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3Dimensional Coaching

### Case Study Reflection

I was able to interview one of our Junior High Activities Directors for my interview. This was an important interview for me because he was one of the most influential coaches that I had in high school and was part of the reason that I decided to get into education/coaching. We were able to talk about his growth from a teacher/coach to an administrator/activities director. We also talked about his interest in starting this same course later this summer. We were able to discuss each of the 3 dimensions in detail and talk about some similar ideas we had to better our athletic program from our youth programs all the way up to our high school programs.

The first idea we talked about was his interest in getting his junior high coaches to more clinics related to the fundamentals of their activity. He would love for his coaches to sign up for quality clinics each year in order to be well versed when coaching the fundamentals. He also has been encouraging his coaches to get up to the varsity level practices in order to help teach the same concepts. He believes that by teaching the same basic fundamentals at the junior high that the varsity coaches teach will only help kids understand the concepts more clearly and increase their success in the long run.

The next idea we talked about was his interest in having his coaches attend clinics on the psychology side of sports. He believes that the 2nd dimension is critical at the junior high level as you are trying to build their confidence in their own abilities. He also believes that West Des Moines should offer more professional development opportunities for coaches on the psychology side of athletics. Overall, I agree with him. I think that our district does an excellent job offering professional development opportunities for our teachers, but they need to offer more for our coaches. Especially when we need to start viewing these activities as co-curricular.

Lastly, we talked about the 3rd dimension. We talked about how we needed to get our athletes involved with the community more than they currently are. We discussed having athletes help out at youth clinics and volunteering at several different places of need. Being able to have our student-athletes involved in the community will only increase our support and participation.

Being able to interview a former coach/ mentor was a great experience for me. He has done a nice job in his transition from coaching to activities director. He is very goal oriented and has a bright future ahead of him within our district. He wants kids to build quality relationships with their coaches and peers and accomplish their goals. I hope that someday he will be able to take over as the High School Athletic Director for our school district.