

Golden Girl Captain/Co-Captain Information

For the 2022-2023 Season, Golden Girls will have one (1) Captain and two (2) Co-Captains.

Please review the following information regarding the required eligibility, tryout process, responsibilities, and expectations for the captain and co-captain positions.

If you still have questions after reading the entire page, please contact the Golden Girls Coach, Spencer Hurlbut at shurlbut@atu.edu

Golden Girls Captain Responsibilities

- Coordinate and implement summer workout program
- Implement a running program throughout each semester
- Lead workouts throughout the semester (may also be led by the coach)
- Lead practice warm up, stretch, and technique (may also be led by the coach)
- Choose uniforms for all appearances and games (coach has final say)
- Complete rookie weekend evaluations with the coach
- Complete teamwork week evaluations with the coach
- Wave at press box during half time to let coach know the team is ready for music to be played
- Call chants at appropriate times on game days and other events
- Call and count in band dances on sidelines and other events
- Teach Pro-Action Choreography to the team. Plan formations, transitions, and alteration of choreography as needed. Clean and critique choreography. (In the event that there are no more Pro-Action videos meet with coach for approval of new choreography/music)
- Send announcements to team

Golden Girls Co-Captain Responsibilities

- Assist captain in keeping track of workouts and runs sent in from the team
- Lead practice warm up and stretch at the discretion of the coach and captain
- Assist captain by making sure the team is aware of what chants/band dances are being called
- Call chants and band dances at the discretion of the coach and captain
- Teach Pro-Action Choreography to the team. Plan formations, transitions, and alteration of choreography as needed. Clean and critique choreography. (Coach will assign)
- Assist captain by checking in with small groups to make sure team members understand schedule/announcements/expectations

Captain & Co-Captain Shared Responsibilities

- Check in with small groups weekly
- Complete all workouts and runs

- Attend all events/practices/game days (with exceptions to serious conflict)
- Implement demerit system
- Weekly meetings with coach to organize practices, uniforms, and appearances
- Experience with creating choreography for respective team routines
- Confidence in teaching and leading team in all sideline/appearance situations
- Open minded and positive interactions with all team members regardless of classification
- Offer new ideas regarding sideline, skills, and fitness
- Responsible for midterm grade checks for team members

Captain/Co-Captain Eligibility Requirements

- Must be a full-time student (enrolled in at least 12 hours)
- Must have one year of experience on Tech Spirit Squads
- Must maintain a 2.5 semester and cumulative GPA

Captain/Co-Captain Tryout Process

- Written Statement of Intent
 - Dancers interested in trying out for the captain or co-captain positions must submit a one-page written statement of intent detailing the captain position you are pursuing, your dance leadership experience and what you would bring to the team if given said captain position.
 - Please email your statement of intent to Spencer Hurlbut at shurlbut@atu.edu by **March 12th, 2022.**
- Presentation and Interview
 - Dancers interested in trying out for a captain position will complete a presentation and interview. The presentation and interview will be combined into one meeting and scheduled by the coach.
 - The presentation must include discussion on your previous dance experience, what you bring to the team, what you would like to change about the team, and the leadership style you would implement if selected for this position.
 - Be prepared to answer questions about team dynamics, problem solving, leadership styles, and what you bring to the team.
 - Handouts and visuals are encouraged.
- Golden Girls Tryout Process
 - All dancers must complete the Golden Girls Tryout process to be consider for a captain/co-captain position
- Selection
 - Captain and Co-Captain positions will be listed on the website with the 2022-2023 Golden Girl Team selections.