The person whom I interviewed for my 3D Case Study was Mr. AJ Nathan. He is currently the Athletic Director at Kelly Walsh High School and has been in the position for 4 years. I have coached at Kelly Walsh for the last 10 years and have had several different Athletic Directors. AJ is the first to approach us coaches with this type of training and thinking. This paper will reflect his vision for coaching high school athletes from his past to his continued education from 3D Coaching.

For the 1st Dimension Mr. Nathan stated that his role was to support his coaches where needed. This primarily includes funding and training. He provides the resources necessary for coaches to continue professional development. Coaches get the opportunity to go to camps, and clinics to receive continuing education of current trends, techniques, schemes, and drills to improve upon player development in the 1st dimension areas. We discussed some of the clinic options which I would like to attend as well. AJ has been as strong supporter of this development in the past, will continue it into the future, but is beginning to focus on professional development for the next two dimensions as well.

The 2nd dimension is one of the areas where Mr. Nathan admitted he did not have much involvement with as an AD until this year. AJ has also completed the 3D course and mentioned that with his new understanding he will be providing more resources to help coaches build a philosophy which meets coaching the mind of all participants in activities at KW. This will not only help his coaches, but also help build the mind of KW student athletes and help drive continued participation in all sports. Motivation has been an area of concern with student athletes at KW and with continuing education in the second dimension it is hoped that will begin to change.

The 3rd dimension is an area where Mr. Nathan said he tried to help his coaches and student athletes be successful. AJ referenced his philosophy when he coached, he said that he concentrated on the psychological well-being of his athletes and he did that by having a lot of community involvement or volunteering. He has always looked for this trait in coaches when conducting the hiring process. He saw the successes of student athletes not only by their achievements in competition but paired with the service oriented activities from the involvement in their community or state. He plans to have more direct involvement with coaches in this area to foster the heart development of student athletes.

I had never sat down and discussed in detail any of these questions. I was already on staff when he was hired. I was impressed with how he continues to strive to be better and make those better around him. He has an extensive library books for coaches to reference and has no problem with sharing them as a resource. I purposely waited to write this paper after coaching my first season with the knowledge of this 3D course and to see how our organization progressed with it as well. I am very impressed with how our student athletes have responded and believe that our participation of those athletes each year will improve. Even though not all coaches at KW participated in the course this year AJ is going to continue to push new hires and those who haven’t completed the course to do so.