**Captain Selection Process**

1. The candidate must fill out designated captain application form.
2. Candidates must submit this application (typed) with a resume and at least 2 reference letters.
3. The candidate will be interviewed by the coaching staff the first week of season either before or after practice.
4. The head coach may contact teachers, administration, guidance, and attendance office to confirm application information.
5. Captains will be chosen by coaching staff after the 1st week of practice and announced March 20th.
6. The first week of practice is part of the application/interview process. We are looking for players who are executing the standards and attitude that are required to be captain.

**Mona Shores Lacrosse Team Captain Application**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade: \_\_\_\_\_\_ Age: \_\_\_\_\_\_\_\_

Phone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please answer all questions honestly and thoughtfully.

1. Have you ever…

a. Failed a class Yes or No

b. Had a detention Yes or No

c. Been sent to In-School Suspension Yes or No

d. Had an Athletic Code Violation Yes or No

e. Been a captain in another sport Yes or No

*Use the following space for any explanations for question 1:*

2. If asked, what would teachers or administration say about your character and attitude?

3. What other programs are you involved in at school? (Sports teams, clubs, organizations) Do you hold any titles in those organizations? What is your responsibility?

4. Do you participate in any out of school programs? (Sports clubs, volunteer work, church groups etc)

5. As a leader, what are your two greatest strengths?

6. As a leader, what two areas do you need to improve?

7. How would you address another captain who is not fulfilling their duties?

8. How would you address fellow team mates who are struggling academically?

9. As a Captain you will be asked to lead, how will you get others to follow?

10. As a Captain, how will you deal with adversity (a bad call, a disrespectful opponent, a loss)?

11. As a Captain, how will you deal with success (a great play, big win, etc.)?

12. Why do you want to be captain for this team and these players?