WESLEYAN MEN'S CROSS COUNTRY TEAM
2009 CAPTAINS

SENIOR CAPTAINS	**PRESTON PARRISH** **TAYLOR BROYLES** **TAYLOR GRICE**

AGAIN THIS YEAR WE WILL BE DOING A ROTATION OF CAPTAINS FOR OUR JUNIOR CAPTAINS AND THEN WILL VOTE FOR FINAL CAPTAINS. THIS WILL ALLOW EACH RUNNER TO EXHIBIT HIS POTENTIAL LEADERSHIP IN THE ACTUAL POSITION.
THE FINAL CAPTAINS WILL SERVE FOR THE REMAINING PORTION OF THE SEASON.

WEEK	JUNIOR CAPTAIN
JULY 28TH	AUSTIN BUSCH AARON PATRICK
AUGUST 4TH	SAM BREHMER BOBBY STRUBLE
AUGUST 11TH	TURNER ABLES GRAYSON TURNBULL
AUGUST 18TH	JACK EIDSON MITCH TUCKER
FINAL CAPTAINS VOTING – MONDAY, AUGUST 25TH.	

OVER FOR CAPTAIN JOB DESCRIPTION

CAPTAINS' JOB DESCRIPTION:

1. PREPARE ACCELERADE EVERY DAY THROUGH SEPTEMBER. DURING OCTOBER/NOVEMBER PRACTICES, ONLY PREPARE IT ON MONDAYS, TUESDAYS, THURSDAYS, AND SATURDAY (IF PRACTICE).
2. ARRIVE 30 MINUTES EARLY FOR ALL AWAY MEETS TO PREPARE SUPPLIES. MAKE SURE THE FOLLOWING IS READY AND LOADED ON BUS 15 MINUTES BEFORE DEPARTURE TIME:
    A. 1 COOLER WITH LOTS OF ICE AND ADD WATER
    B. 1 COOLER WITH ACCELERADE
    C. MEDICAL KIT
    D. TENT
    E. TARP
    F. CUPS
    G. TRASH BAG
    H. TEAM BAG
3. ARRIVE 30 MINUTES EARLY FOR ALL HOME MEETS TO PREPARE FOR MEETS AND GREET TEAMS.
4. LEAD WARM-UPS AND COOL-DOWNS FOR ALL MEETS. KEEP A WATCH ON THE TIME TO MAKE SURE YOU GIVE 15 MINUTE, 10 MINUTE, AND 5 MINUTE WARNINGS TO TEAM CAN PREPARE TO LEAVE FOR WARM-UPS AND COOL-DOWNS.
5. MAKE SURE TEAM IS IN PROPER UNIFORM FOR: WARM-UPS, RACE, COOL-DOWNS, AND ALL AWARD CEREMONIES.
6. LEAD TEAM IN CHEERING FOR TEAMMATES IN OTHER RACES.
7. MAKE SURE TEAM IS AT AWARDS CEREMONIES.
8. TAKE ATTENDANCE AT ALL PRACTICES.
9. GIVE OUT RUNNER-OF-THE-WEEK ON WEDNESDAYS.
10. COMMUNICATE TO COACHES ON THE "STATUS OF THE TEAM." WHAT DO YOU SEE HAPPENING?
11. LEAD! SEE WHAT NEEDS TO BE DONE AND DO IT!

OVER FOR CAPTAIN JOB DESCRIPTION