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3-Dimensional Coaching Interview Summary

As the final for this class we were asked to interview a person that is involved with an organization within an Athletic Department. Selected for this interview was Coach Lonning, the assistant women’s basketball for Simpson College. The interview asked questions about the 3 Dimensions of coaching within the program. Coach Lonning was asked to evaluate the strengths and weaknesses of each Dimension.

After conducting the interview and collecting information, it proved that Simpson College Women’s Basketball program has several strengths. The passion and love shown throughout the organization is evident. It is no secret that these coaches care about each other, the players, and even their families. Coach Lonning harped on the importance of building relationships and trust with her players. She firmly believes that if you serve and pour into the players, they’ll give that much back.

Another focus was developing the player’s skills and basketball knowledge through shooting workouts and film sessions. Outside of practice she enjoys talking about current events/issues, helping players boost their confidence and discover their identities.

Lastly, Coach Lonning talked about the value of having a growth mindset and the drive to be better. Whether it be continuing education, getting involved with clubs/ organization within the community and school, or having a mentor.

In all it was difficult to identify weakness within this program. However, referring to Coach Lonning’s growth mindset mentality and the knowledge I have gained from this course, there are a couple suggestions that come to mind. These suggestions come in hopes for Simpson College Women’s Basketball Program to better meet the needs of their people and players in each Dimension. In all I would suggest further education and specific training. Opportunities to learn from other coaches whether that means going to coaching clinics or practices for the first dimension.

For the second dimension I would focus on more team-bonding opportunities where the players and coaches have a chance to grow their knowledge of each other. These experiences would help improve team cohesion and motivation within the team. For example, watching a basketball inspired movie, dinner at a coach’s house, or even creating team goals together. The third dimension was definitely a strength of this program. Coach Lonning spoke heavily about the value of each member of the team. I could only suggest having meetings with the players so they know exactly what their role and purpose on the team is.

Overall, this was a beneficial experience to learn and evaluate a specific program. Going forward, it is now known which strategies to incorporate and which to leave out.