- Lack of motivation (not calling cheers loud/right, forgetting cheers, not smiling during games/practice when told, forgetting dances, etc)
- Criticism (Being rude to other squad members, or anyone in the school, you are representing the cheer squad and need to be nice and presentable at all times especially if in uniform.)

- Stubbornness (Not willing to follow coaches directions/requests, not willing to have an open mind and know there is always something to work on.)
- Bringing constant drama to squad
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JOBS

PUTTING THE TEAM FIRST

- Be first to arrive at practice and last to leave
- Learn all cheers/chants/dances and be able to teach them to members who are having problems
- Know all dances and be able to teach them to members who need the extra help.

LEADER BY EXAMPLE

- Be first to lead by example and last to violate team standards
- Display the behavior that you want from your teammates
- Understand the team goals and be the first to display the needed behavior to make them successful
- Be an example of attitude
- Be an example of poise
- Be an example of a teachable spirit
- Be an example of work ethics of the team
- Be an example of accountability
- Be an example of initiative
- Be respectful of teammates, coaches, and officials

ENCOURAGER

- Be the first to encourage and the last to be discouraged
- Be a confident-builder
- Develop a team motto to start and finish practice
- Develop a relationship with each team player. Get to know them and their personalities
- Assess each player for a better understanding on how to motivate him or her. (Teammate mental assessment form enclosed)
- Remind them of their strengths
- Give them permission to make mistakes. Explain that they are learning.
- Encourage by being motivated yourself – Walk into practice excited and ready to go

- Learn to take the negative and turn it into a positive.
- Help teammates accept their role
- Emphasize that every role is important
- Welcome new people to the team

ENFORCER

- Be first to confront violations of team standards and be last to ignore problems
- More encouraging leads to less enforcing
- See how to handle conflict

MANAGER

- Let them know what to expect
- Set standards not rules

What it Means to be a Cheerleading Captain

The Responsibilities and Duties of a Cheerleading Captain and Co-Captain

It's important that these positions not be filled by a person's popularity, but rather by their ability to fulfill the responsibilities and duties of being a Cheerleading captain or CO-captain. Although the duties of captain can vary from squad to squad there are some traits and skills that are normally looked at when selecting a Cheerleading captain. So, what are the responsibilities and duties of being a Cheerleading captain? Let's see.

Skills and Traits of a Good Cheerleading Captain and CO-Captain

- Good Communication Skills - You should be able to not only speak clearly, but also be a very good listener.
- Responsibility - You should be dependable, punctual, be a good role model. Your behavior is a reflection on not

- only yourself but the whole squad. You should always set a good example in what you say and how you act.
- Fair and Impartial - You should be able to separate your friendships from your responsibilities. Your decisions should not be based on favoritism and you should always do what's best for the whole squad and not any one individual.
 - Helpful and Friendly - You should always be willing to do a bit extra for others, the coach included, or to get tasks accomplished.
 - Be Approachable - The squad should feel like they can discuss situations and problems with you.
 - Be Able to Delegate Without Being Bossy - Remember it's not always what you say that's important but the way you say it. Be tactful and respectful of others feelings.

Responsibility and Duties of Cheerleading Captains and CO-Captains

- Start Practices - See that all materials and supplies are ready to go.
- Call Cheers - You might be asked to plan what cheers are used and call them at games and events. Be creative and come up with new cheers, and encourage the rest of the squad to do the same.
- Organize Sign Making - This duty is sometimes assigned to the squad captain.
- Help Organize Fundraising Events - Work closely with the Coach/Advisor on setting up any fundraising events
- Discuss Your Role and Duties with Your Coach - It should be made clear from the very beginning what exactly you'll be responsible for and what is expected of you.
- Be Able to Communicate with the Coach - You may sometimes be asked to act as a go between from the squad to the coach. You should realize this and not hesitate to do what is right for the whole squad.