

HHS XC Captains

Coach's expectations

- Must be a rising Senior and a returning member of the 2024 XC HHS Team.
- Committed to attending Jr. Hoya Camp
- Committed to attending summer runs and activities
- Committed to attending all meets, team activities and out of town trips.
- Demonstrates leadership through positive interactions with the stakeholders on the team

Team expectations

- Plans ahead for events
- Gives their all and does not just go through the motions
- Does not take it as a title or job. Actively involved in doing things
- Not cliquey—open to the whole team
- Bonds with team and gets them to bond with each other
- Sets up little/big brothers and sisters
- Makes it fun hanging out and working hard
- Leader on and off the track. Gives out phone number...friendly in the halls
- Positive attitude...does not complain
- Works with the team and not just telling people what to do
- Is present and a part of the team
- Don't have to be the fastest....Must be a leader

Based on those expectations from the coaches and team leadership, I nominate

_____ to be captain of the HHS XC team. (You may nominate yourself)

I am interested in helping with.....

_____ Graphic designer—design team shirts

_____ Social media organizer—manage social media accounts

Your Name _____

Please submit to Coach Scott (email hoyarelay@hotmail.com or you can drop by Rm 413) by 9pm on Friday, May 9th, 2025