



BEING A CHEERLEADER

CAPTAINS AND OFFICERS

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First, as a captain/officer, your responsibility is to set a good example for the rest of the dance/cheer team. The team looks to the captain/officer as a role model and therefore follows your lead. Which brings us to the second most important job of the captain/officer: being a leader! What you do, they will follow; so always be careful when you make decisions.

HERE IS A LIST OF SEVERAL SPECIFIC THINGS THAT WILL BE EXPECTED OF YOU IN YOUR POSITION AS CAPTAIN.

1. Be the motivating force in practice. Help your advisor/coach to keep practice moving, whether he/she is present or not. Also, set an example and get things done. Be the one to work the hardest and encourage others to do so too. Finally, act quickly when your advisor/coach gives instructions. As captain, you should be the first to do anything that is asked.

2. Be dependable and offer your help instead of always having to be asked to do things. This would pertain to all aspects – being on time, being at all practices, and most importantly, help with things that have to be done outside of practice. It is very important to be sure to get things done that are asked of you

without having to be reminded, and if given a deadline, DON'T MISS IT! Also, encourage others to help as well.

3. Be cooperative, not only with your advisor/coach, but other team members as well. Try to avoid unnecessary arguments. Be a mediator, not the instigator.

4. Be responsible. This is where your hardest job lies. It's your responsibility to keep everyone "in line," in formation and doing what is expected of them, so you may have to be stern at times, but never be overbearing. You also have to be the motivator to keep your team pumped-up throughout the game, competition, etc. Positive energy is the key here. Remember, when the team does a bad job, it completely reflects on your job as a captain.

As captain, other duties may be asked of you depending on your advisor/coach. Different things may come up at different times during the year. Simply pay attention, do what is asked of you, and BE A LEADER. Do this, and you will be successful at your job as captain.

This position can be difficult at times, so don't be afraid to go to your advisor/coach if you are having problems and need help or even if you feel that maybe you're not the one for the job. Also remember that everyone can improve and your advisor/coach is there to help you.

**GOOD LUCK AND TRY TO KEEP A POSITIVE ATTITUDE!
THIS JOB CAN BE FUN!**

