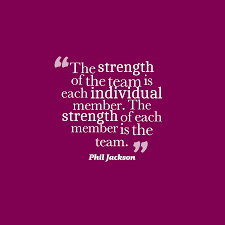
**Team Mascot:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Team Name**

**Team Colors:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Team Motto:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Team Positions**

**Team Job Descriptions**

* Everyone on team must be active in completing their jobs weekly.
* A significant portion of your team grade will be based on the success and completion of team member jobs each week!
* Head coaches make sure you are staying up to date on your binder and holding your team members accountable each week for their jobs.
* JOBs are NOT limited to what is listed on the assignment sheet.

|  |  |  |
| --- | --- | --- |
| **Head Coach**   * Meet with teacher weekly regarding plans for the week. * Coordinate and work with team and individuals to check in on job responsibilities. * Lead assigned workouts. * Maintain Team Notebook – checked each week. * Event assignments * Lead Competition warm-ups. * Assure competition transitions happen quickly and efficiently. * You must communicate with your assistant head coach FREQUENTLY. * Set up a method of communication with team members. | **Assistant Coach**   * Must fill in when head coach is not there. * Check-in person for the team. Meaning they may come to you with issues to address to the head coach. * Assign duty jobs for competitions * Lead warm-up activities * Aid Head coach in jobs the head coach needs assistance with. | **Equipment Managers**   * Responsible for making sure everyone has the appropriate equipment for competitions. * Check with Head coach for materials needed each day. * Set up and clean up for competitions. * Maintain equipment on a daily basis. * Set out competition equipment (clipboards, stop-watches or timer, timer sheets, whistle, white board, cones, taping off floor, etc). |
| **Statistician**   * Updating binder record sheets with:   + results and scores   + Team member times, scores or lifts from the competitions | **Public Relations**   * Responsible for signs and posters to promote their team – to make your team visible!!! * Take photos throughout each week. * Team photo collage (1 per week). * Special project (this is your team’s choice – i.e., shirts or something to show team unity). | **Spirit Coordinator**   * Responsible for organizing and coming up with team cheers. * End of class break out cheers. * Beginning of competition cheers * Organizes cheering during the competitions. |
| **Character Matters Ambassador**   * “catch them showing character” positive notes. * Positive quotes each day for team revolving around the themes of the week. * Awarding character matters certificates each week to team members. * Take pictures of character matters certificate winners, print and place on character matters board. |  | |

**Competition Duty Team jobs:**

Official training for the duties will occur the week before the first competition.

* **Head Judge**– Announces heats that are up & announces heats on deck; Starts the heats; watches to make sure the other judges are all judging accurately and calling no-reps safely.
* **Individual judges** – must keep track of teams reps and that they are performing within the movement standards (i.e., squats are below parallel; chest is touching the ground on push-ups; lock out overhead for push-press, etc.). Depending on event, this may require 1 or more judge per team competing.
* **Head Timer** – Makes sure clock is ready and set for the competition. Will also call out times when necessary.

