

# Barracuda Aquatics Club



Member of BLA **BLACK  
LINE**  
aquatics

## SENIOR TEAM LEADERS

The BAC Senior Team will have a earned rotating Team Leaders in Shakopee and Bloomington. There will be one swimmer from both locations that will be appointed Team Leader by the coaching staff. These leaders will be appointed based upon their performance, leadership, attendance and attitude they displayed during the practice sessions and meets during the previous two weeks. A swimmer can be appointed more than once during the season. A BAC wristband and a Team Leader shirt will be worn at practice by each Team Leader to signify his/her leadership for two weeks.

The Team Leader is designed to help swimmers understand what leadership is and to become better leaders to their teammates in and out of the water.

The Team Leaders are expected to be positive role models for the rest of the team that would include, but not limited to, helping new swimmers become familiar with the BAC way and motivate and support teammates at practices and meets. The Team Leaders will also be an extension of the coaching staff by assisting any teammates in the understanding of sets, drills or dryland.

Finally, the Team Leaders will have certain leadership responsibilities during their tenure. These responsibilities are designed to give the swimmer ownership of certain activities during practice and give them rewards for being appointed. The responsibilities are as follows:

- Lead dryland when it is conducted at practice
- Organize one leadership opportunity with BAC's Developmental & Age Group/Junior Teams within a practice limited to 20 minutes
- Create a fun activity on the last day of tenure within the parameters given by the coaching staff
- During the last month of the season, cooperate with the other captains to create one social activity for the whole senior team. A date will be determined by the coaches and Team Leaders.

The captains are encouraged to be creative and ask the coaching staff for ideas on the above responsibilities. Jeff's e-mail address to ask for those ideas is [MNFECDUDAS@aol.com](mailto:MNFECDUDAS@aol.com). Or, you can ask a coach on deck.