



## Card 2: Show Your Teammates You Care

Showing your teammates how much they matter is a key part of being team captain and having them see you as a leader. In order for the team to do well, everyone needs to feel comfortable, excited, and appreciated.

**The team's success is more important than your own.**  
**Make sure your actions reflect this!**

### Do's and Don'ts

- **Always** make sure to put the team first. This can be really difficult at times, but it's critical to building a team that "Wins as One". Every person can contribute something important. Part of your job is to understand what that means for each individual player and make sure they understand it, as well.
- Good leaders consistently invite, inspire, and drive others toward greatness. Help your teammates if there are things they want to work on. Offer to stay after practice if necessary.
- Build a relationship with everyone on your team. Be a friend. The best way to kick this off is to simply start a conversation: talk to each member 1 on 1 in a casual way. Go beyond the sport--ask questions about family, friends, and plans for the summer or after graduation. Ask what they think the team could do to be better and take their suggestions to heart.

## Game Plan

- ✓ Get to know one person a little better at each practice. Pick someone specific and partner with this person during drills. Leave the field or court together, talking. Make them feel appreciated. Choose a different teammate for each practice.
- ✓ Always be honest with your teammates. Make sure they never feel like you are putting your own interests ahead of the team's. Have their back at all times and celebrate their successes. This will help build trust between you and the rest of the group.
- ✓ Try to spend time with your teammates off of the court. Plan activities, attend an event together, or try hosting a dinner. Make sure everyone is invited.

**What can you do?**

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