**CrossFit Games Season Rubric**

* As a team you will earn a grade based on the rubric below. Each job has a specific grade for their roll that is incorporated into the overall team’s grade. Make sure you understand the requirements of your job. You will each be given a specific rubric that shows the requirements of your job.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Element** | **4** | **3** | **2** | **1** | **0** | **Grade** |
| **Team Notebook** | All elements of notebook are included; organized and great visual presentation. See rubric for the notebook | Missing 1 -2 elements of notebook; somewhat organized, good presentation, maybe be a little generic. | Missing more than 3 - 4 elements of notebook; not organized; looks quickly put together | Missing more than 4 elements; not organized; hard to find items and is very messy. | Not present | \_\_\_\_/4  X 4 =  \_\_\_\_\_\_\_ |
| **Head Coach** | Coach has completed all tasks on time, with zero to minimal prompting. Has everything prepared and organized. Has lead with positive attitude and respect for all team members. | Coach has completed the tasks, but needed prompting. May have been late or just putting line up or assignment together at beginning of class. | Coach was late or missing 1-2 elements. Needed significant prompting. May have missed a binder check; or binder not ready or disorganized. | Coach was late on assignment or missing tasks frequently. Had to be reminded of leading with respect frequently. | N/A | \_\_\_\_/4  X 2 =  \_\_\_\_\_\_\_ |
| **Assistant Coach** | All tasks were completed on time, with little to no prompting. Lead with positive attitude and respect for team. | Completed tasks but needed to be prompted often. | 1 -2 Late or missing tasks. | Missing more than 3 tasks and had difficulty leading group with positive attitude and respect. | N/A | \_\_\_\_\_/4 |
| **Equipment Managers** | All tasks are completed on time with little or no prompting. All equipment is correctly set out and cleaned up. Completes job with a positive attitude and works well with other team’s equipment Managers. | Tasks are completed but needed prompting. May have missed some equipment. Still equally shared the duty with the other team’s equipment managers. | Task are completed, but were completed by the other equipment managers. | Frequently did not help with set up and clean up of equipment. Needed to be reminded of completing with a positive attitude. | N/A | \_\_\_\_\_\_/4 |
| **Statisticians** | Has completed all requirements on time. Stat reports and record keeping is organized and easy to read. | Completed requirements but late on 1 record update. Needs to work on neatness or organizations | Late or missing 2-3 updates. Binder section is unorganized. | Missing more than 3 updates; someone else on team had to complete the updates. Binder sections not complete | No update or record sheets made. | \_\_\_\_\_/4 |
| **Public Relations** | Has completed all requirements: See guidelines in attachments.   * 2 posters completed on time. * Weekly collages on time * Special project | Missing 1 required element. However, projects that have been turned in still look well put together with a lot of effort. Visually very creative. | Missing 2 elements. Projects look quickly put together at last minute. | Missing more than 3 elements. Projects are not elaborate or very basic and messy. | Not present | \_\_\_\_/4  X 2 =  \_\_\_\_\_\_ |
| **Spirit Coordinator** | Has completed all requirements with no prompting and a great positive attitude. | Had to be prompted to organize cheer, or was unprepared with cheers. | Missed cheers on several occasions; team was unorganized or unenthusiastic during cheers. | Frequently did not complete cheers; or not prepared for cheers. | No cheers or spirit present throughout the season | \_\_\_\_\_\_/4 |
| **Character Matters Ambassador** | Has completed all requirements with little or no prompting. On time and had a positive quote every day. | Had to be reminded or prompted to complete tasks and may have been late 1-2 times. | Late more than 2 times on certificates and/or pictures for CM wall. | Late or missing more than 3 elements. Or someone else on team had to complete. | N/A | \_\_\_\_\_\_/4 |
| **Closing Ceremony Awards** | All awards are present and look professional, colorful and neat | Awards are generic, or appear to have been put together last minute |  |  | Not present | \_\_\_\_\_/4 |
| **Overall Team Character Matters** | Based on average score assessed from each meet |  |  |  |  | \_\_\_\_\_/4 |
| **Competition Duties** | All Competition duties were performed in a timely manner. Every team member knew what their responsibility was and how to execute it without coach having to intervene. | Duties were accomplished; some intervention by coach to make sure duties were executed. May have needed a little nudge to hustle to complete meet on time. | Duties were accomplished but with intervention from teacher. |  | Duties were not completed | \_\_\_\_\_/4 |
| **Team Cheer** | Cheer was appropriate, demonstrated sportsmanship, creative, confident and present at all competitions. | Cheer was appropriate, generic. Need to work on memorizing cheer. | Same as 3 but had to be reminded to perform cheer or cheer was too quiet to hear |  | No Cheer | \_\_\_\_\_/4 |
| **Team Presence**  **Spirit** | Outstanding visual demonstration of team (see guidelines). Everyone on team participated and was definitely noticeable. | Good visual demonstration of team. Members of team made a good effort to be distinguished as a team | Minimal, but some visual demonstration of team presence. Many members not engaged |  | Not present | \_\_\_\_\_/4 |
| **Team Posters** | Outstanding visual presentations to promote team completed on time – minimum of 2 posters completed. | 2 posters completed on time. Good visuals and noticeable. | 2 posters are complete, but look quickly put together in a rush. Not bright and noticeable. | 1 poster missing | 0 posters completed on time. | \_\_\_\_\_\_/4  X 2 =  \_\_\_\_\_\_ |
| **Team Collages** | Outstanding visual presentations to include in section of binder. Great reflection of each weeks’ events. Completed on time. | Missing or late on one week. Good visual presentation included in section of binder. | Missing or late on 2-3 weekly collages. Basic presentation quickly put together. Only one of the PR members is completing task. | Missing or late on more than 3 weekly collages. Minimal effort, looks as if little time spent on putting together. | 0 collages completed or someone else on team had to complete. | \_\_\_\_\_\_/4  X 2 = \_\_\_\_\_\_\_ |
| **Special Project** | Outstanding and creative. Great visual to represent the team. Completed on time with the aid of both PR members. | Project is completed on time and is a good aid to represent the team. Completed by both PR members. | Project is completed but looks quickly put together; and only one member completed | Project is late; or looks really poorly put together. | No Special project completed. | \_\_\_\_\_/4  X 3 =  \_\_\_\_\_\_\_ |
|  |  |  |  |  | Total Score | \_\_\_\_\_\_/  100 |