

I was able to interview one of the coaches from my college's track and field program. Coach Gabe Haberly was not someone I worked closely with, so it was very exciting to hear and learn more about his coaching method. It was also hard to find a time due to the time difference, but when we did it was very fulfilling. Something that I was not aware of as part of his role was to help find programs to develop the workouts that we use throughout our entire team, and to increase the knowledge of all the coaches in our university on the newest exercises and weight room strategies. I found it interesting that there's no required certification or training to be a coach in our program. It is encouraged to earn your CSCS, and the university will pay for the materials and test required to receive that endorsement.

As a former athlete in the program it was interesting to learn that they did not receive any formal training or on the second and the third dimension, or something similar to the dimensions. However, as a former at the other program, I recognize a lot of the second and third dimension strategies in the coaches. They always kept everything very team oriented, which is hard to do in a sport like track and field when there is a lot of individual focus. Our team always knew what our goal was during the season and for each individual meet. Not only did we have team goals, we also knew each other's goals. As a team we had decided on a number of goals together, and having our coaches support was so exciting. Our growth as an individual is also very much the front of the program. Haberly and I were able to reconnect and bond about specific story's about when I was an athlete in the program.

An interesting note that Coach Haberly made when I was interviewing him, as he believes that everything should be done reverse. He believes the third dimension should be put in the front, with the priority before you get to the second or the first dimension. His approach is that you need to understand the athlete as a whole person and as an individual. Haberly does an interview with each athlete at the beginning of the year to discuss their goals with them. He emphasised the importance of this so he can better his methods as a coach to help them achieve their goals.