



## **SINGAPORE SILAT FEDERATION SSF 2021 - 2023**

Singapore Silat Federation (SSF) will be appointing captains for the national team every two (2) years. After their two (2) years term comes to an end, SSF will have the final say to stick to the same captains for each age category or appoint a new captain. Changes in results depends on individual team captain's performance & execution of duty.

Duration: 2021 - 2023

Selection of team captain will be based on the criteria stated below:

1. No disciplinary records against captain
2. Excellent sporting achievements
3. Excellent communication skills
4. Role Model in & out of arena
5. Soft Skills
6. Respectful
7. Humble
8. Charismatic

### **RESPONSIBILITIES**

1. Team Spirit
2. Role Model
3. Representative for National Athletes
4. High Performance Manager / Coach Mediator
5. Basic Leadership
6. Respect all religion
7. Responsibility
8. Teamwork / Team Player

#### **Team Spirit**

A team captain should strive to keep an athlete morale at its highest during training and competition. He/She should organize monthly meeting for the team and should motivate the players by discussing goals and leading the team in cheers at meets. At the end of the year, a team leader should congratulate teammates on their accomplishments & hardwork.

#### **Be a Role Model**

A team leader should set an example for his/her teammates. If he/she is always on time and has all his/her proper equipment, it often sets a standard and his team to follow along. The captain should not get in any trouble legally or morally. He/She should have high standards both on and off the field. A team leader should attend all team functions and events and encourage his/her teammates to do the same.

### Representative for National Athletes

A team captain should know each teammates full name and know him/her as a person, not just an athlete. When an athlete has a problem or a question, athletes should know the captain well enough to approach him/her with confidence, and trust him/her enough to aid them in the answer or solution. When team issues arise, the captain should be a mediator and spokesperson between the Singapore Silat Federation and athletes. A team captain should help the coaches keep the team focused. If he/she enlightens the coach with what he/she knows about his/her fellow teammate's abilities and attitudes, it helps the coach in putting together a winning team.

### High Performance Manager / Coach Mediator

A captain helps mediate a High Performance Manager / coach's instructions to the fellow teammates. This can include guiding athletes in the arena toward coach-dictated strategies, informing athletes of practice schedules or assisting the High Performance Manager / Coach in any general way. Likewise, a captain represents the athlete's concerns for the coach. Captains will dictate player problems and concerns to the High Performance Manager / Coach and help create solutions to problems.

### Basic Leadership

A good captain is primarily responsible for providing leadership to his teammates, both on and off the arena. Captains usually lead conditioning drills and pre match warm-up routines. During a match, captains encourage fellow athletes and promote good sportsmanship. Off the field, captains are responsible for providing a model of etiquette. For younger athletes, this can include encouraging other players to do well in school and modeling basic good behavior.

## **DUTIES**

Each team will be appointed a team captain. The captain is the official liaison between the team and Singapore Silat Federation. Specific duties of the captain include:

- Monthly meeting with High Performance Department
- Captains' meetings to be held at the beginning of every month to update and discuss on issues or matters related to athletes. Reports must be submitted to High Performance Department
- Notifying fellow teammates of updated training schedule, events & competitions as instructed by High Performance Department
- Regular meet up with fellow teammates such as motivational works
- Ensure that their fellow teammates is in compliance to SSF procedures and protocols
- Cooperating fully with the High Performance Department during all activities in regards to: signing up for SNOG, SportSG & SSF events, team

conduct, athlete's suspension / dismissal and any other situations that might arise

- Serving as a leader during all activities by promoting fair play and by helping to create a positive atmosphere
- Involve in cross trainings, SSF events, workshops

### Categories

