

Captaincy

Key responsibilities

- Excellent working relationship with the coach.
- Lead the team on and off the field. Key decision maker.
- Set the standards and culture working closely with the senior leadership group to achieve this.
- Understand the rules and regulations of the format of the game you are playing.
- Know the skill sets and capabilities of your team members.
- Know the game. (tactically – field placements/timing of bowling changes/understanding the state of play any what the game demands etc)
- If possible, research the opposition to develop an understanding of their possible strengths and areas of vulnerability.

Key attributes

- Sound communicator.
- Calm – thinks clearly under pressure.
- Positive and forward thinker.
- Strength of character – needs to make tough decisions under pressure.
- Considerate and compassionate – has a willingness to get to know his/her players. Knows how they respond to pressure and how best to communicate with them. Aim being to get the best out of them and support them in time of need. (failure/poor run of form/new player etc)
- Respectful and a person who puts a high price on the spirit of the game.
- Sound work ethic.
- A true team player.

For a young player growing up

- Love the game. Have fun and always play with a smile on your face.
- Have a strong work ethic.
- Be driven to be the best you can be. Always be prepared to be challenged and accept failure as a further learning and development opportunity.
- Always compete, learn to fight and never give up.
- Be humble and always maintain a balanced perspective. Learn to win and learn to lose.
- Attention to detail, the way you present yourself, the way you go about your daily tasks, the little things matter.
- Be a good person, it doesn't cost anything, and you will find long after your sport has finished, your friendships will continue.



The Game

- Importance of having the **RIGHT FOCUS** and frame of mind from the start of the day – turning up at the ground / warm up etc. A positive and determined approach with a clear **PRESENCE**.
- Importance of the **HERE AND NOW**, that's what matters.
- The ability to **ADAPT**. Deal with 'what the game demands' in the best way with your skill set. **KNOW YOUR GAME**, your strengths and areas for further development.
- Always **COMPETE**, learn to **FIGHT** and never give up.
- Importance of **MAINTAINING STANDARDS** throughout. 20 overs / 50 overs / multi day, all need a ball by ball approach.
- Importance of **TAKING CARE OF YOUR GAME** in every way from prep to performance to recovery.
- Importance of knowing your role and taking responsibility for it. **ACCOUNTABILITY**
- Importance of **KEEPING THE GAME SIMPLE**, executing the basic's extremely well, **GOOD DECISION MAKING** and **PLAYING TO YOUR STRENGTHS**.
- Importance of good and consistent **SUPPORT PLAY**, both in the middle and from the sideline. Stay together. The **STRENGTH OF THE UNIT**.

- Have **FUN**.

All is in your hands and your responsibility.

