

**Joel Barlow High School  
Department of Athletics  
Team Captain Application**

**Instructions:** Complete this for and return it to the Athletics Office. Your application will be given to your coach. Athletes must complete a separate application for each sport.

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Grade next year:**    Sophomore                  Junior                  Senior

**Sport:** \_\_\_\_\_    Years playing: Varsity \_\_\_\_\_ JV \_\_\_\_\_ Freshman \_\_\_\_\_

1. Evaluate the qualities that you possess by circling the best response.  
(1 means that you rarely exhibit the quality and 5 means that you always exhibit the quality.)

a. Arrives at practice on time	1	2	3	4	5
b. Stays after practice to work on skills	1	2	3	4	5
c. Helps others	1	2	3	4	5
d. Relates well with the coach	1	2	3	4	5
e. Relates well with peers	1	2	3	4	5
f. Has strong organizational skills	1	2	3	4	5
g. Attends every practice	1	2	3	4	5
h. Communicates well with others	1	2	3	4	5
i. Earns good grades	1	2	3	4	5
j. Completes all class assignments	1	2	3	4	5
k. Gives 110% during practice	1	2	3	4	5
l. Obeys school rules (no tardies or referrals)	1	2	3	4	5

Please feel free to add additional comments to explain your responses to the above statements:

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