THE COMPLETE LEADERSHIP CURRICULUM

CAPTAIN'S ACADEMY

Become someone worth following.



INTEGRITY / COMMUNICATION / DISCIPLINE
RESILIENCE / STANDARD

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Your talent can change a game—your leadership can change a team.

Captain's Academy challenges you to become the teammate people trust, the voice they listen to, and the example they follow when it matters most.

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INTRODUCTION

SO YOU WANT TO BE A CAPTAIN?

The title doesn't make you a leader. It reveals whether you've become one.

You Want to Lead. But Do You Know How?

There's a reason you're taking this course.

Maybe you're already a captain. Maybe your coach sees leadership potential in you. Maybe you want to become a captain someday. Or maybe you simply want to become the kind of teammate who makes a difference.

Whatever brought you here, there's something you need to understand.

Wanting to be a leader and knowing how to lead are two very different things.

What do you hope to learn about leadership through this course?

Become someone worth following.

WANTING TO LEAD IS THE START

Think about how captains are usually selected.

Sometimes it's the oldest player on the team. Sometimes it's the most talented. Sometimes it's the athlete who's been in the program the longest, scores the most points, or has the biggest personality.

And sometimes those athletes become outstanding captains.

But not always.

Being the oldest doesn't mean you're the wisest. Being the most talented doesn't mean you're the most trustworthy. Being the loudest doesn't mean people are actually listening.

You can be a great athlete and still be a terrible leader.

That's one of the biggest mistakes we make in sports. We assume that because someone knows how to play the game, they automatically know how to lead the people playing it.

But those are two different skill sets.

Think about it. You've probably spent years learning how to become a better athlete. You've practiced your skills, studied your sport, trained your body, listened to coaches, and competed against other athletes.

But how much time have you actually spent learning how to lead?

Who taught you how to confront a teammate without embarrassing them? How to earn trust? How to respond when you're playing poorly? How to lead someone who doesn't like you? How to handle conflict in the locker room? How to hold people accountable without pushing them away?

These are skills that every great captain needs, but most athletes are never taught.

That's why Captain's Academy exists.

What leadership skill do you most need to learn?

WHAT IS CAPTAIN'S ACADEMY?

Captain's Academy is designed to help you become more than a talented athlete with a leadership title.

It's designed to help you become someone worth following.

Throughout this course, we're going to look at the qualities that make great captains. We'll talk about discipline, integrity, communication, resilience, accountability, and the responsibility of establishing a standard for your team.

We'll learn from athletes who have led well, examine situations you'll actually face in your sport, and challenge you to take an honest look at yourself.

Some of what you learn will encourage you. Some of it may expose areas where you need to grow.

That's the point.

This isn't a course about how to get your coach to name you captain. It's about developing the character, habits, and leadership skills that make you capable of carrying that responsibility.

And here's something important: You don't have to be a captain to benefit from Captain's Academy.

Whether you're a freshman or senior, a starter or reserve, the leading scorer or the last person off the bench, you have influence.

Every day, your attitude, effort, words, and decisions affect the people around you.

The question isn't whether you have influence.

It's whether you're using that influence to make your team better.

How could you use your influence to make your team better?

FOUR TRUTHS TO START WITH

01 The "C" on your jersey doesn't make you a leader.

A title may give you authority, but your actions earn you influence. Your teammates don't automatically trust you because a coach names you captain. They trust you because of who you've consistently shown yourself to be.

02 Before you lead the team, you have to learn to lead yourself.

You can't demand discipline you don't practice, accountability you don't accept, or effort you're unwilling to give. Leadership begins with the person you see in the mirror.

03 Great players make plays. Great captains make people better.

Your talent can help your team win. Your leadership can help your teammates grow. Great captains understand that their responsibility extends beyond their own performance to the people beside them.

04 Don't wait to be named a captain. Become someone worth following.

Leadership doesn't begin when your name is announced. It begins in the choices you make today. You can start leading right where you are, regardless of your age, position, playing time, or title.

A DIFFERENT KIND OF LEADER

Jesus offered a completely different understanding of leadership.

In Mark 10:43-45, He taught that greatness isn't found in having people serve you, but in being willing to serve others.

That's a powerful lesson for every athlete who wants to be a captain.

Being named captain doesn't mean the team exists to make you successful. It means you've accepted a greater responsibility to help your team succeed.

You're not being elevated above your teammates. You're being entrusted with greater responsibility for them.

That's the kind of leadership we're going to develop throughout Captain's Academy.

What would serving your teammates look like in your current role?

BEFORE WE BEGIN

01 **Why do you want to be a captain or become a better leader? Be honest about what motivates you.**

02 **Think about the best captain or teammate you've ever played with. What made that person someone others wanted to follow?**

03 **If your teammates were asked today whether you're someone worth following, what would they say? What would you need to change to become a better leader?**

YOUR JOURNEY STARTS HERE

Over the next several modules, you're going to be challenged to think differently about yourself, your teammates, and what it means to lead.

You won't become a great captain simply by completing this course. You'll become one by putting what you learn into practice.

So don't just read the material. Apply it. Take the challenges seriously. Be willing to hear things you may not want to hear. Be honest about where you need to grow.

Because one day, your team may need someone to step up, speak up, take responsibility, or lead the way through a difficult moment.

And when that moment comes, you don't want to be figuring out how to lead.

You want to be ready.

The goal of Captain's Academy isn't to help you get the title. It's to help you become the leader your team needs—whether you ever get the title or not.

What is one way you will put what you learn into practice?