

The Role of SAAC Representative –To Provide Positive Leadership

To be a good leader- one should not be interested in having his/her own way, but in helping to find the best way.

Important Concerns

- * Building team unity-Trust-strong interpersonal relationships Working together with coaches.
- * Morale- An individual or group state of mind with respect to confidence, hope, courage and discipline. Relates to acceptance, influence, understanding role
- * Team Cohesion- Comes from a willingness to see team goals as greater than any individuals. Pride in team. Players should complement and support each other. Beware of cliques.
- * Recognize and be appreciative of players who see little game action-they are very important to the team's success.
- * Communication and listening skills have an open mind, be approachable. Show you value others, be aware of their feelings and intent-Learn from other players
- * Responsibility, discipline and mental toughness turn challenges into growth
- * Being positive-View mistakes as positive opportunities to learn, not negative outcomes to dwell on. No excuses and blame
- * Encouragement self-endorses while fear discourages
- * Sportsmanship-you represent your school, your team, and your community-be involved
- * Success is peace of mind, which is a direct result of self-satisfaction in knowing you, did your best to become the best that you are capable of becoming. (John Wooden's Pyramid of Success) In this case relate it to being a captain. Does your leadership help your teammates, coach and team?

Questions for discussion

1. How can good morale develop and what is the role of the captain in the process?
2. What does good character mean to you? What is the captain's role regarding sportsmanship?
3. How do you deal with adversity? What does mental toughness mean to you and how is it developed?

Any other concerns?