**3D Coaching Final**

I, Josef Sigrist, interviewed my long time mentor, Bert Hanson. Bert has coached both boys and girls throughout his 54 year coaching career. He has also amassed 697 high school wins along with a state championship in boys. Bert is in the Iowa High School Hall of Fame. He joined my staff in 2018 and immediately helped us win our 2nd girls’ state championship.

I chose to interview Bert Hanson for many reasons. His wealth of knowledge and years of experience have much to do with it, but also his success with both high school boys and girls. He took 8 boys teams and 5 girls teams to the state tournament as a head coach. I have also always appreciated how Coach Hanson treats people. They love and respect him even though he is very demanding as a coach.

Coach Hanson brought so many 1st and 2nd dimension coaching attributes to our program. He is a tremendous teacher of fundamentals and knows how to maximize athletic ability in our athletes. Another one of his major strengths is studying film to implement plays that expose the opposing defenses. His calm mannered demeanor, along with his ability to teach the game of basketball made him one of the most successful high school coaches in our state’s history.

Even before I started this course, I began focusing on 3rd dimension attributes, striving to reach the heart and spirit of each individual player in our program. I am very mindful of helping each student athlete see their worth on our team. In my interview with Coach Hanson, he did not initially feel he was a strong 3rd dimension coach. I told him I would disagree with that and say that if he took the course, he would see that many of the things he had in place with his teams did, in fact, delve into the 3rd dimension. He cares about his athletes and they know it! The girls on our team loved when Coach Hanson would bring his famous homemade chocolate chip cookies to practice. He would do this a couple times throughout the season. His ability to show his athletes he cares about each and every one of them and that they are valued, is second to none.

We also worked together as a staff to implement the post practice “Circle.” This circle would be where we debrief after practice and share things we appreciated about the person in the middle of the circle. We rotated through the entire team, players and coaches alike.

As I reflect on this interview and on the coaching careers of both Coach Hanson and myself, I would say that we are both great teachers of the game of basketball. We maximize the abilities of our athletes, for the most part. We also both believe we have tons of room to grow, especially in the 3rd dimension. We are constantly communicating about ways to bring everyone even closer together. I have learned a lot from my mentor, Bert. We both share with one another all the time how blessed we are that our paths crossed. We have become great friends!