



Card 4: Include Everyone

A team is a family. Everyone has an important role to play and deserves to feel like they belong to the group. As a captain, you need to make sure that everyone is included in all team activities. Every teammate has a voice and should feel comfortable giving feedback, offering suggestions for improvement, or speaking up if they see something of concern.

Do's and Don'ts

- Work to build positive relationships between team members, coaches, and managers.
- Communicate with your coaches and parents and seek their advice when you have problems. Ask for their opinions and see if they have any suggestions on how you and the team can improve.
- Older teammates are responsible for making sure younger team members feel like part of the team.
- Make sure everyone is included in everything, both in and out of practice. Cliques can really hurt the camaraderie of a team. They can creep in if all of the starters hang out only with each other or if the older players are not welcoming to the younger ones.

Game Plan

- ✓ Get to know each other. On the first day of practice, pair your younger teammates with an older buddy to help them feel welcome and valued. Mix it up daily or weekly to allow everyone on the team to get to know each other.
- ✓ Have fun. With the input of your coach, schedule a fun team building activity outside of practice.
- ✓ Communicate one purpose. Routinely remind your team that you are working towards a common goal that can only be achieved if you act as a united group. Don't forget to let the non-starters know that you appreciate their hard work and the support they provide from the bench.

What can you do?
