

Top tips from major names in the sporting world including Gary Lineker, Dame Kelly Holmes and Michael Vaughan



So You Want to be Captain? Top Tips From Sporting Heroes

By Declan Gane

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A captain has many responsibilities and can make or break a team. Success is always sweet, but when it all goes wrong it can be a lonely and stressful job, especially if you are quite young.

When Declan Gane's son was made captain of his school rugby team, he wrote letters to well known national and international captains from teams across a wide range of Sports. Asking them for the secrets of their success and their tips on how to captain a winning team. The resulting responses were fascinating, 48 leading captains gave their top tips, including Ian Botham, Will Carling, Phil Neville and Jamie Peacock .

Author, Declan Gane explains, *"We didn't really set out with the intention of compiling the captains' top tips to put into a book. However, with nearly 50 great pieces of advice from some of the best captains in the world, **So You Want to be Captain?**, can now be shared with lots of aspiring young sports-people, not just Louis. Sport Relief will also receive a donation from my advance and from every book sold."*

Perfect for young sports-mad readers, **So You Want To Be Captain?** is packed with advice and tips on how to be a great captain and lead your team to success.

What's more is that these inspiring words come directly from some of our greatest sporting heroes, In the form of letters and emails, the heartfelt and considered advice for young players is inspiring, informative and motivating – all in equal measure.

From the British curling team to successful paralympians, from body language to bravery, this book is a wide-ranging, useful and entertaining meditation upon the art of captaincy.

A father of three living in West London, **Declan Gane** spent seven years coaching mini-rugby at Richmond FC. This was the inspiration not only for his book, but also for a career change from marketing manager to primary school teacher. Visit the dedicated book website at www.soyouwanttobecaptain.com and follow the author on twitter at @declangane.

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