

Varsity Captain's Responsibilities



All Captains:

- Must maintain a 3.0 GPA or higher
- Promote positive attitudes among the team
- Communicate to teammates about upcoming times and events.
- Make sure the squad is productive and on task.
- Make sure that the crowd is engaged during games and there is no dead time.
- Encourage and initiate: a hard work ethic, a good attitude, responsibility, etc.
- Be the liaison between the squad and the coaches and parents.
- Keep the coaches updated on problems, concerns of team members
- Will be responsible for creating choreography and pep rally routines as needed.

Head Captain:

- Commitments to attend all cheer activities. Arrive early to all activities! A captain should be the first one to arrive and the last one to leave.
- Create new cheers/chants for games and performances.
- Call cheers/chants during games and performances.
- Lead practice as based on directions from the coach.
- Responsible for taking attendance at all activities.
- Ensure that the Spirit and Fitness Captains fulfill their responsibilities
- Help Junior Varsity Captains and cheerleaders reach their potential.
- Assist other captains when needed.

Tumbling/Spirit Captain:

- Lead stretching and tumbling warm ups daily with a consistent routine
- Prepare choreographed tumbling for basketball timeouts and football sidelines
- Call cheers and tumbling during games and performances
- Uphold team traditions (locker room prep, senior night posters, big & little sisters).
- Collaborate with Student Council events, such as pep rallies and assemblies.
- Ensure that practice clothes are updated on the team calendar. Assign spirit days as needed.
- Organize and plan fundraisers for the team with the coaches.
- Organize pep rallies and other events to promote school spirit.
- Act as a peer mentor for teammates (support with academic and social problems).
- Ensure that all cheerleaders wear their appropriate outfits/uniforms.
- Act as the squad's historian by taking pictures at practices, games, and events.
- Assist other captains when needed.

Stunting/Fitness Captain:

- Get squad stretched and warmed up for practices, games, and events on time.
- Assist coach with forming stunt groups for various performances
- Responsible for choreographing and teaching a variety of sideline pyramids to engage the crowd
- Create and lead conditioning routines for the team.
- Call cheers and stunts during games and performances.
- Find new and creative stunts for the team to try at games and performances.
- Organize all equipment to be taken to games, performances, events and taken back.
- Assist other captains when needed.