



Team Leader Roles & Responsibilities

Below are the traits of an outstanding team leader. Team leaders have a big impact on the team through their action and demeanor. They lead the daily routine, help drive the team culture and are great ambassadors for track & field, regardless of their event.

- 1) Be a Role Model
 - a. Bring a Positive Attitude
 - b. Be Punctual
 - c. Keep Focused on the Now (make every practice like a meet day)
 - d. Is Actively Engaged Student of the Event
- 2) Be a Leader
 - a. Speak Up (encourage teammates, keep everyone on task)
 - b. Support the Goal for the Day
 - c. Know and Lead the Warm up, Cool down, Stretches
 - d. Stay Calm Under Pressure
- 3) Challenge Barriers to Success
 - a. Negativity
 - b. Pessimism
 - c. Chatter
 - d. Lack of Effort
- 4) Remind Team
 - a. Everyone has an equal chance to learn and grow
 - b. Team success comes from the daily effort of all
 - c. Some days you win, some days you learn

If you have been asked to be a team leader, then sign and date this document and return to your event Coach.

Name (Print) _____.

Date _____

Signature _____