



## Launceston Swimming Club (LSC) Club Captain

### **Role of the Club Captain**

The role of the LSC Club Captain is to provide support and encouragement to all our members primarily during training sessions and gala competitions. The Club Captain also represents the views of the athletes and contributes to the development of the club by providing thoughts and comments from an athlete perspective.

### **Duties of the Club Captain**

- Be a person that all athletes can contact and talk to about any comments or questions they may have.
- Provide a voice for athletes at the club and raise any issues to the committee when necessary.
- Be a positive role model for all members of the club.
- Communicate with fellow team members and provide support and advice where needed.
- Encourage club members to be involved in social and voluntary activities.
- Welcome new members to the club.
- Work effectively with the other LSC (Club/Vice) Captains.

### **Skills and qualities of the Club Captain**

- To be enthusiastic with a good knowledge of the club and athletes.
- To be approachable and friendly.
- To have the ability to seek and represent the views of others.
- To be an excellent communicator.
- To be a good listener.
- To uphold the LSC Code of Conduct.

### **Level of commitment required**

Encouragement, enthusiasm and a friendly disposition is key to you undertaking your position as a positive role model to others within LSC. The role of Club Captain does not mean you are responsible for the behaviour of others or that you are in a position to reprimand others, however you should aim to model good behaviour and provide support to others while continuing to abide by the LSC Code of Conduct.

### **Term of office**

The role of Club Captain will commence from the Summer Presentation Evening and will continue for the year. If during the year you feel you are unable to undertake the role, then please speak to the LSC Head Coach or Chairperson/Welfare Officer.

In addition, if for whatever reason it is felt that you are unable to undertake the role or there has been a breach in the Code of Conduct, then a meeting will be convened with the Head Coach and Chairperson/Welfare Officer to discuss any concerns, with the potential that the role will cease.

### **Opportunities as LSC Club Captain**

Some of the benefits of taking on the role of LSC Club Captain include:

- Having fun and working with others.
- Learning and developing new skills and ideas.
- Representing the views of young people.
- Developing personal skills, e.g. confidence, team work, social skills.
- Learning about the administration and structure of a voluntary organisation.
- Adding this position and experience to your curriculum vitae (CV).
- Knowing that you are helping others.
- Progressing towards a qualification/award in volunteering and leadership. This could be:
  - Sports Leadership Awards and Young Leader awards (Sports Leaders UK).
  - ASA qualifications in teaching, coaching, officiating.
  - Young Aquatic Helper Course or Young Aquatic Leader Certificate.
  - Duke of Edinburgh Award.

### **Club Captain training**

To support you in your role, you will have an initial meeting with the LSC Head Coach, Chairperson and Welfare Officer. In addition, the ASA has developed an online Club Captain e-learning module. This module is free of charge and contains lots of information and templates to help you. You can access this module as many times as you like. For more information visit the ASA Volunteering Hub, [www.swimming.org/volunteering](http://www.swimming.org/volunteering).

Finally, on behalf of the LSC Committee, I wish you every success as Club Captain and hope you enjoy the experience and benefit from the opportunity.

Helen Ward  
LSC Chairperson

Please sign and return a copy of this document to our Club Administrator to indicate you have read, understood and agree to the terms set out.

Name of Club Captain:  
(Please Print) .....

Signed: .....

Date: .....

Term of Office: .....