For my interview I got a perspective from Jeff Housel, Activities Director at West Burlington, Notre Dame. The interview was pretty straightforward by me asking questions and Jeff answering the questions. I have been in many districts and it was interesting to take a deeper look into the structure of a department that we have played in multiple sports since I have coached in my district. I was interested to see that his department did not have many of the things that were asked in the interview. Jeff does a very good job and has always been someone I’ve taken advice from. It was reassuring to see that we are doing some things in our district that are ahead of other districts.

The perceived strengths of the 3D program is the clarity and direction that is given in specifics. The list of activities that is given after the learning is a key component that we felt would allow a coach to try a specific task the way the program has laid it out, but it also would help train the coach to try to modify the task to fit his/her style and athletes. The common theme of the conversation was that this program has the players in mind first and foremost.

The perceived weaknesses of the 3D program are the specifics and clarity in the way the program could help you to deal with the difficult situations or athletes to get through to. I think that there could be some training in the heart and mind sections that would allow for tactics or common issues that may arise when the basics do not work.

When suggesting how our organization can better meet the needs of our athletes in the first dimension, I think that much of this is done through consistency and communication amongst the coaching staff. This includes having a plan, implementation of the plan and constant reflection and change of trajectory to continue to rise. Fundamentals and drills are typically consistent from program to program, but the way that they are communicated and executed a lot of times depends on the coaching staff and their knowledge base. In our programs, we have a lot of turnover in coaches which in turn causes coaches to continually have to learn new drills and techniques. This also interrupts consistency and carryover of communication from year to year for the athletes.

When looking at the second dimension and getting to an athlete's heart, I feel that we have a lot of coaches that do a good job of this. We need to improve the consistency that we have in the accountability realm to let kids know that we have their best interests in mind and that we aren’t always their friend. I think this is an ever changing issue in society today. I will forever remember when this program discussed that we are in the second generation of entitlement and that we not only have to coach the players, but we also must coach the parents.

When looking at the final dimension of the mind, I have always said that this aspect is one that is overlooked. When weight training first became popular many years ago, this was a way that coaches and athletes could gain an advantage. Now every high school has a weight training program and many have full time strength trainers. I think that one way programs could get ahead in today’s society is to have a sports psychologist or someone that has the sole responsibility of training the mind. I think that this is the next step that programs need to identify and take to obtain success.

This program has given me tools to improve our programs. I have already began to implement the techniques that were discussed in the modules. The biggest one has just been to treat our kids in a way that they will look forward to seeing me each day. I want my athletes to know that I love them and that I have their best interest at heart. I want them to know that I will push them to reach their full potential and goals, and that it won’t always be comfortable. I would recommend this program to any coach, but most importantly to young coaches that do not understand what really matters.