

## **Captain and Leadership Class Syllabus**

**Instructor:** Coach Brasher **Meeting Dates:** October 29/31 November 1/5/7/8 **Time:** 7:40-8:00 a.m.

**E-mail:** kyle.brasher@sgibson.k12.in.us

**Phone number:** 812-480-2654

**Location:** Coach Brasher's Room

**Objective:** After this brief, two-week, six session course, potential team captains will be able to do the following:

1. Know the power of being a positive, focused leader
2. Know 5 important characteristics of being a captain/leader
3. Articulate and understand the importance of being a great captain
4. Have keen visualization techniques and understand the importance of visualizing
5. Help in developing the vision for the Lady Titan program for the 2019-2020 season
6. Be a great teammate and encourager to have teammates perform at their highest level

**Daily format:** Students will be assigned a few readings and some assignments to help prepare themselves to arrive for a deep discussion on leadership and instilling the qualities of a positive leader in their daily lives while expressing the importance of the Lady Titan Basketball Pillars. We will have class discussions, visualization sessions, and at the end, each lady will write a vision statement for the program.

### **Session 1-** "A Self-Aware Captain"

Readings: 1. "Self-Awareness" from *Raise Your Game* by Alan Stein

2. "Vince Lombardi on the Hidden Power of Mastering the Fundamentals" by James Clear

Assignments: Included with handout

### **Session 2-** "A Passionate Captain"

Readings: 1. "Passion" from *Raise Your Game* by Alan Stein

2. "Stop Thinking and Start Doing: The Power of Practicing More" by James Clear

Assignments: Included with handout

### **Session 3-** "A Disciplined Captain"

Readings: 1. "Confidence" from *Raise Your Game* by Alan Stein

2. "Absolute Success is Luck. Relative Success is Hard Work." by James Clear

3. "Discipline" from *The Leadership Playbook* by Nathan Jamail

Assignments: Included with handout

### **Session 4-** "A Coachable Captain"

Readings: 1. "Coachability" from *Raise Your Game* by Alan Stein

2. "Monmouth Bench" from *The Leadership Playbook* by Nathan Jamail

Video: 1. Geno Auriemma speech: <https://www.youtube.com/watch?v=QkZvYusldno>

Assignments: Included with handout

### **Session 5-** "A Confident Captain"

Readings: 1. "Confidence" from *Raise Your Game* by Alan Stein

2. "Sisu: How to Develop Mental Toughness in the Face of Adversity" by James Clear

Assignments: Included with handout

### **Session 6-** "A Complete Captain"

Readings: None

Assignments: Included with handout