

Final Summary

By Julius Hornung

The Three Dimensional Coaching framework is something that I think more and more athletic programs are going to be taking a look at. The first dimension is one that most people are going to be comfortable with covering. The second dimension, I feel is one that most coaches in some fashion deal with, but maybe not intentionally. The third dimension, I feel, is where the most growth can happen for the majority of coaches. All three dimensions are vitally important to the growth of today's athlete.

The first dimension, the fundamentals, is one that every coach should at least have a grasp on. In our organization, there are opportunities for coaches to go to different camps and coaching schools that are usually put on by college coaches. These are important to staying up-to-date on the newest strategies and techniques that are available. All of these things are important to know and will help the athletes compete at the fundamental level.

The second dimension, psychology, is the one that I think a lot of coaches address without realizing they are impacting as much as they are. One of the areas that I think our organization could benefit from in this area is what it means to be a leader/captain. I am excited to try some of the resources that I found through 3D Coaching to work with student/athletes on what being a leader really looks like. I think that there are some ideas that I have already taken away from the class that have made me rethink exactly what type of leader I would like to be as well.

I think the third dimension, heart, may be the most difficult but also probably the most rewarding to address. If student/athletes can understand their worth beyond just the playing field, I would say the season would be a success. I like the idea of trying to find ways to go out and serve others in the community. I don't think young people today get a lot of opportunities to help others in this world's me first attitude. In the future we will be trying to find opportunities to help others in our community.

As a whole I think there have been some subtle changes in the coaching staff as a whole since we all received the 3D coaching training. Although some of the changes might not be evident to everyone from the outside, the changes are occurring internally. I don't think this will be an overnight change in attitude from coaches to athletes, but change is coming and think it is going to be positive!