



Captains Course

Course Objectives:

- To assist in developing high school team leaders
- To teach leadership skills
- Emphasize the important role of team captain

Unit 1: Introduction to Leadership

- Course Welcome
- Unit Overview
- How You Become a Leader
- The Tri-Model of Effective Leadership

Unit 2: Who am I as a Student-Athlete?

- Why Do We Have High School Sports?
- What Are the Values of a State Association?
- What Are the Values of My Teammates?
- What are My Values and Mission Statement as a Student-Athlete?

Unit 3: What is My Leadership Style?

- Expressive and Instrumental Leadership Styles
- Identify Your Leadership Style
- Set Goals for Leadership

Unit 4: What are My Roles and Responsibilities?

- Roles and Responsibilities
- What Does it Take to be an Effective Leader?

Unit 5: Positive Peer Modeling

- Positive Peer Modeling
- Being a Role Model
- Strategies for Positive Peer Modeling
- What if I Mess Up?

Unit 6: Communication

- Keys to Communication
- Effective vs. Ineffective Communication

Unit 7: Motivation

- Motivational Duties
- Guidelines for Building Motivation
- Motivation problem Solving

Unit 8: Team Building and Team Cohesion

- Task vs. Social Cohesion
- Qualities of a Successful Team
- Guidelines for Developing Team Cohesion
- Creating a Team Building Activity

Unit 9: Handling Tough Situations

- Handling Tough Situations

Unit 10: Leadership in Review

- Review