I really enjoyed this class and the reflection that I took part in to complete this course. It was also enjoyable to discuss some of the things I learned from this course with my Activities director.

Some of the strengths of our program include the following: I feel that for the most part the coaches in my school really do care about the athletes in our school. Throughout my time teaching and coaching here we have had success at various times in nearly all of our sports programs. I have not had much experience with most of our coaches shaming athletes or caring more about themselves or their record than their athletes. I am not going to lie and say that it never happens.

Another perceived strength of our sports program is that our coaches are really good at the 1st dimension. Coaches encourage students to attend open gyms and weight lifting, speed and agility, etc. Coaches also know the skills, techniques and tactics it takes to win and succeed.

A final perceived strength I would like to add is to discuss a class I teach. It is called character and leadership development. Each week we discuss a character trait that should be developed into a person of character and leadership. Great discussions and reflections result from this class and it is a way that I can develop second and third dimension in our students and student-athletes. I want to try to extend these ideas and concepts into my sports programs, but I have found it difficult to do so.

Some of the perceived weaknesses of our sports program became glaring. Our AD, through no fault of his own, did not know that much about the second and third dimension. He did mention a few things that he did when he was a coach that I think would be considered second dimension. He mentioned goal setting and talking with his athletes to improve their goals. These goals were surprisingly not the types of goals that most kids make and included things like improving leadership and working on skills to improve rather than having a .250 batting average.

Another perceived weakness is that I do not think that we need to have workshops and clinics or events like this class that help coaches with the second and third dimensions of coaching. I think this would be a great way to help our athletes become the best people they can be and help them go out into the world to impact and serve others.