I interviewed Ryan Snowden, Athletic Director from Holy Comforter Episcopal School (HCES). Prior to our conversation, Ryan was not familiar with the concept of 3Dimensional Coaching.

Holy Comforter appears to offer a strong First Dimension to their athletes. Coaches know their sport and are given all of the necessary training tools and equipment. Coaches are also held accountable and evaluated in various areas ranging from knowledge of sport, relationships with stakeholders and game conduct. Holy Comforter is fundamentally sound. I would recommend offering sport specific, required training for their coaches. Training in strength and conditioning would also be beneficial to their First Dimension program. These trainings would ensure that coaches are all up-to-date on the latest skills, techniques and rule changes for his/her sport. It would also ensure that strength and conditioning would be solid and consistent throughout the entire athletic department.

The mission statement for the HCES athletic department does touch on some elements of the 2nd and 3rd dimension. Ryan indicated that Holy Comforter strives to guide and support their Student-Athletes in the pursuit of excellence - academically, athletically and personally. HCES also seeks to promote and protect the safety, health and well-being of each one of their Student-Athletes. These are both great starts to looking at more than just the physical components of an athlete. However, in speaking more with Ryan, Holy Comforter does not have any specific training in place or evaluation parameters set to ensure these goals are met.

I appreciate that Holy Comforter strives to look at more than just the athletic success of their student-athletes. After completing this course, I see the value in ensuring that the psychological side and the heart of the student-athlete is also acknowledged and coached well to ensure a fully developed 3 Dimensional student-athlete.

As the Athletic Director, Ryan has a tremendous opportunity to change the ethos of the athletic department of Holy Comforter Episcopal School. In speaking with Ryan on several occasions it is obvious that he does desire to have an athletic department that transforms their student-athletes, inside and out. Creating a Transformational Purpose for Ryan and his coaches, would be the first step. Ryan needs to convey the purpose behind it to his coaches, giving them a breakdown of 3D Coaching Strategy. Ryan could then provide one or two Level 3 strategies for his coaches to start with. My personal favorite strategies are the Put-Ups, the Spotlights and creating opportunities for the team to serve together.

I also know that parents can be a challenge in Ryan’s position. HCES should utilize the parenting videos. It is important to engage the parents and to share the 3D process . It is also important for the parents to realize they do have the leading role in 3rd Dimensional growth of their child.

The 3D Coaching course would be an excellent resource for Ryan. I have also recommended he read Joe Ehrmann’s book, InsideOut Coaching for a better grasp on how to effectively transform the 2nd and 3rd dimensions of his student-athletes.

By Lorna Wolfkill