

After interviewing Brad I really gained a deeper appreciation for his passion in all things Valley when it comes to extracurricular activities. He has a deep pride in our district, athletic programs and us as individuals. Not only is he one of the best AD's in our state but he was a very successful varsity high school baseball coach as well. His experience in both worlds is a great resource to us as coaches. He also has a clear vision for what our athletic department will look like under him. I actually took this class at his recommendation. I also feel that his level of care for our programs, coaches and athletes is contagious. It makes you want to be better.

When it comes to the three dimensions discussed and taught in this class I believe that Valley High School has a very good start to these different levels. Coaches interact with each other outside of their sport. In the previous school I worked in, coaches never went outside of their program's circle. It created a lot of separation among programs. Coaches from different sports discussing strategies, successful or not, with each other is needed for all of us to grow and improve. I feel this is a strength at Valley due to Brad. He puts us in positions to have conversations with coaches in other programs so we can all benefit from the knowledge across our entire department.

We are one of the largest and most successful high school athletic departments in Iowa. So when it comes to the first dimension I think we have a lot of very good coaches with great fundamental knowledge. We have some coaches who have been coaching here for 30+ years with multiple state championships. Due to that success and longevity in our department I believe it has led to the ability for coaches to focus on other aspects of coaching. For example, the second dimensional focus on the psychology of our student-athletes. Most of our head coaches focus on building our athletes to be successful in life and not just on the athletic field. Focusing on habits and skills that will allow them to be successful in life after high school. I know in our program we stress that you can't be an average student with less than average attendance and then just switch at 3:30 when practice starts. You have to constantly strive for greatness in everything you do. I believe this is a teaching point and belief in most of the programs and head coaches at Valley.

Assessing the 3rd level is a little more difficult. You need to see coaches interacting with students behind the scenes to assess this. For instance, if you came to one of our practices you see examples of first and second dimensions pretty easily I believe. But if you didn't see what occurs regularly after practice you would not know that we routinely tie in the third dimension. That after practice we open our office where we installed a full sized fridge so that we can provide food to kids who struggle to get enough calories during the day due to family struggles. Almost 50% of our team takes advantage of that opportunity on a regular basis. They know we as coaches are the ones who stock that for them and they are very appreciative. That is one example from our program and I'm sure that other programs do similar things to let their kids know that it is more than just the on field stuff. We care about them and their well being. I think we need to openly discuss these examples with each other as well.

There are always things we can improve on or get better at as coaches but as an athletic department I believe we are farther than most as it pertains to working within all 3 dimensions. We are in this position because of the vision and passion of our AD Brad Rose.