

# Team Captain Checklist

**Suggested Sequence of material from [www.highschoolsportsleader.com](http://www.highschoolsportsleader.com)**

*Feel free to check the items off as you go from one item to the next.*

- Download or read, *Beyond the Asterisk--Advice from Former Team Captains*
- Complete the Captain's Interest Survey and print off the results
- Complete the Personal Evaluation Survey and print off the results
- Watch the following video clips.
- Introduction to leadership myths
- Myths video 1
- Myths video 2
- Myths video 3
- Myths video 4
- Myths video 5
- Myths video 6
- Myths video 7
- Myths video 8
- Myths video 9
- Myths video 10
- Truths of being a team captain
- Listen to Advice from former Team Captains interview with students from Forest Lake, MN
- Listen to Keith Nord's Interview on Developing a Strong Work Ethic
- Take the TEAM Dynamics Personality Profile (The key code necessary to take this inventory will be provided by your coach or athletic director.)
- Review all four styles to gain a better understanding of your style and other people's style
- Read Craig Hillier's Team Chemistry article
- Listen to Walter Bond's interview on Team Chemistry
- Listen to Jill Esplin's interview on Dealing with Drama
- Listen to Keith Nord's interview on Dealing with Negative Teammates
- Listen to Rob Kesselring's interview Creating Team Unity
- Listen to Harriet Turk's interview on Being Yourself
- Read Craig Hillier's article on the Delusion of Drugs
- Listen to John Crudele's interview on Big Picture Decisions
- Listen to Walter Bond's interview on Having a Vision
- Read Craig Hillier's article on Sportsmanship
- Listen to Paul Gauche's interview on Letting it Go
- Read Mood or Mode article from Inspiring Insight Extra information that will be valuable
- Listen to both of Eric Chester's interviews on Bringing Your "A" Game to Work
- Listen to Troy Eicher's interview on the top ten mistakes athletes make regarding nutrition
- Listen to Bleacher Captain's interview with students from Forest Lake, MN
- Listen to Bill Cordes' interview on Classroom Success
- Listen to Rob Kesselring's interview on Life as an Adventure