Dear prospective Tracy High captain,

You are receiving this survey and application because you have expressed interest in being a captain for the Tracy High wrestling team.  The team needs captains for many reasons and while it is an honor to fill the role, the responsibilities are to be taken seriously. Please provide a response to each of the questions below even if that response is “Not applicable to me”.  Also, at the conclusion, please provide a short paragraph and/or essay on any additional things the coaching staff should consider about your application to the role of captain.

Survey Questions:

Tracy High Wrestling receives funding from multiple sources. It typically costs about $200 per wrestler in fundraising profit for a successful season. This cost came solely from fundraising efforts and the school/district does not provide funds.  This funding is critical to provide basic equipment, funding for transportation, and mostly, tournament entry fees. In the most recent season, the funding came from our Tri-Tip dinner sales and other programs sponsored by the local Tracy Wrestling Club. Please tell the coaching staff how successful you were in participating in this fundraising, what you did to help your teammates be successful, and what you would do in the future to help your team be successful in this and other fundraising.

Tracy High Wrestling has benefited from the association of area youth development programs. Being a high school wrestler means you have the opportunity to be a mentor to a youth wrestler not only on your team, but also in a local club in Tracy. Did you participate in a local club?  If so, which one and how was that experience where there were younger wrestlers? In many cases, you may have been given an opportunity to assist a younger wrestler. If that was your experience, can you describe it and how did it benefit them and you?

To be successful in wrestling, it takes training beyond the high school season. Some choose to just maintain body strength and conditioning. Others who want to show leadership also participate in clubs and camps. If you did either of the latter, please tell us what you did, how it benefited you and what you would recommend your teammates to do in order to take advantage of those things. Studies have shown that elite wrestlers are almost always those who wrestling in the spring and summer. As a captain, others will look to you to become an elite wrestler. Please include in your response, a characterization on how your spring and summer training has helped you.

Attendance is critical to the success of any wrestler. The team has always had a maximum 3-day absence policy that wrestlers have at times abused. What would you say to a wrestler that has abused that absence policy in the past?  How have you been in honoring the commitment to always be at practice, never be late, and never leave early from practice?  If the rules were to be better enforced by the coaching staff, would you as a captain help communicate and honor that enforcement?

Getting the practice facility ready and leaving the facility in a better condition than when started is a role that captains play an important role in. They are key to getting the team organized to set up and clean mats at the start and put away at the end. How well do you think you did with this task in the past?  How do you plan to improve in a leadership capacity to ensure the team accomplishes this in a timely manner on a daily basis?

Conditioning and training during practice is not easy. As a captain, it is expected that you will be a person to emulate. What have you done in the practice room to be looked upon as one of the toughest and most consistent practice wrestlers?  What can you do to help others work just as hard as you?

While practices are important for the development of wrestlers, it is well known that competition is what will propel a wrestler along at a quicker pace. Continuing your growth in the sport includes competition in the spring and summer. Can you tell us about your wrestling competition experiences after the last high school season ended?   Include in your response any regional, state, and national level tournaments you participated in, the record in those matches, and any additional details that would be helpful for the coaches to consider for considering you as a potential captain.

Please provide any additional detail of things you would like the coaches to know about your commitment to the sport and team that should be taken into account when considering captains.