



Senior Team Captain

The role of the rugby captain has the potential to be both the most challenging and the most rewarding of all for a player. Even today, with leadership roles and responsibilities shared among the players, the captain remains central to the team's performance.

The captain will be competent in their playing role and inspire confidence in their players, evaluate the game plan and change it if circumstances dictate, handle pressure well, make tactical decisions, and communicate effectively with the referee as well as the team.

Skills Required:

- leadership
- communicator,
- key decision-maker
- an important link between team and rugby coach
- be a role model for the team