



Captain and Co-Captain  
Packet  
2008-2009

**Captain/Co-Captain Information**  
**2008-2009**

Your overall score will be based on the following items:

<b>Notebook</b>	50 points
<b>Interview w/ coaches &amp; administrator</b>	30 points
<b>GPA</b>	20 points
<b>Community Service</b>	10 points
<b>Total Possible Score:</b>	<b>110 points</b>

- Your notebook and questionnaire are due on Tuesday, July 22<sup>nd</sup> when we enter the bus to go to camp. Notebooks will not be accepted before or after that time.
- Final selections for Captain and Co-Captain will be announced on Saturday, July 26<sup>th</sup> after the awards ceremony at camp.
- Candidates do not select if they choose to be a Captain or Co-Captain. That will be determined based on the total score and the coaches.
- Interviews will be conducted during the summer work week. Candidates will be asked questions regarding their vision, personal goals, strengths/weaknesses and other questions pertaining to leadership within the LHS CHEER program. During the interview, remember to be confident in yourself, always portray a positive attitude, and show your true heart!
- All Captains and Co-Captains will need to attend a **MANDATORY** district leadership training the week before school starts. The date and time has yet to be determined by the district. We will relay that information as soon as possible.
- **GPA:** Candidates will be awarded points based on their end-of-year grade point average as follows-

<b>4.0 and higher (90-100)</b>	<b>10 points</b>
<b>3.5-3.99 (85-89)</b>	<b>8 points</b>
<b>3.0-3.49 (80-84)</b>	<b>6 points</b>
<b>2.5-2.99 (75-79)</b>	<b>4 points</b>
<b>2.0-2.49 (70-74)</b>	<b>2 points</b>
- **Community Service** is an important part of the LHS CHEER program. Each semester, each cheer member is responsible for 25 hours of community service. Each Captain/Co-Captain is required to complete at least 15 hours of community service over the course of the summer. There is a “Community Service Log” included with this packet that needs to be filled out and turned in with the notebook. Please keep track of your service and have a supervisor/adult sign off on your hours. Community service is considered any activity where you are helping a group or individual free of charge. You can use any activity that you were involved with after school had ended for the year.

## Captain and Co-Captain Candidate Notebook

*"A leader is someone who sets aside their personal agenda and takes it upon a greater agenda, serving others."*

### Include the following in your notebook:

1. Table of Contents
2. Community Service Log
3. Resume including: name, grade (08-09), current picture, awards, and recognition (academic and cheer), overall grade average, copy of your last report card
4. Essay on how cheerleading has affected your life this year and why it is important to you, discuss positive and negative aspects of high school cheerleading (based on your experience), and three suggestions for improvement on the next team and steps to achieve them. If you have not cheered before, please write about how you think cheerleading will affect your life.
5. Include two letters of recommendation. (No family please!)
6. In one section of your notebook include football lines to use at games. If you are unclear what these are, please see one of the coaches.
7. List some ideas of what we can do for pep rallies next year, i.e. skits, cheers, dances, etc.
8. List 8-10 ideas for Spirit themes based on next years football schedule (ex. Bake Bryan-everyone wear BBQ attire).
9. Choose the one Ethical Principle that you feel is most important to you and to our program. Why is it so important? Give an example of how you apply this principle to your everyday life.
10. Make a list of quotes that you feel motivate/inspire you and explain why they have that affect on you. List at least five.
11. Map out/plan what one class period would look like. Include what you will be doing, time amounts for each activity (stretching, jumps, tumbling, etc.), and a detailed warm-up routine.
12. Include a CD of music that you will use during stretching and the warm-up routine outlined from #11 above.
13. Signed contract-**please slide in the front pocket or sleeve of notebook.**

**\*Notebooks may be any size and decorated however you see fit!**

\*Notebook is due WITHOUT fail July 22<sup>nd</sup> upon entering the bus to San Antonio.

**Captain/Co-Captain Contract**  
**2008-2009**

1. I promise to exemplify the ideal cheerleader at all times in and out of uniform by setting an example for all the cheerleaders to follow and be proud of.
2. I promise to be polite at all times.
3. I promise to fulfill all responsibilities and duties assigned to me as an officer.
4. I promise to never be seen anywhere cursing, using obscenities, smoking, drinking, or under the influence of drugs at any time.
5. I promise to not lie, and to always be loyal to my coaches.
6. I promise to enforce the rules and regulations in the cheerleading constitution equally with my fellow squad members and do my share of the work.
7. I promise to never withhold any information from the coaches.
8. I promise to display mutual respect for my fellow team members whether I agree with them or not.
9. I promise to always support the coaches with decisions whether I agree with them or not.
10. I promise to always work to my fullest to achieve team and personal goals.
11. I promise to think of the team before I think of the individual.
12. I promise to always believe in me, and to make this year as successful as possible.

I am aware that if I am selected as a captain or co-captain, I am expected to uphold this contract. I realize that any violations of the contract could result in removal of my captain position.

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Captain/Co-Captain candidate

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Date



**Coaches/Administrators Interview**

Candidates Name: \_\_\_\_\_

Squad:      **Freshmen**                      **Junior Varsity**                      **Varsity**

<b>Category</b>	<b>Score</b>	<b>Comments</b>
<b>Confidence (5 points)</b>		
<b>Sincerity (5 Points)</b>		
<b>Maturity (5 Points)</b>		
<b>Leadership Skills (5 Points)</b>		
<b>Quality of Responses (10 pts)</b>		

**Total Score:** \_\_\_\_\_

**Captain/Co-Captain Overall Score Sheet**

Candidates Name: \_\_\_\_\_

Squad: \_\_\_\_\_

<b>Category</b>	<b>Total Possible Points</b>	<b>Points Awarded</b>
<b>Notebook</b>	50	
<b>Coaches/Admin. Interview</b>	30	
<b>GPA</b>	20	
<b>Service Hours</b>	10	
<b>Overall Score</b>	110	

Comments:



## **Possible Interview Questions**

Why do you want to be a captain/co-captain?

Describe what servant leadership means to you and how you demonstrated this in your life in the past year?

What is your strongest characteristic that would make you a great captain/co-captain?

What is your weakest characteristic that would hinder you being a great captain/co-captain?

What can you attribute to the team that the other candidates cannot?

What do you feel is the most important responsibility as a captain/co-captain?

If you could improve one thing about the LHS Cheer program, what would it be?  
How would you go about doing it?

Rank the following in order of importance: Honesty, Accountability, Loyalty, Talent, and Dependability

How do you handle stress and pressure?

What challenges do you foresee as a captain/co-captain? How will you overcome these challenges?

How would teachers or LISD employees describe you?

If a member of the team were off-task during a practice, how would you handle that?

What kind of people do you find it difficult to work with?

Explain how you would differentiate between when to be a friend and when to be a leader. How would you handle a situation with a team member who is also one of your friends?

What was the hardest decision you've ever had to make? What have you learned from that decision?

What accomplishments are you most proud of?

How do you plan to keep each member of the team motivated, while continuing to uphold the reputation of the LHS Cheer Program?