

I chose Zac Sinram, the Athlete Director for Indian Hills and Stilwell Junior High. I was interested to discuss his interpretation of the 3 Dimensional structure and how it pertains to the development of student athletes through their junior high years.

Strengths of the first dimension are that Mr. Sinram is focused on hiring the best coaches he can to develop the skill level necessary to continue growing as an athlete. He values basic skills training in his coaching hires.

Of the three dimensions, if there is one where I might find a hint of a weakness, it is the second dimension. Although motivation, confidence, emotions, team cohesion and goal setting are all present, it is not at the forefront of the organization's thinking. All of those things are implied.

Zac did indicate the organization took some steps this past season in allowing many coaches to focus on the nature of coaching and what that means for our young athletes during the covid downtime.

Weaknesses in the third dimension are that this area is difficult to reach with the high number of young athletes junior high coaches are dealing with. Allowing players to understand their roles and importance to a team is vital to the success of the organization.

My conversation with Zac was very enlightening. We visit often, but usually not in this manner. It was interesting to hear what he thinks are the most important to a junior high athlete and coach.