My 3Dimension interview with Mr. Generose of Standley Lake HS was beneficial in providing me insight to the school where I will be coaching this Spring. We are fortunate to have an athletic department that not only provides training from 3Dimensions, but our athletic director personally is taking professional training. The first dimension emphasizes the value of fundamentals and physical wellness. Mr. Generose showed his commitment to this dimension by hiring coaches whose strength lies in their sport and knowledge. His goal is to find the best coaches for each sport. My criticism at this level was his acknowledgement that he doesn’t typically worry or focus his time with coaches on this particular level. The fundamentals are just that, primary building blocks for any sport. If we are not devoting time to develop coaches as fundamental teachers and just assume they have the knowledge, then we are shorting our athletes. As we progress into the 2nd Dimension, the emphasis switches to the psychology and mind of the athlete and beyond the basics. Mr. Generose stated that he has ongoing conversations with his coaches and support staff regarding the health and wellness of our athletes. He has hired former coaches as “coaching coordinators” to help support our vision. This shows a commitment to the program and its coaches. However, when I pressed Mr. Generose on what types of conversations he was having with the coaches, they seemed to be of an informal nature and not 2nd dimension specific. I would have liked to understand what his goals were with the conversations and what his next steps would be. As for the 3rd dimension, everything that was analyzed for the 2nd dimension is applicable to the 3rd as well. The 3rd dimension emphasizes the heart of the athlete and ensures strength in character and self-worth. Mr. Generose is committed to the student athletes and their holistic wellbeing. He has implemented strategies from 3Dimensions and is currently working on his own personal training. His personal focus is shaping the culture in athletics and the relationship between coaches and parents. One particular weakness simply comes from time and experience. Mr. Generose has shown an interest and passion for student athletes and the 3Dimensions model, now he just needs time to implement those strategies. I appreciate the time I spent with Mr. Generose and look forward to implementing some of the 3Dimensional strategies into my own coaching.