



CASC Club Captain

Criteria for Selection and Expectations

Criteria – nominations are at the Chief Coach's discretion

- **Good attendance**
- **Strong self discipline**
- **Excellent timekeeping**
- **To have set a good example**
- **To have shown respect to all coaches, swimmers and parents**
- **Self motivation**

Expectations

- **To set a good example at all times**
- **Excellent timekeeping**
- **You will be asked to assist younger swimmers with stretching**
- **To help the coaches and club members**
- **To ensure that you always have the correct kit packed by you**
- **To motivate their squad and club in training and at galas**
- **To lead the squad in the correct manner – you are the captain!**
- **To use your initiative at all times**
- **To compete in all galas on the fixture list where possible**
- **To be proud of your club**
- **To show total respect to all coaches, swimmers and members at all times**