

Captain's Covenant

If you are asked by your team and your coaches to be a captain for this football program, you need to understand that not only are you committed to the Caveman Covenant, but you will be held to a higher standard than the rest of your teammates. The honor of being a Captain is not something to be taken for granted or something to be taken lightly. Captains will have extra requirements and more responsibilities than other players on the team. By being a captain, you will strive to....

- get your teammates excited about the work we have to do. Whether that be work in the weight room, during drills, or on the field on game day, find a way to get your teammates excited!
- learn to give of yourself, even when you get nothing in return.
- be a model for the Caveman community. In school, at church, on the field, or in your community you must be a model for future Cavemen.
- be the hardest worker on the team.
- find the positive in every situation.
- love the challenge. When no one thinks it can be done, you will need to inspire them to think otherwise.

Being a captain comes at a high price. It takes courage, determination, desire, discipline, dedication, loyalty and togetherness.

If you are selected to be a captain, know that a great honor is bestowed upon you. Many captains have come before you and many will come after you. You must represent those who have been captains, and build a foundation for those who will be captains.

Some of the responsibilities of a captain will include:

- upholding the Caveman and Captain's Covenant.
- leading the team in team activities.
- addressing the team at the request of your coaches.
- being a liaison between the coaches and the team.

If you are asked to be a captain you will need to sign the bottom of this sheet and return to your coaches ASAP.

I pledge to uphold the Caveman Football Covenant at all times:

Name (Please Print)_____

Date_____

Signature _____

Grade_____

