Final

3D Coaching Course

I interviewed Andy Hamilton the athletic director at Grinnell College, Grinnell, Iowa. It was interesting for me to see how a college setting is different from the high school setting. This setting is entirely different from the high school setting. Andy is a supporter of Fellowship of Christian athletes and has the mindset to provide for and be of service to his athletes and coaches. He was familiar with the 3D coaching model.

In the first dimension they had the things in place to develop their athletes physically. The coaches were proficient in the sport fundamentals, and they had a strength and conditioning coach to help develop the athletes for their sport. Coaches attended national coaching clinics to stay current in sport strategy. This area is strong as it is in most of the campus settings. If coaches are not proficient in this area, they would not be in the business very long.

In the second dimension the coaches were mainly responsible for their teams. The athletic director told me about how some of the coaches build team cohesion by team functions like public service. There was not any formal professional development required for the coaches in this area. The development for coaches came from clinics and what other people were doing for motivation, confidence. I feel that they could help coaches improve in this area by offering professional development for their coaches or bringing in experts in sport psychology.

I do feel that the college did have things in place to develop the student-athletes in the third dimension. The Assistant Athletic Director that was in charge of equity provided learning experiences for the athletes in self-worth, significance, identity, and purpose. Although not expressed by the AD, knowing the college’s feelings about diversity, equity, and inclusion, I am sure that the faculty is exposed to this training also.

I feel that the AD is interested in developing the whole student-athlete as the vision statement had inclusivity, experiential learning, achieving a high level of excellence and embracing diversity, equity, and inclusion in it. When looking for coaches he looks for individuals who align with the college values. The coach has to embrace these values along with having a process-oriented plan to develop the whole athlete. It was interesting to note that there was no mention of win-loss records in what the AD was looking for in a coach.

As far as professional development for coaches in the three dimensions, there was very little expectations for the coaches. They were encouraged to get professional development and were given a 3000 dollar stipend to use for this. There was no mention of any department goals in the three dimensions. If I was to make recommendations for change, I would start by encouraging their coaches to complete the 3D coaching course. That would help to bring awareness about dualism and holism. Once coaches become aware of the 3D coaching model, I am sure that they would want to know more. They could pool the individual professional development money and bring in experts in the second and third dimensions. With the use of the think-tanks already in use, they could spend time discussing the three dimensions and how to use and apply them.