

Provide quotes from the Captain Council.

" Captains Council is another thing that sets L-S Field Hockey apart, a new way of working as a team, thinking for ourselves while thinking of others"

- Krista

"I would say that at first like most of the girls on the team I was opposed to the idea of the captains council because it was different, something I had never seen before, and I was mainly worried that it would effect our unity (and consequently play on the field) so we wouldn't be as strong. But now I actually really like being involved in something I'm passionate about, something I probably wouldn't have been able to do if the captains council wasn't created."- Gabby

For me personally, the council has been once big learning experience. And with every mistake we make, or bump in the road we hit, we fix it, and move on. It's not always easy, but somehow the ten of us find a way to figure it out or make it work. Together. -Laura

At first, I resisted the concept of Captain's Council up until the first day of tryouts my senior year. Ever since 7th grade I had dreamed of being a Varsity Field Hockey captain voted upon by my teammates. To say the least, I was mad and disappointed my hard work would not finally be recognized.

Council gave me and everyone the opportunity to speak up and lead in their own ways. It also relieved me of many extra duties and events to organize by myself. Council gave underclassman the option of 7 different seniors to approach with questions depending on who fit their personality best. Sharing captaincy and leadership with six other girls lead me to make lifelong friends I would not have known as well without Captain's Council. I realize now that any drama that occurred during the season would have occurred regardless of if there was a council or not. Girls are dramatic and it will always be that way.

On the other hand, I feel for the athlete who feels as though they have worked hard for their position on Varsity and respect from their teammates. All I can say to them is Council is what you make of it. If you are still able to step up like you would have if you had been voted to captain the team, then you will be a true leader and your teammates will recognize it. It should not matter on a team who has more superiority, more experience or more talent. "It is amazing how successful a team can be when no one cares who scores". - A

Parent Quote:
LS Varsity FH Captains Council

One of the most difficult things for a parent of a teenager, is to make them understand that at times they have to accept the things that they cannot change. My daughter was very disappointed the day she found out that Field Hockey would be adapting the Captains Council her Senior year. She had worked hard for three years towards many goals, but one was surely to be a captain her Senior Year. Being denied that opportunity made her mad and frustrated, and she even approached the coach multiple times with valid arguments to go back to captains for the team.

She ultimately realized that she would have to accept this, make lemonade out of lemons. The hardest part of this was convincing all the other seniors to be on board with this as well. They all resisted the concept, however when tryouts came they realized that they were all together, regardless of who was captain. At the end of tryouts they all sat together waiting for their interviews with the coaches. It was at this point they understood that they all had a role on that field, whether they were playing or not. Not two players and then the rest, but all together as eight players, the pressure was on all of them to play hard, be responsible and win.

Driving to the last game with all the Captains Council in the van was the telling point of how successful the Council was. It no longer was about people, it was about the team, the sport and beating A-B. The eight of them were very different players and people, but they got along, supported each other on and off the field. They worked through the issues, figured out how to leave them on the sidelines and play together.

Captains play a vital role both on and off the field during the season. There were eight captains that had to work together, agree together and play together, which on some level is more complicated than just two. Clearly some took more ownership to the role than others, took a more leadership role and in the end all received a "C" for their varsity letter at the end of the season.

My daughter came away with much more than the "C" on her letter. She came away with a greater passion for the sport and a stronger spirit in her stride on and off the field. She had a great season. She realized that no matter what your role, you have to persevere and want it. At the end of the day she realized it was not about that "C" it was about playing the game, giving 110% and making the most of what you have to work with.