

## Summary of Interview – Final Paper

An overview and evaluation of the sports programs within Jamestown high school was provide through conversations with the Athletic Director. This started with their mission statement that is rarely utilized or emphasized within the school or community. The mission of the Jamestown High School Athletic Department is to provide opportunities for all students to participate in sports and activity programs that build character, integrity, and leadership, while simultaneously teaching good sportsmanship, responsibility and teamwork. We used this mission statement to evaluate the athletic department and more importantly raise the question of how to help coaches fulfill the mission statement.

In regards to the 1<sup>st</sup> Dimension, the quality of effectively teaching fundamentals is a key aspect in the interview process of hiring coaches. Providing coaching staffs with opportunities to attend clinics or funding for online resources can help them grow in the 1<sup>st</sup> Dimension. It was also recommended to incorporate a common strength & conditioning program to help get more teams in the weight room which will help promote multi-sport athletes. This allows for integration of the teams which is not currently seen within the school.

Team cohesion and learning to server are key attributes in the teaching of sport. At Jamestown each sport team is required to complete at least one community service activity. As we discussed the 2<sup>nd</sup> Dimension further, there were some key aspects we both agreed upon. Within society today confidence levels and emotional outburst are noticeable issue with kids. Most coaches don't understand or intentionally have a process for building confidence. Providing training on building confidence would be vital for all coaches. In combination with confidence getting them to understand something as simple as the emotion's matrix would provide a valuable resource in being able to effectively navigate stressful coaching situations. To often our emotions and kids' emotions can lead to a negative, counterproductive, responses. Lastly it needs to be emphasized to the coaches that the joy of playing is what drives the attitude and effort of the kids. Coaches need to be cognitive of that when developing practice plans. Building confidence, understanding emotions, and realizing that Joy drives participation are all areas that the athletic department can assist in educating coaches to effectively live out the mission statement.

Winning has become the purpose of most programs today and is seen within most sport programs at Jamestown. It is easy for coaches to talk about winning and how to win. This is why it is important to equip coaches with the information, resources and strategies on how to approach the 3<sup>rd</sup> Dimension issues. It is critical to assist the kids in the process of finding their identity, not society's identity that was placed on them, and their purpose so they can flourish when they graduate. To realign with the mission statement and place winning in its proper place it is important that the coaches understand the difference between greatness and goodness. With the focus on goodness and its attributes winning will become a goal again not the purpose of the program.

Through these conversations there has been a renewed focus on the purpose of the athletic department and making the mission statement a focal point. This has also provided insight into the importance of providing coaches with the proper training and information to provide a holistic approach to developing athletes.