

## St. Paul Central MTB Captains

### Responsibilities

1. A captain will attend on average two practices per week over the course of the season with an emphasis on attending practices at the start of the season to support team engagement.
2. At least one captain will be in attendance for all races where the team has a rider participating. Captains will coordinate attendance.
3. Captains will encourage riders of all levels at practices and races with positive and constructive guidance.
4. Captains are responsible for coordinating spirit wear orders for riders and families.
5. Captains will serve as liaisons for the head coach and the Parent Board for the broader team and will provide counsel, insights, and feedback as needed.
6. Captains should develop, in collaboration with the head coach, a mentor coaching plan for the season, including but not limited to having more experienced riders on the team mentor newer riders, having experienced riders join groups of less experienced riders at practice, etc.
7. Captains should consider managing a team social media profile (e.g. Instagram).
8. Captains should consider creating regular team communications, as needed.
9. Captains should consider hosting captain rides for the team.
10. Captains should consider coordinating team events, such as pre-race spaghetti dinners.
11. Captains should consider additional special projects as needed to support the broader team (e.g. the launch of team spirit wear and initiation of lettering facilitated by Steffen in 2023).

### Eligibility Criteria

1. Be a student at Central High School
2. Have at least one year on the team prior to serving as a captain
3. Have proven leadership skills and demonstrated engagement with the team
4. May serve as captain multiple years

### Captain Selection

1. Head Coach and Parent Board of Directors select captains.
2. Head Coach has final approval of captain selections.
3. Student riders may self-nominate for consideration.
4. Coaches and other riders may nominate a student rider to serve as captain. Nominated riders must agree to serve as captain.
5. Final selection occurs prior to the start of the season.
6. Head coach communicates selection to captains along with roles and responsibilities.
7. There will be at least one but no more than four captains per season.