

Valley Cross-Country and Track and Field Evaluation

I interviewed Tom Trygstad for my final project in this class. While he isn't an athletic director, I thought this case study would be more valuable to my learning of the Three Dimensional process. Coach Trystad is the director of Cross-Country and Track and Field in our school. He manages the Varsity, Junior Varsity and Middle School teams for the district and is also a member of the Board of Directors for our Youth Running Club. He oversees all things Track and Field in West Des Moines, and as an assistant coach, I really wanted to pick his brain to see how he feels the program is when it comes to all three dimensions.

1st Dimension:

I believe our program is very solid when it comes to our first dimensional strategies. Coach Trystad has surrounded himself with experts in the realm of Track and Field. I sometimes feel like I am the least qualified individual on our coaching staff. We have coaches that have received All-American honors in their respective events, former college coaches, and former head coaches of other programs. Each of the coaches on our staff provides unique first dimension strategies to improve the performance of our teams.

Coach Trygstad also does an excellent job improving the 1st dimension strategies on our staff. He provides us multiple opportunities to attend coaching clinics in our respective events to engage and develop better coaching techniques. In those clinics we hear from other 1st dimensional experts on how to improve the performance of the athletes on our team. I have no doubt that our program is rich in experience and expertise when it comes to the first dimension of coaching.

2nd Dimension:

After interviewing and working with Coach Trygstad, I believe our staff has some solid second dimensional strategies but can make some improvements. Coach Trystad does an excellent job of providing goal setting opportunities for our athletes and coaches. Each season we sit down as a staff and work on goals, and we also sit down with our team as a group and as individuals to go over goals. Coach Trystad doesn't just focus on first dimensional goals, he believes in developing athletes into young adults.

Coach Trygstad also does a good job of motivating our student athletes as well as working on group cohesion. One of my favorite strategies that Coach Trystad implements is bringing back alumni to talk to the team about past success, and how they dealt with past adversity. Those alumni do such a great job motivating our athletes and helping them strive to continue their legacy as Valley athletes.

The major area I can see room for improvement in is with emotions and confidence strategies. We don't do a lot to improve our athletes' emotional well-being. This growth may come in the next few years as Coach Trygstad also completed the 3D Institute course and I am excited to see where this dimension can improve.

3rd Dimension:

This is the area that I think Coach Trygstad has the most room for improvement in. He's an excellent coach, and does a great job developing young athletes into young adults. However, I'm not sure any program is perfect when it comes to the third dimension. I would like to see this program continue to work on developing better purpose and self-worth in our athletes. I would really like to see our athletes engage our communities more, and develop stronger relationships with one another. These are difficult things to do, however I fully believe that Coach Trygstad is invested in improving in the third dimension, and I'm excited to see the progress he'll make after doing this 3D Coaching course.