

I had the pleasure to interview The Athletic Director for Kelly Walsh High School, and my athletic director, Mr. A.J. Nathan. A.J. had taken the 3 Dimensional course a year ago. I will visit the topics we talked about for this paper and highlight how A.J. addressed the 3 dimensions before 3D coaching and a peek of what he has done since.

In the first dimension A.J., as athletic director, reported his primary job, is to have funding available to coaches for equipment, videos, books, camps, professional development, and clinics. The Wyoming Coaches Association has a clinic every summer, that has breakout sessions for all high school sports, A.J. has paid for for Kelly Walsh's coaching staff to attend. A.J. said most of communications are with the head coaches about techniques, schemes, and drills, specifically, to get the coaches rationale for doing what they do.

When discussing the 2nd dimension, A.J. admittedly did not formerly have a lot in place. He quickly pointed out, as a former coach, that as part of his coaching philosophy he was always concerned with the psychological well-being of his athletes, and when hiring coaches tried to hire candidates who incorporated this into their coaching. A.J. stated that continuing forward he will try to encourage coaches to coach this with more intentionality.

While addressing the third dimension, A.J. again referenced his coaching philosophy, and stated he was concerned with student-athletes striving for more out of their experiences than just trying to be successful on the field, court, or pool. He mentioned that he has always believed that student athletes should engage in service activities in their communities. Mr. Nathan also spoke of when he was first hired that he organized a book study with the head coaches at the school. He did say that moving forward coaches need to be more intentional with these activities.

When asked about how he personally tries to improve himself, he referenced he is a life-long learner, and is always trying to improve. A.J. quipped that if anything, he could be accused of trying to instill too much change.. A.J. is always reading inspiring books of successful coaching, to be a resource to his coaches.

As the write up of the interview clearly points out, A.J. Nathan definitely has a growth mindset. A.J. is a lifelong learner and looking to continually improve. I am guessing that was how A.J. was introduced to 3D coaching. A.J. introduced 3D coaching when he had Mark Hull come to Kelly Walsh and give an overview of 3 Dimensional Coaching and then encouraged our coaches to take the course. As of today, approximately 50% of Kelly Walsh coaches are somewhere in the process of becoming 3 Dimensional coaches. We will have some growing pains but by having so many of us coaching 3 dimensionally, we can collaborate, and make a positive impact for our kids.