

3 Dimensional Coaching Final

Immediately following my interview with Chad Novack, the Athletic Director at Holcomb High School, I cumulatively assessed both our high school and middle school athletic programs both in terms of where we currently stand and where I feel we are headed. During this assessment, it became clear to me that we definitely have strengths and weaknesses when compared to the 3D Coaching framework. I feel that we need to keep to our strengths, so that they do not become our weaknesses, while focusing on our weaknesses so that they can become our strengths. The end goal of any successful program is to bring athletes, coaches, and parents together to work toward common goals. In that regard, I will take you through my thought process on where we currently stand as an athletic program as compared to the 3D Coaching framework.

In regards to the 1st Dimension, I feel that as a district-wide coaching staff, we are a very strong unit. We possess a very strong summer weights program that effectively reaches 200 high school and middle school athletes. Our weights program also co-exists with sport-specific skill sessions designed by each high school and middle school coach from all of our sports. Also, we have great vertical alignment with each varsity level high school coach being involved in skill development, game strategies, and tactical aspects that our middle school and even youth programs utilize. All of these are 1st Dimension strategies that make our district proficient in this area.

When reflecting on our 2nd Dimensional strategies, I feel that our athletic programs do an admirable job of meeting the needs of a diverse group of student-athletes. Whether it be with team goal-setting, team-building activities, or motivating athletes, I feel that our district is proactive in our efforts to strengthen individuals to strengthen our teams, as a whole. Where we fall short, in my opinion, is with the emotional and mental aspects of sport. I feel like this is a direct reflection of the lack of resources that are available to our coaches. Before taking this course, I felt like we were pretty strong in the 2nd Dimension. Now, I have a totally new perspective and feel like we come up short in meeting all of the needs our student-athletes want and need in this realm.

Finally, we have reached the 3rd Dimension. Although I know we as coaches strive to be excellent in all things, I feel like we fall short the most in this third realm. Even though we fall short, I feel like many coaches in our athletic program do an astounding job of incorporating such “development of the heart strategies” as value, self-worth, and purpose. We have many coaches in our program that utilize a theme of the week with possibly one word that they focus on, such as “passion.” However, as a staff I feel that we do not focus enough on the aspect of developing the heart. Instead, we focus on the 1st and maybe the 2nd Dimension, because that is what we know and are comfortable coaching our student-athletes. It may very well be a matter of not wanting to feel vulnerable or it may be a matter of not knowing how to coach this 3rd Dimension. Whatever the case, it

definitely is the weakest of the three dimensions, but one that I feel with the proper training and resources, could very well become our greatest strength.

In closing, I have enjoyed the journey of 3 Dimensional Coaching. It has opened my eyes to new possibilities and new strategies that I will look to deploy. This journey has allowed me to self-reflect and take notice of my strengths and weaknesses as a coach. Also, it allowed me to share those perceived strengths and weaknesses with our athletic director, so that we can reflect on where we want to take our program. Thank you so much for opening my eyes to the endless possibilities when we coach in all 3 Dimensions.