**Final for 3 Dimensional Coaching course**

Troy Houge

I had the privilege to sit down with Travis Owens. Travis is the activity director at Colo-Nesco. I have worked with Travis for a couple of years now because we are in the same conference. We usually drive together to our monthly meetings and have good conversations. After this interview I have the following observations.

Travis is very strong in the first dimension. He is understands the fundamentals of sports and coaching. His meetings go into detail on teaching the fundamentals. The coaches set goals on teaching the athletes how to compete at a high level fundamentally.

The second dimension has some strong points as well. I believe setting the goals and trying to get the coaches to understand the psychology of understanding a sport is very important. Travis made the comment that players confidence is greater if they understand the game as a whole. I believe there is a lot of truth to that statement as a coach myself. I do believe they could take this a step further by teaching more about the psychology of teamwork. I believe it is good to understand the reasons for doing something in a game but it is important also to understand why it is important to do something for your team. There are strong relationships on good teams and I think knowing why that helps teams be successful is important.

The third dimension is the area where they can grow a lot. Going through this course makes me realize this is true of the majority of programs out there. It is the hardest to develop yet the most important dimension for success in my opinion. Travis does some reflection with coaches but I think this could go deeper by asking more in depth questions. He asks them how they could have gotten more out of their teams and I think that is a good start. I would take it a little deeper and ask how I, as a coach, can get more out of myself. How will I get the athletes to the third dimension? This will happen with more instruction by the activity director. Giving the coaches materials that will help them understand the third dimension is a start. Creating a leadership team of athletes from different sports to come up with absolutes within their programs gives ownership to the team and when they take ownership they will thrive.

There are many other things that Travis could do to improve. There are also many things I can do to improve. One of those things is take this course. It has helped me understand what I have been doing well and where I can improve. One of our upcoming trips to our activity directors meeting I will have a conversation with Travis about this course and what it can do for him and his program.