The 3 dimensional coaching model is a high priority at Centennial Highschool as is evident through my interview with the Activities Director Mr. Hegseth. His passion for teaching his coaches, or as he refers to them his “team”is clear and his focus on the WHY’s posed in the book Inside Out Coaching are a critical part to why Centennial Activities have become so successful. I believe Mr. Hegseth has many strengths as a leader and more specifically his greatest strength is teaching the HEART of his “team”. While it is clear he has a passion for creating a team which focuses on the 3 dimensions of coaching, I believe there is room for improvement as well.

One of Mr. Hegseth greatest strengths is teaching/coaching the Heart. As a Head coach in his program we receive an email every monday which is a quote from the book “Inside Out Coaching” . He shares the quotes along with an anecdote or story from his own coaching experience or something from his life that helps us as coaches keep the Heart in mind when working with our own athletes. This season was particularly tough for me as a coach. I was pregnant and due midway through our softball season which brought on many challenges. On top of that, I had a group of senior athletes and parents who seemed out to get me. Mr. Hegseth worked with me and helped me build my own confidence in continuing the season as well as offered ideas on how to mend/build relationships with the group. One key component used was the put up game. Mr. Hegseth taught me how to move from simply complementing players on their athletic abilities and performance to talking more about how they were as a teammate and friend. This helped build up my own confidence as a coach as well as the players confidence with their role on the team. I believe the Centennial activities department is one that will always protect and embrace their coaches by working with the HEART and making sure that every member feels valued.

One area that I believe could use improvement is in the fundamentals. Mr. Hegseth discussed that he does not spend much time worrying about the “fundamentals” of his team. Through his interview process (for new coaching candidates) he determines whether the coach he is hiring is competent in the fundamentals of their sport. While I believe it is the coach's job to understand and coach their skill fundamentals, I believe Mr Hegseth could further evaluate this throughout the year by offering coaching clinic opportunities to his group of coaches. The fundamentals don’t need to be specific to the sport- in fact I think we could use more peer modeling from fellow coaches on how to run an effective practice, or work out difficult situations with athletes or parents. I would love to see more peer to peer teaching/ coaching between the coaches within the school. This would benefit all by providing opportunities for coaches to showcase things that are going well as well as teach new coaches some tips and tricks of the trade.

Another area of strength is the idea of Purpose. Strung throughout the conversations and meetings with Mr. Hegseth it is clear that he wants all of his “players” to know their purpose. He does a great job of working with us to determine “Why we coach and why we coach the way we do.” It is with this sense of purpose and belonging that we are able to extend that to our athletes.

Overall I believe Mr. Hegseth and the entire Centennial Activities Department does an amazing job at coaching their coaches to coach with the 3 dimensions in mind. I am eager to use tools from this course in my coaching next season and ultimately to be sure to always coach with my purpose in mind.