



Hillgrove XC 2019 Captains Application Responses

The response for each nominee to each of the 4 questions listed below are provided. You should use this and your experiences with each nominee as you vote for the captains for the 2019 season.

1. Why would you be a good choice for captain?
2. How would you lead the team effectively?
3. How would you handle a situation where an athlete was not doing what he/she was supposed to be doing?
4. How have you previously demonstrated the qualities and traits needed in order to be an effective team captain?

Grace Ellsworth

1. After running for 6 years, I have gained a lot of experience with the sport and I have a lot of advice that 6th grade Grace probably would have wanted to know before starting out. Since I can't tell baby Grace what I have learned, I would like to share it with the new runners coming up. I have literally been through it all. I'm very familiar with the mental aspect of the sport like self doubt, stressing out over running, pushing through the pain or giving up (which can be dealt with via mantras, meditation or positive self talk and not putting too much pressure on yourself because in the end, running isn't life). I've dealt with a ridiculous amount of injuries (lol) and I can tell you that it's okay to cross train like swim (I'm living the whale life) or bike. I've learned the right way to do drills-whether it's warm-up or strength exercises and I've learned the hard way that we need to take recovery days easy so that our hard days can be hard. I can even help with the little things like racing bibs, numbers and chips or preventing chafing (so your legs don't look like beef jerky). It's important that we understand the purpose of everything we do so that it will benefit our running in the long term rather than just going through the motions.
2. I would use everything I have learned over the years from coaches, teammates and personal experiences to help shape and guide my team.
3. I would try to respectfully remind teammates of our goal. We are there to improve as a team and I would show them how act so Coach doesn't kick them off the team.
4. I have put in the work to improve personally and as a teammate. I feel a strong connection to the Hillgrove family and work hard to improve. I try to lead by doing what is expected and putting forth my best effort and being a positive teammate and leader to others.

Derek Hansbrough

1. I would be a good choice for captain because, while I have only been on the team for one year, I have shown up to almost every practice, where I have shown that, while I can goof off, I can also be hard-working and dependable.
2. I would lead by example by following instructions when given, leading warmups and stretches both before and after running, and finishing whatever work needs to be done to the best of my ability.
3. In this situation, I would inform them of what they should be doing. If they were still not doing what they were supposed to, I would ask them why they were doing what they were doing and ask them to correct their behavior. If they persisted, I would ask them why they were even on the team if they weren't going to do what they were supposed to.

4. I have previously demonstrated the qualities and traits needed in order to be an effective captain through my work ethic, drive, and dedication. I realize that that may not set me apart from the other applicants, but I consider these three traits the most important in a leader.

Jennifer Harnage

1. I have a lot of experience leading my peers. In addition, I also have drive and determination to improve myself and everyone around me. I have the ability to make practice fun and engaging but still get work done to improve the team.
2. In order to lead the team effectively everyone has to be on the same page. To establish this, I would make sure that everyone knows the team goals and their own personal goals and have them work on them throughout the entire year. I'd try to connect with everyone on the team to continue to encourage them with their goals thus improving the entire team. Also, I believe there should be team bonding in order for the team to succeed since when a runner is out on the course and feels they can't give anymore, they can draw on their teammates and friends to help them push themselves.
3. In this situation, I would try to encourage the runner to do the right thing at the time. If this doesn't work, I would explain why we are doing the particular exercise or drill so they know how it can help them along their goals.
4. In NJROTC, I have shown leadership among my peers to help lead them to victory as being an Orienteering Team Captain. In addition, I am an officer in SGA so I have experience connecting with many different types of people and completing tasks involving them. Last year in Cross Country, I helped motivate and encourage some of the younger runners (freshman and sophomore). I have also helped Coach Raymond train the middle school runners for the past three years. I've talked with them and continued to motivate them as well.

Noah Hayes

1. This will be my 4th year on the team. I feel I have already started becoming a leader on the team and think I would fit as captain well. I have also previously been a captain on a team.
2. I can provide a helping hand where needed because I understand the thing we do at practice along with not being "bossy" and having respect for my teammates in hope they will have the same respect back.
3. I would just get their attention and get them on the same page as the rest of the team.
4. Like I said I have already started stepping up a bit this year as a leader at practice

Hunter Lander

1. I would be a good choice for captain because I know this team very well and I get along with a lot of the people. I am committed to the team seeing as how I have been apart of it for all my time at Hillgrove.
2. I could lead the team with my experience from being apart of the team for so long. I know how things work so I can steer people in the right direction. I can also explain how they are doing it incorrectly without yelling about it.
3. I would tell them that they are doing something incorrectly and try to correct it right then and there, I would also show them how it should be done if need be.
4. On occasion I was chosen to be a group leader for after running drills and exercises and I was able to lead effectively and get done everything that needed to get done.

