

Rangerball Captain Contract

You are now a part of some very select company. Your peers have voted you to a prestigious and vital position within the Rangerball program. Your actions and words in all situations now represent your coaches, your teammates, your family, your school and your community. With this honor comes very high expectations that should not be taken lightly.

1. Rangerball captains make every effort to be one of the first players to every practice and team meeting.
2. Rangerball captains sit in the front row of all team meetings.
3. Rangerball captains never forget to bring their notebooks to team meetings.
4. Rangerball captains do not violate the athletic code.
5. Rangerball captains make every effort to be the first one to the bench for timeouts and quarter breaks.
6. Rangerball captains talk **positively** throughout every practice all season.
7. Rangerball captains **privately** challenge players to give more if they feel that a certain player needs to be challenged to give his best effort.
8. Rangerball captains treat everyone on the team with equal respect - starters, subs, team managers, etc.
9. Rangerball captains never talk negatively about their coaches or teammates in any situation -- to parents, to other teammates, or to classmates.
10. Rangerball captains privately communicate any team concerns with Coach George, Coach Riebel, Coach Lowe or Coach Grady before or after practice or during school.
11. Rangerball captains hold serious, motivating, organized and consistent Captains Meetings at halftime of JV games and girls games to get the team prepared to win.
12. Rangerball captains lead brief, focused team meetings before and after each practice.
13. Rangerball captains organize the team into a stationary stretching circle with 5 minutes remaining before the start of the practice.
14. Rangerball captains lead “active stretching” with a purpose and make sure everyone is following their lead with being on time and active in the weight room with Janae.

15. Rangerball captains make sure extra shots are not taken and distracting actions are eliminated prior to the captains meeting to start practice and at the end of practice.
16. Rangerball captains make every effort to be one of the last to leave the gym after practices.
17. Rangerball captains make every effort to put in extra time shooting before or after practice so their teammates can see their dedication to improving.
18. Rangerball captains make every effort to hold a quick huddle before free throws for either team.
19. Rangerball captains “echo” directions and plans after every timeout and quarter break in a “re-huddle.”
20. Rangerball captains make sure their non-verbals (facial expressions, body language) during games and practices give off a positive impression in all situations.
21. Rangerball captains make sure the team does not fragment into cliques by communicating with, partnering with, and supporting all members of the team on and off the court.
22. Rangerball captains do not use profanity in practice or games.

I, _____, understand the importance of my role as a Rangerball captain and will make every effort to represent my coaches, team, school and community with class and dignity. By signing below, I agree to the 22 stipulations listed above and understand that my failure to adhere to these guidelines could lead to suspending or rescinding my captainship at any time.

_____	_____
Captain	Date
_____	_____
Coach George	Date
_____	_____
Coach Riebel	Date
_____	_____
Coach Lowe	Date
_____	_____
Coach Grady	Date