

In order to learn more from a professional that I respect, and consider one of my best friends, I interviewed Jacob Pettengill. Jacob is the Dean of Students at Sioux Falls Christian (SFC) School, and works closely with the sports program, including the Athletic Director. Jacob also has significant coaching experience, turning around the school's football program over a span of seven years, culminating in back-to-back South Dakota State Championships in 2017 and 2018. I chose to interview Jacob because I know he cares about the development of athletes in every dimension.

Being close friends with Jacob, we have had past discussions regarding many of the athletic programs at his school, including who he respects, who excels, and what they do to excel. When speaking specifically about first dimension principles, it is pretty clear that Sioux Falls Christian has coaches that can teach their respective sport! Additionally, the school is committed to helping those coaches develop in the first dimension. During our interview I learned that each coach is given a \$1,000 spending allowance once every three years to use for significant self-improvement. That may look like attending a prestigious clinic or connecting with a colleague in a different area that is considered an expert on the offense or defense that the school is running. I know that Jacob flew from Sioux Falls to Southern California a few years ago to spend time with a head coach that was successful in the offensive system Sioux Falls Christian runs. Besides the \$1,000, the school is constantly investing in the best equipment, gear, and training that allows the coach to maximize athletic and performance potential. Add in the fact that they have coaches that are proficient in teaching the skills of the game makes me confident in saying that SFC is doing a very good job in the 1st dimension.

When we started discussing the 2nd dimension, it became obvious to both Jacob and I that this is an area where the school could make improvements to help build expectations, and provide tools for coaches, that would allow them to impact their athletes' mentally and emotionally. While I know Jacob has an amazing program with his football program in the second dimension, it is because he has chosen to focus on this area. The school leaves each program head responsible for deciding how in-depth they go in this area. I would suggest that in order to become a more well-rounded athletic program they spotlight some of the programs that choose to dive into the 2nd dimension and encourage those coaches to help others that may not have considered implementing 2nd dimension strategies as a core aspect of their program.

What Sioux Falls Christian lacks in the 2nd dimension, they make up for in the 3rd. As a Christian that works in public education, I am slightly envious of the spiritual openness that Jacob, and the SFC staff, get to have with their student-athletes. SFC strives to make a life-long impact on their athletes for Christ through the way they approach coaching. Coaches are constantly reminded, and put in situations, where they are developing ideas to implement within their programs that help draw Christ to the center of their team, and the main focus of their season. Coaches are taught that impacting lives for Christ is more important than wins and losses, and that those deep, meaningful relationships, will ultimately lead to a higher level of success in competition due to the love everyone has for each other. SFC utilizes seminars, coaching panels, student panels, and more in order to grow deeper in the 3rd dimension! While

my takeaway from this topic has to be adjusted due to my job placement, I am still able to take away the fact that loving your athletes well, and having goals outside of winning and losing, should be the standard I shoot for. Additionally, this level of love and care will radiate Christ in my life, and naturally help lead some of my athletes into relationship with Christ!

My interview with Jacob was both encouraged, and challenged me as a person and professional. Athletically, I want to do more to help equip and empower my coaches. Emotionally, I want to do more to equip and empower my coaches. Spiritually, I wanted to do more to equip and empower my coaches. Finally, as a coach, I want to do more to equip and empower my athletes in all three dimensions!