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LEADERSHIP WORKSHOP FOR TEAM CAPTAINS

Critical skills strengthened through grant from Wayland Public Schools Foundation

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Being a team captain does not make you a leader. To be a leader, you first must learn to lead yourself. That was the central message of the leadership workshop given to team captains at Wayland High School on January 27. The workshop was led by Daniel B. Switchenko, an exercise physiologist and member of the faculty of Eastern Connecticut State University. Athletic Director Martha Jamieson proposed the workshop to the Wayland Public Schools Foundation and the Foundation provided the funds.

Team captains listened attentively as Dr. Switchenko gave an inspiring talk on what it means to be a leader. Leaders, along with their teammates, establish a vision and set of goals. Goals must be specific, realistic, and connected to a timeframe. To be successful, a team must be totally committed to its goals and work as hard as possible to achieve them.

Dr. Switchenko characterized successful leaders as having "DREAMS":
D – Dedication; R – Respect; E – Enthusiasm; A – Attitude (positive); M – Mental toughness; and S – Sacrifice.

Everyone wants to win but not everyone has the will to prepare to win. A good leader prepares to win. He makes his teammates better on and off the field. A good leader has integrity, doing what she says she will do. A good leader is disciplined, doing what has to be done, when it should be done and how it should be done. And a good leader is caring and compassionate, trusting his teammates and being worthy of their trust.

Thomas Edison said "Opportunity is missed by most because it's dressed in overalls and looks like work." Good leaders see opportunities and get to work.

About the Wayland Public Schools Foundation:

The purpose of the Wayland Public Schools Foundation is to enrich the education of Wayland's children by funding grants for innovative projects and creative units of study not funded by the regular school budget. Grants are made possible through the generosity of Wayland residents who contribute to the WPSF through its fall letter campaign, spelling bee, and Evening of Tastings in the spring. Proposals to the Foundation come from Wayland public school teachers with the support of school principals and the superintendent. To help support innovation in Wayland's schools, please visit the WPSF website: www.wayland.k12.ma.us/foundation.

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