

Mix Team Start-Up Guide 2024-2025

When starting the season, there are a lot of roles and tasks that can be divided between you and your teammates. While assigning these tasks isn't mandatory, it's a great way to get everyone engaged and help create a strong foundation for the team to build on throughout the year. Not every role has to be fulfilled like explained in this guide, some can be combined, some can be left out. This guide is here to give you a clear idea of what could be done within a team.

What does it mean to be in a team?

During the season, there will be training sessions and matches. It is expected of you to attend as many of these as possible, unless you have a good reason to cancel. This is because at the start of the year, you made a commitment to your team. Together, you can grow, so we encourage you to be there as much as you can. Not just for yourself, but also for your teammates and the team spirit. At the beginning of the year you should sit together with your team to discuss the following things:

- Training attendance
- Roles and tasks (these are discussed in this document)

Next to that, it is important to create a bond with your team, this makes playing in the field more fun. The best way to do this is outside the field with, for example, a lunch or dinner before the match, a team weekend, going for drinks after the match/trainings in the canteen, baking a cake for each match.

Roles

Captain

The captain is responsible to send a mail or text to the team with all the information for the upcoming match. This is usually sent on the Tuesday of that week. Furthermore, it's the only player allowed to talk to the referee during the match. That is why it's beneficial to make someone captain that knows the rules of the game and the ins and outs of Harambee. Make sure to have a reserve captain for when the first captain is not in the field.

ListCo

This person makes an excel sheet at the beginning of the year of all upcoming matches in which every player can indicate whether they are present during a match. Next to that information such as allergies, who is Foodco or Washco are also put in this sheet.

Referees

Every team has to appoint two referees that can referee the matches at home. In general this will be around four matches per referee a season.

Party-co

Within Harambee there are a lot of different teams. As Party-co you can arrange team-dates with other teams. This is a fun activity with another team, for which you can get team of the year points. In addition you get promotions for Harambee activities to do with your team via a group chat.

TeamWeekendCo

Every year, every team can organize their own weekend away! This is a fun weekend in which you can relax with your team and have some bonding other than just playing volleyball with each other. The TeamWeekendCo is a task for 2 to 3 people.

WhamCo

The Wham is a little magazine that is produced every home weekend, this magazine is filled with different pieces that are sent in by the teams. The WhamCo position is for someone that likes to create a piece about their team in photoshop or even word every home weekend for everyone to see. Examples can be viewed here, [Whamcloud](#).

Tasks

Furthermore there are some **optional** tasks that can rotate between all teammates, these are the following:

FoodCo

The person who has this task bakes a cake, which the team can eat together after the match, to celebrate your win or to drown your sorrows in some delicious cake.

WashCo

This person needs to wash the shirts after the match and bring the shirt bag with clean shirts for the next game.

SnackCo

It is very nice to have some fresh fruit to eat during the time out in the matches. This person has to arrange something to eat during the match and some beverages to enjoy in the post game shower.

BlogCo

A blog can be written about every match you have as a team. You can do whatever you want with this. This could be a fun piece about the game you had or fun things that happened after the game. So, if you are a bit creative and like to write, then this role is definitely for you!

So, now that you're fully up to date, you can sit together with your team as soon as possible to discuss these roles and tasks. If you have any questions, feel free to ask your teammates, your trainer or the board. Have fun this year!

CCP (Confidential Contact Persons)

We want everyone to feel welcome and safe at Harambee. If you have experienced otherwise, we, as an association, want to know about this and support you. Unwanted behaviour can occur in the form of bullying, discrimination, (sexual) intimidation, threats and/or violence. It's also possible to run into other problems that make you feel left out, or like you can't be yourself.

If you have experienced something like this, or you've seen it happen to someone else, we encourage you to speak to one of the Confidential Contact Persons (CCP) at Harambee. The CCP will listen to your story, and together, you will decide what to do next. Some things can be resolved within the association, but sometimes it may be best to involve other experts. This will always happen in agreement and with consent from you. The CCP is independent.

You can always approach one of the CCPs in person, but it is also possible to send them an email, text, or call them.

Ronald Meijer

Email: ronald@ronaldm.nl

Phone: 06-40314336

Anouk Cornelissen

Email: a.j.cornelissenprive@gmail.com

Phone: 06-40314336