

■ Roles & Responsibilities for Captains

CBL 40+ Division

Captains are the foundation of leadership within the CBL. You represent not just your team, but the culture, professionalism, and integrity of the league. Your actions, communication, and example directly influence the quality of play and the experience for everyone involved.

1. Team Building & Preparation

- Research and understand the player pool before the draft to ensure you assemble a well-balanced team with complementary skills and attitudes.
- Evaluate players not only for talent but also chemistry, reliability, and sportsmanship.
- Encourage participation in team warmups, practices, and scrimmages when available.

2. Communication & Coordination

- Maintain clear, timely, and respectful communication with your players, other captains, and league board members.
- Relay important updates such as game times, uniform requirements, and rule reminders promptly.
- Coordinate substitutions, attendance, and lineup management to ensure smooth gameplay.

3. Leadership & Morale

- Lead by example with professionalism, patience, and composure — both on and off the court.
- Keep your team's morale and unity high, especially during losses or moments of tension.
- Act as a mentor figure for younger or less experienced players, promoting a spirit of brotherhood and respect.
- Diffuse conflicts calmly, and bring serious issues to the board when necessary.

4. Sportsmanship & Representation

- Ensure your team maintains respect toward referees, opponents, and spectators at all times.
- Hold players accountable for conduct that reflects poorly on the team or league.
- Encourage humility in victory and grace in defeat — set the tone for younger generations watching from the stands.

5. Administrative & Logistical Duties

- Ensure all players are present, uniformed, and ready for tip-off.
- Assist in collecting league dues or ensuring payments are complete if needed.
- Help enforce league rules and expectations regarding technical fouls, suspensions, and uniform compliance.
- Communicate absences or emergencies early to the board for scheduling adjustments.

6. Community & Legacy

- Remember that the CBL 40+ League is about legacy, brotherhood, and community, not just competition.
- Support community events, charity initiatives, and the younger divisions when possible.
- Set the standard for how the game — and the league — should be represented in Dearborn and beyond.