

Shepherd Softball Captain Application

2025-2026 Season

Name: _____ Grade: _____

What is your current overall GPA?: _____

The essay should be attached to this application and returned to Coach Goodell no later than **February 13, 2025**

Captains Criteria:

1. Dedication to the team during the season and **off-season**
 - If not in another sport must attend: a majority of preseason(fall/winter) workouts/open gyms, helping with concessions, camps, or other volunteer hours
 - Softball needs to be first. If it is known ahead of time that you will miss practice or games, please don't apply.
2. Work ethic and participation with team practices, events, and fundraisers. Being a leader and wanting to be there with a **great attitude**.
3. Leadership skills are noticed by the team and coaches during the previous season, off season practices, and fundraisers
4. Attitude, body language, rapport with teammates, coaches, and teachers must be positive and show respect at all times

Essay Questions: Make sure you answer every question, type and attach.

1. Why do you want to be a captain? If returning, why should you be one again?
2. How do you plan on motivating and inspiring the team?
3. What are some things you would like to add or change from the previous year?

What A Coach Needs in a Captain

- An individual who loves to play softball and is a role model/someone to follow.
- An individual who loves and believes in their team at all times and maintains a positive attitude
- An individual who strives to constantly improve their own technique and challenge themselves, as well as motivating others to do the same
- An individual who won't gossip, someone who will encourage others to not, and someone who will not allow it to happen in front of them.
- An individual who will not judge others and encourage every player on the team
- An individual who never sits out, someone who takes care of their physical and emotional health, and helps others to do the same.
- An individual who can stay late and/or come early
- An individual who respects and admires all their coaches and peers and other student athletes, and speaks positively about them at all times.
- An individual who takes academics seriously and puts academics first.
- An individual who will put in the time even in the off season to improve their game or program.

I agree to the above expectations and realize that being a captain is often a demanding, difficult and thankless position. I also realize that being a captain is a privilege and that for breaking the team rules, the expectations of my team and/or coaches, or my academic requirements, my position may be temporarily or permanently revoked. By signing, I promise to keep the application process a positive one for all applicants, coaches and teammates. I will not rally or advertise my application to team or schoolmates. By signing below, I am promising that my application is honest and that I will abide by the above expectations for the sake of my coaches, my teammates, and my school.

Signed/ Date: