3D Coaching Final Interview Summary

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My interview subject was Jeff Pospisil. Mr. Pospisil is the principal of Cedar Valley Christian School. He has worked at the school for over twenty-five years, and has been the principal for over a decade. He is also a long-time basketball and volleyball coach at the school. Although he no longer is involved with basketball, he continues to coach high school girls’ volleyball.

The mission statement of Cedar Valley Christian School is to “assist parents in their biblical responsibility to raise their children in the discipline and instruction of the Lord”. As a religious school, the third dimension of the “heart” or the “spirit” is at the forefront of the schools’ mission. Understanding that coaching in a holistic sense is essential to the development of the student-athlete dovetails with the 3D philosophy.

One of strengths of the school is that principal and the athletic director strive to lighten the administrative load on the coaches. This allows the coaches to focus on their coaching and their teams. I know this first-hand as I was a coach in the school for a number of years. For example, the athletic director would input games statistics for me and update the Iowa basketball website after each game. Mr. Pospisil and Mrs. Hodge (our athletic director) also would step in to do stats or run the scoreboard if there was a need. This hands-on approach sends a message to the parents that the administration is not only aware of what is going on in the program, but is also supportive and directly tied to it.

Other strengths of our program include the experience of our coaches, the weight program, and the ability to partner with other schools to program share when there is a need. The state of Iowa certification of all our middle school and high school coaches provides a knowledge base and also acts as barometer in gauging commitment level.

Areas of improvement would include a systematic approach in addressing second and third dimension coaching. To be fair, Cedar Valley Christian hosted a 3D coaching clinic for public and private school coaches and administrators in our area. The presenters included Ray Reasland, who provided an overview of the 3D curriculum and invited coaches and administrators to include the 3D program in their respective schools.

Because there are different levels of engagement in the 3D approach, a school such as Cedar Valley could use this as a training tool for different levels of coaching instruction. For example, elementary coaches could be provided an introduction to these concepts in a two- hour seminar, while high school coaches could become a certified 3D coach.

Another way to approach this would be to use Joe Ehrmann’s *Inside Out Coaching* as a small group study. On a personal note, this book is the best philosophy of coaching book I have read.

My sincere hope and expectation is that 3D coaching will become the primary instrument of coaching instruction at our school.