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3Dimensions Final Paper

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Summary of Interview

My interview was with Zac Sinram, who is our Assistant Principal and Athletic Director at Indian Hills Junior High. This school is part of the West Des Moines Community School District. It is a feeder school to Valley High School. I coach at Valley for 3 programs. I also work closely with our two junior high programs. Because of this I work with Zach on coordinating some events to help strengthen our junior high and high school programs. I also teach at Indian Hills, so Zac is also my administrator in the building.

In listening to Zac during the interview, along with my interactions and observations with him, I feel we have many strengths with the overall athletic program on the three dimensions of coaching. One area of strength is in the first dimension, which is the fundamentals of body and physicality. Zac works to hire the best talent he can find. He finds funds to encourage his coaches to continue their development in the 1st dimension. He encourages coaches to continue to develop their skills in their expertise area of coaching. He helps coordinate with the high school head coaches in the various sports the development of shared philosophies in the 8th -12th grade programs (8th grade is the first year of school sports in our district). An example of this is what our high school and junior high track and field programs are doing together. Zac and myself meet each year to discuss how to develop a shared understanding of what is expected in a track and field athlete for the Valley student athlete. We work to share our vocabulary, skill set (hurdles, jumps, hand-offs, block development, etc.) with our junior high coaches, and with our junior high athletes. The junior high teams come over to the high school track once a week and can have the opportunity to be taught by our high school coaches. This is great for the kids, but also helps our junior high coaches in their first dimension skill set.

Another area of strength is in the second and third dimension of coaching. Our coaches at the junior high and high school spend a good quantity of time on this dimension. Having our athletes motivated, confident, thinking team first, working on goals is very important. These skills sets have set our high school athletic programs on to great success in Iowa. Valley high school is one of the most successful and accomplished high schools in the state with its athletic programs. This starts at the junior high level. Zac stated, "*Some of our Tiger Time lessons focus on Team Work, goal setting, mindfulness. This is an area of growth for us. This class is a huge part of that.*" Our junior high teachers do lessons that deal with the second and third dimension of coaching: goal setting, dealing with emotions, confidence, character, self-worth, and values.

Some areas that can be improved in our programs is going deeper and spending more time on the second and third dimension. Our student demographics, their attention span, especially with the Covid effects demands more from our coaching staffs. These student-athletes need this from us. Our district (High school and junior high athletic programs) can do more with identifying its purpose and goals of our athletic programs. Zac states, *"We don't, it could be a next step. Buildings and district do and they certainly are applicable."* In talking with Zac, it is an ongoing, ever evolving process to develop all three dimensions with the coaching staff. Our student athletes at the junior high and high school level must be exposed and gain a skill set in all three of the dimensions (fundamentals, psychology, and heart). It is more critical today, than ever, not just for athletic success, but for life success of these student-athletes.