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3D Coaching

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3Dimensional Coaching Final

3Dimensional Coaching made a significant impact in my personal transformation as a person, teacher, and coach. This course came at the right time in my teaching and coaching career in which I needed to reflect and reevaluate why and how I teach and coach. My conversation with the athletic director of MOC-Floyd Valley, Mr. Mark Gunderson, reinforced my learning and helped me realize the many great people, resources, and opportunities at MOC-Floyd Valley. Our conversation also highlighted areas where we can continually improve.

In my interview and other previous conversations with Mr. Gunderson, the strength of the MOC-Floyd Valley athletic department is the people. In my experience with the school district, I have recognized an emphasis on placing strong role models and people of high character in coaching positions. The third dimension of the coach has always been a top priority of the district, and although finding coaches to fill coaching positions has become increasingly difficult, the administration has kept this a top priority. Mr. Gunderson recognizes “Coaches are often the most influential adults in the lives of youngsters and adolescents. What they say and don’t say, do and don’t do – and off the field – sends a message about values and reveals something about the coaches’ priorities and character” (3Dimensional Coaching, 78). Overall, the coaches in the district accept this responsibility and strive to provide our student athletes with a positive role model with strong character.

Another strength of the school’s athletic programs is the first dimension. Coaches are eager and willing to learn more about their sport. Coaches in the district spend a lot of time learning from one another, reading articles, watching videos, meeting with other coaches outside of the district, and attending clinics. In the past three years, an increased emphasis has been placed on strength, speed, and agility. The district hired as a coaching position a Strength and Speed Coordinator in charge of providing workout programs for the athletes in the district. Morning workout programs during the school year are well attended and continue to rise, while the summer workout program has reached its highest attendance rate. An 8th grade weight room orientation has now taken place for two years in the spring for 8-weeks, as coaches look to transition middle school athletes to high school athletics. A middle school speed camp for the summer has been put in place for the first time this summer to encourage athletes to prepare physically for their sport. I have recognized that although these programs are focused on the first dimension, these moments in which coaches have contact with athletes are great opportunities to incorporate the second and third dimensions.

An area of continual growth for the athletic department is within the second dimension. The size of the district requires student athletes to participate in multiple sports in order to have strong numbers in each sport. The athletic program’s mission statement, “Fostering learning, excellence, and civic responsibility through athletics,” models the overall district’s mission. Mr. Gunderson believes athletics are co-curricular and an extension of the classroom, school day, and school year. Learning must continue in the field of competition. The athletic department continues to make strong strides forward in supporting one another and developing a strong cohesion among coaches. The improved strength and speed programs has helped bring coaches together to help develop the athletes they all share. The athletic program may consider goal setting together as head coaches by defining current realities and setting desired outcomes for the overall athletic program. One area addressed is training the mind of an athlete. In the Fall of 2020, the district has provided coaches a professional development opportunity prior to the start of the school year by inviting a speaker to present on the topic of brain training, encouraging training the mind of an athlete.

The MOC-Floyd Valley school district continues to seek excellence in athletics and focuses on developing the whole athlete. Character development and developing values in the lives of the athletes are of utmost importance. When working with today’s athletes the district continues to develop strategies to help develop the mind – monitoring emotions, increasing motivation, and building confidence – in the lives of athletes. Lastly, the district is committed to providing the necessary resources for coaches to enhance training and fundamentals for their athletes. MOC-Floyd Valley is a place that supports my transformational purpose statement, “To empower student athletes to lead well, overcome challenges, and create a culture of excellence,” and is committed in supporting its coaches to best support the holistic development of all athletes.