

The Pella Community School District's athletic program has been one of the stronger ones in the state of Iowa for quite a few years. In terms of 3-Dimensional coaching, Pella coaches are competent in the first dimension based on the number of successful teams they have had. Pella has had a few coaches who have not lasted in their roles very long due to not handling the fundamentals of their sport well, especially in the areas of techniques and tactics. More coaches have seen improvement in their teams due to improvements in strength, power, and speed from utilizing a certified strength and conditioning program. To improve techniques and tactics, coaches are encouraged to attend clinics for their sport and to visit other coaches in their area.

In the second dimension, Pella coaches have done an excellent job in motivation and team cohesion. Most coaches do team cohesion activities most weeks during the season. Student athletes seem intrinsically motivated to participate in their sports because with the considerable number of participants Pella has, it can't be due to anything extrinsic. Coaches do a good job of building confidence and using positivity in their coaching to aid athletes in mastering their emotions and to encourage a culture of fun.

The areas that Pella can improve in the second dimension are helping coaches learn the Emotion Matrix and more about the three different kinds of goals there are. Coaches have not had strategies to handle all areas of the Emotion Matrix in the past and will need some help from 3D with that. When coaches talk about goal setting, they often don't distinguish the difference between outcome, performance, and process goals. Four questions that came from the course that would be great discussion starters with Pella coaches are 1) why do you coach? 2) why do you coach the way you coach? 3) how does it feel to be coached by you? And what is your definition of success? I feel these questions can lead into discussions about the second and third dimensions of coaching that many never think about.

Pella coaches who are successful are able to reach the hearts of their athletes. 3-Dimensional Coaching was brought into the Pella athletic program three years ago to assist coaches at all levels with reaching all athletes of all abilities. The academic program in the school was assisting teachers in helping them reach all of their students, so it made logical sense that athletics would do the same thing.

Areas that Pella can improve in the third dimension are to know the Readiness Principle and to coach the athletes "Where They Are." Coaches also need to understand the pressures athletes face today are different than the ones they faced in high school. While thinking about all of the ideas listed above, coaches at Pella need to keep in mind that "The most powerful motivating force in the universe is love." and "Without hope in the future, there is no power in the present."