

## Final Paper

I had the opportunity to interview my athletic director, Matt Thede. As I reflect on the interview, I believe we are moving toward a more 3D centered department. Below you will find my perceived strengths and weaknesses of our athletic department, but more specifically our Mustang Strength & Speed program.

Like most programs, I believe that we are on top of our 1<sup>st</sup> Dimension strategies and implementation. We obviously can always improve, but I think we are on a good path. As far as Strength & Speed specifically I enjoy the fundamentals and want to put the best program together for our athletes, coaches, school, and community.

As for the 2<sup>nd</sup> Dimension (Psychology) and the areas of motivation, confidence, emotions, team cohesion, and goal setting, I think it was awesome that our athletic director had all head coaches go through this course. It opened my eyes to all the possibilities that we have as coaches with our athletes to connect in a better way. For strength & speed it affirmed some of the things we were doing and gave me a lot of ideas to continue to push the envelope and engage the athletes.

For the 3<sup>rd</sup> Dimension (Heart) and the topics of identity, character, significance, self-worth, values, and purpose, we need more work. I know that our coaches care about our kids, but captivating the athlete's heart requires the most effort and dedication. I know we can get better here, because I know kids need this stuff more than anything and if we are honest, this is what we need as coaches more than anything. This is going to be my biggest area of change this year. I am excited to roll out our new curriculum which will focus on building the identity, character, and purpose for our student-athletes.

When interviewing my athletic director, he talked about what he looks for in hiring coaches. He said he wants character, competence, and coachability (meaning, they are willing to learn and grow themselves). AS I reflected on this, I thought about if I hit that criteria and what was my criteria if I was going to "hire" my student-athletes. This set me on a path of creating culture standards that Mustangs will live by in their athletic endeavors and hopefully their life. Each week we will take a specific topic or lesson and teach it, examine it, review it, and let a student speak about how it applies to their life. This, along with all the other awesome ideas from 3D Coaching, will allow me to be more intentional with my time I get with the students

In conclusion, I know there are things that our school needs to work on and I especially know there are things that I can improve at, but I am excited for the future because I know our coaches and administration is committed to doing what is best for our kids. I look forward to all the opportunities that we will get to have to make an impact on our young Mustangs.