

# Multiple Fitness Captains on a Team

**Sometimes there may be more than one Fitness Captains on a sports team but you all can be involved in one way or another! Here are some ideas on how those Fitness Captains can share roles and support each other.**

## Warm-Ups and Cool-Downs

- Lead the warm-up and cool-down together and take turns leading the different exercises.
- If you have two Fitness Captains on your team,
  - One Fitness Captain can lead the warm-up at the start of practice.
  - One Fitness Captains can lead the cool-down at the end of practice.
- Split up the members of your team into groups, and each Fitness Captain can lead the warm-up and cool-down to their group.
- One Fitness Captain can give directions while the other Fitness Captain demonstrates the exercise.

## Health Tips

- Alternate who shares the Health Tip at each practice.
- Assign Health Tip categories to each Fitness Captain
  - For example, one Fitness Captain can oversee all the nutrition Health Tips, and another Fitness Captains can oversee of physical activity Health Tips,

## General Guidance

- Alternate who is the lead Fitness Captains at each practice.
  - Even if you aren't the lead Fitness Captain, remember to be a good model and help your teammates!
- If you and the other Fitness Captain(s) are on multiple teams together, you can also switch off sports.
  - For example, one Fitness Captain helps their basketball team, and the other Fitness Captain helps their soccer team.
- Communicate with each other. If another Fitness Captain can't make it to practice, be prepared to be the leader at that practice.