



Role of the Cadet Captain

The Cadet Captain provides a central point of contact for all players in the Talent Development Squad and is a vital link between the athletes and coaches.

The role of the Cadet Captain is to represent the views of the athletes and contribute to the development of the squad by providing thoughts and comments from an athlete perspective.

Duties of the Club Captain

- Be a person that all athletes can contact and talk to about any comments, questions or feedback they may have.
- Provide a voice for athletes in the squad and raise any issues to the coaches when necessary.
- Be a positive role model for all members of the squad.
- Communicate with fellow team members and provide support and advice where needed.
- Encourage squad members to be fully involved in all squad activities.
- Welcome new members to the squad.
- Always be on time or even early for training or events.
- Offer to help and support others wherever you can e.g. leading group warm-ups, supporting other athletes who may be struggling during sessions.
- Find time to speak to and listen to the views of others in the squad e.g. attend a squad session of younger athletes to let them know who you are and find out what their needs are in the squad.
- Be positive and constructive in your views - in raising ideas and suggestions to the TD Coaches or to others, always try to focus on the positives and the outcomes of the point you are trying to make.

The duties and responsibilities of a Cadet Captain may vary. The points above can be used as guidance although every individual will have different strengths that they can offer to the squad as Captain.

Skills and qualities required

- Enthusiastic with a good knowledge of the squad and athletes.
- Be approachable and friendly.
- Have the ability to seek and represent the views of others.
- Have the confidence to speak up for others.
- Be an excellent communicator and listener.
- Have a great work ethic.
- Model the behaviours expected of squad members.



Term of office

Male and Female Cadet Captain's will be selected annually from 3rd Year Cadets within the squad, and will remain in the role for 1 year.

Selection of Cadet Captains

Talent Development Performance Squad players will vote individually on who they feel would make a good captain, with the TD coaches then making a final decision taking into account both the players views along with observing the behaviours and work ethic of the potential candidates.

What opportunities does a Cadet Captain role offer?

Some of the benefits of taking on the role of Club Captain include:

- Having fun and working with others.
- Learning and developing new skills and ideas.
- Representing the views of young people.
- Developing transferable personal skills, e.g. confidence, teamwork, social skills.
- Helping to improve and develop the squad by helping athlete voices to be heard.
- Learning more about the administration and structure of the squad.
- Adding this position and experience to your curriculum vitae (CV).
- Knowing that you are helping others.