

Captain Nomination

Your name:

Your nominee for captain:

How does your nominee embody our team values?

- Believes you and the people around you are capable of greatness and understands it must be earned daily.
- Demonstrates a positive attitude in body language and talk.
- Is invested in the mission of the Team.
- Is respectful of teammates, teachers and coaches: on time; doesn't play around at meets; does the assigned workout at best effort; passes on positive energy to teammates; conducts drills and warm-ups and post run work (core/stretching) correctly; looks for ways to help younger athletes; holds themselves and teammates accountable to team standards.

"Is our #1 Teammate." (Not the #1 runner but being the best teammate - the teammate that changes someone's day, week, season, life for the better).