

St. Paul Team Captain Application

Name _____ Grade _____ Sport _____

St. Paul Athletic History

Grade/Season	Fall	Winter	Spring
Freshman			
Sophomore			
Junior			
Senior			

Athletic Awards and Honors _____

Requirements of a team captain

- I will support the Mission of St. Paul Catholic High School and live by its Core Values.
 - I will embody the St. Paul Integrity Pledge both in school and out.
 - I will follow both the letter and the spirit of the St. Paul Student Handbook and the St. Paul Athletic Handbook.
 - I will not only maintain my academic eligibility, but I will be the best student I can be.
 - I will proudly wear my captain's pin whenever I am in my school uniform, understanding that others will expect me to serve as a role model for all other students.
 - I will support the goals of my team as described by the coaching staff.
 - I will be the hardest working member of my team.
 - I will earn the respect of every member of my team.
 - I will develop a positive relationship with every member of my team.
 - I will make every member of the team feel respected and valuable.
 - I will serve as a liaison between coaches and players and between team members.
 - I will constructively challenge teammates who do not support the goals of the team or the mission of the school.
 - I will serve as a spokesperson for the team when asked to do so by the Administration or Athletic Director.
 - I will fulfill my captain's duties twelve months of the year.
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- **Please submit an essay no greater than a page, that explains why you should be appointed as a captain of your team.**

I understand that as a team captain I will be expected to meet the requirements described above and failure to meet those requirements could lead to my being removed as team captain.

Print Name _____ Sign Name _____

Date _____ Cell Phone _____ E-mail _____