



## Ringwood Swimming Club Position Description Senior and Junior Captains

The roles of Senior and Junior Captain at Ringwood Swimming Club are ones of privilege, pride and responsibility; it is not just a title. This role requires dedication and commitment for an entire year.

### **Senior Captains:**

The Senior Captains should be responsible swimmers 13 years of age and over, who are elected each year by the members / committee and coaches. They should be competing at competitions and club events regularly. They should be familiar with club PB Challenges and know the process of marshalling and be confident and friendly enough to lead others through the process. Up to four Senior Captains will be selected each year.

### **Junior Captains:**

Junior Captains should be responsible swimmers 12 years of age or younger that compete at competitions regularly. They should be familiar with club aggregates and know the process of marshalling and be confident and friendly enough to lead others through the process. Up to four Junior Captains will be selected each year.

### **Desirable Attributes:**

A Senior Captain and Junior Captain should be:

- Reliable, confident, well-spoken and polite
- Able to liaise with Committee/Coaches and members
- Respected by swimmers and parents alike
- Dedicated role model and ambassador for the club
- Understanding, trustworthy and compassionate
- Intend to be an active training and competing member of the club for the next full season (12 months)

**As a leader of Ringwood Swimming Club, you can expect:**

- Full support and assistance from the Committee
- Time to meet as a team
- Involvement in weekly newsletter (if desired)



**Specific duties include but are not limited to:**

- Help to organize and run PB Challenges throughout the season, with the assistance of performance stream swimmers and committee members/parents (set up and pack up, running dryland, assisting swimmers with marshalling when required, etc)
- Assist swimmers at PB Challenges, social events and meets
- Encourage participation and good sportsmanship at meets and club events
- Answer questions posed by parents and swimmers relating to the club
- Regularly attend training, competitions and club social events
- Promote the club whenever possible
- Welcome new swimmers to the club and encourage them to participate
- Assist in promoting club events both within your own squad and other squads in the club
- Assist if needed with junior swimmers at meets
- Assist if needed at Meets held by Ringwood Swimming Club (Set up or pack up)
- Regularly interact with members from other squads, discuss the club and bring any swimmer concerns or ideas to the committee
- Refer any swimmers concerns to the coaches, Member Protection Information Officer or committee
- Work with the Club Captains in organising various events.

**Some specific roles that are expected to be carried out by the Senior Captains and Junior Captains, but not limited to:**

Senior and Junior Captains will be responsible to assist in organizing and running our club PB Challenges throughout the season. This will include arriving early to help set up, leading dryland warm up, packing up after the event is finished. It is your responsibility to make sure younger swimmers are supported and know when and where to marshal. You should also be available to answer questions and always promote confidence.

Always display a positive and responsible attitude. Always demonstrate good sportsmanship and try to include everyone. Be a role model for all other swimmers in training, at competitions and general behaviour. Promote the enjoyment of swimming and encourage others to enjoy it too. Promote club morale and team spirit and always encourage members to support each other.

You will support the Club Captains in organizing any club social events and activities, such as club bowling, the club Christmas party, etc.

Encourage everyone to attend and have fun.

Be friendly to all swimmers but always keep the best interest of the club in mind.

Sincerely

Ringwood Swimming Club Committee