

### 3D Case Study Final Paper

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The program under the direction of the athletic director that I interviewed is a classic example of one that is entirely focused on the 1st dimension of coaching their athletes. Each paragraph will further expound upon this idea.

1st Dimension Analysis: the program in question (referred to as BP henceforth) has some strategies in place to assist coaches with 1st Dimension issues. They require state certification, which entails having a theory of coaching course, a sport specific strategy course, & a care & prevention of athletic injuries course. They also require district trainings on things such as CPR/First Aid, bloodborne pathogens, network usage policy, and similar trainings. These are all required & mandatory. The decision to hire coaches in BP is primarily based on three questions as per the AD: why do they coach (a 3rd dimension question!), how do they work with students/kids (somewhat all 3 dimensions) & finally what they know about the specific strategies & fundamentals of their sport (1st dimension). These questions of why they coach & how they work with students are the only topics that fell under the umbrella of the 2nd or 3rd dimension.

2nd Dimension: as per the AD's input, BP does not require any sports psychology or mental aspects of coaching for their coaches. He said the only professional development or training in this area is done at the discretion of each individual coach. He admitted it is an area that needs improvement, but also struggles because many of their coaches are new & do not have a foundational grasp of 1st dimensional issues yet. I suggested to him that he could implement the 3D coaching process in his district, as our AD has done with us. I know 2nd dimension strategies would be effective, but they seem not to be intentionally included. Without coaching their student-athlete's minds, they will never reach their full potential nor deepen the impact of their co-curricular programs.

3rd Dimension: again, no intentional strategies are included. One 3rd dimension topic that would be impactful if/when it were to be implemented in BP would be empathy. They are a small, rural school that struggles with intolerance, bigotry, racism, & other attitudes that sometimes come with conservative small high schools. They have also struggled with offseason participation in weights (lowest numbers in 8 years), camps (only 20 players at football camp), and some sports anticipate very low numbers of students participating (volleyball only had 16 last year, including no seniors). 3rd dimensional strategies such as contemplation, working on transformational purpose statements, & otherwise coaching their players' & coaches' hearts & souls would be effective & getting more students to participate in offseason workouts & their co-curricular programs in general.

In summary, BP is in transition & struggles with some 1st dimensional myopia. Their coaches, students, parents, & community would all stand to benefit from the inclusion of intentional 2nd & 3rd dimensional strategies in their co-curricular programs.