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3Dimension Coaching Final Paper
April 12, 2021

Fundamentally, Warrenton head coaches and coaching staff would perceive this as a strength. The offseason workouts are there, the head coaches are some of the best at their sport in our conference, and athletes work on skills throughout the year. In terms of psychology, I believe there are some programs that can be perceived as a strength while others are a weakness. Some programs have a “you have to be there at every offseason workout or you won’t play much in season” kind of attitude and this transfers to some of the athletes in those sports. Other programs believe in multisport athletes and put the well-being of the athletes above their own personal coaching goals for their team or program. In any school, there can be a variety of coaches and in Warrenton, this is the case as some athletes will get the “father figure” kind of coach they look up to while also experiencing a different coach that has the “I’ll have to suffer through the yelling and shame” in-game coaching style. In terms of the heart, we have a small number of programs that have kids and coaches that are at this level. I would say volleyball, wrestling, and softball are three of these programs. The kids are part of a family and they know it. They all motivate each other, follow each other, and they know that each of their peers and coaches is more than just teammates.

I honestly learned a lot from taking this course and felt like I was able to self-check many of the areas and situations as ones I do, while also noticing there are areas that I can improve. As a track coach, I don’t see kids until the winter for pre-season but even then, but my athletes play winter sports so it’s tough to create that environment and relationship with them. I also teach in a separate building in the district so that doesn’t help either. In the end, I have a to-do list and a set of goals that I was to work towards in order to improve my track and field program.

In terms of the fundamentals, we have solid assistant and head coaches that work hard on the basic skills their sport needs to be successful and I do not believe this is an area that needs improvement but instead continuous focus. In terms of psychology, I believe that it would be helpful for our athletic director to have coaches give anonymous surveys and gather feedback on their coaching styles to improve how their work with their athletes. In terms of the heart, I would encourage the athletic director to seek out successful programs in other districts and let those coaches serve as mentors regardless of coaching experience so that they can continue to grow and gain more ideas that they can bring back to their own program.