Evan Montoya

1. I have already began to assume some of the responsibilities of a team captain, which I touched on more below. Outside of this, I can relate to almost everyone on the team's skill level: I have ran successfully in varsity races but have also failed more times than almost anyone else on the team. Furthermore, I believe that I do a good job interacting with a majority of the team and have a good camaraderie with almost everyone.
2. I hope to primarily lead by example by showing the determination necessary to persevere and succeed. Furthermore, I want to help push everyone towards greater success, primarily by trying to accelerate the slower

runners so that they may become the next generation of varsity runners. All too often, I think young runners become discouraged early on and never reach their full potential. This would double by having them put more pressure on the upper JV and, in turn, varsity runners.

3. If the indiscretion was a first offense, I would quietly talk to them during a transition or after practice. If it was someone who consistently disrupted practice, I would call them out immediately regardless of what else was occurring.
4. Within the past cross country and track season, I have begun to take on more responsibility and authority as the current seniors began to step down and transfer their roles. I act as a group leader, frequently run warm ups for the boys, and often lead stretches. I have done all of these things effectively and hope to continue to do so in the upcoming year.

Harrison Owenby

1. I work hard and think about my team in my races, rather than myself, I work hard knowing it will benefit the team as a whole
2. I would set an example for others, lead by example. and I would encourage my teammates to get them in a good mindset, to keep them in it mentally
3. Call them out, and explain to them what they are supposed to be doing or to stop slacking off .
4. I don't give up easily, I am reliable and I work hard, I want to see improvement in my running as well as boost up my teammates by cheering them on and giving them encouragement

Evan Sassenberger

1. I'm consistent and have never missed a cross country practice and will encourage all my team mates and help them with problems they may have as well as keep them on task at practice.
2. I would make sure we get everything done that we have to do before and after practice as well as work hard to get along with the entire team and always put the team first.
3. I would be sure to go up to them and talk to them about why they are not doing what they are supposed to and be sure to see they do what they are suppose to be doing.
4. I have made sure my fellow team mates are on task and that they aren't goofing off. I've given advice to my class and the freshmen class who have needed help. I have started stretches when no one else had started them when we needed circle up.

Sierra Wehrenberg

1. I would be a good choice for captain because I am extremely dedicated to the sport and my team. I also have leadership experience, as I am the only returning captain on the team. I love to lead and motivate others, and I've learned many things over the past year that I wouldn't have known before that can help me develop into a better leader. I rarely miss practice and my purposeful attendance shows that I work hard and I'm consistent. Over the past three years, I have dedicated myself to this team and this sport. I also have a personal connection with most of my teammates, which would help me build a stronger team bond. When new people join the team, I'll be very welcoming and make them feel like a part of the team, because an athlete's first year is one of the biggest influences on the rest of their cross country career. I have been running for a long time, so I have running experience as well, and I can lead others to love the sport. I am also not afraid to ask questions, communicate, and strive for high goals, and I can lead by example. I think that I would be a good leader to help the team grow.
2. I would effectively lead the team by setting a good example, and being consistent and courageous. I'd help coach follow through on his plan of action, acting as a liaison to increase communication between the athletes and coaches. I have done this for the past year, but I would like to keep learning how to communicate more effectively and maintain good relationships with everyone on the team. I would lead the team by being a rule follower and acting as a model that would represent the team and all its great qualities. I would like to help my teammates better their running careers and reach their goals by being encouraging, caring, and understanding. I would develop stronger friendships with the team to help strengthen the team bond, which will in turn

strengthen the drive and prosperity of the team. I would try new strategies to help all of my teammates be successful, regardless of ability.

3. I would handle a situation with an uncooperative teammate by first calling them out in a casual and playful way, to see if that would invoke a positive response. If not, I would communicate with them privately, listening to what they have to say, and help them come up with their own solution to produce successful and productive behavior. I would also make sure they are aware of the importance of the activity and how it benefits them, because sometimes resistance can be solved through explanation and understanding.
4. I've demonstrated captain-like qualities because I've been a captain this year, and through that I've learned many valuable skills. I've learned how to work with others, manage a group, and communicate with coaches. This year I plan to develop those skills even further, and help teach others what I have learned as well. I am not afraid to step up and be a leader, and help, whether that is through leading groups, teaching other athletes, or sharing team responsibilities. I am responsible for my own actions, and I think in order for an athlete to be responsible for others, they need to be responsible for themselves first. I always make an effort to encourage other runners, no matter their ability or spot on the team.