John Ammons

Interview Summary

After conducting my interview with the athletic director of the Fort Osage school district, and former state champion head football coach, Coach Ryan Schartz I believe overall he does a respectable job implementing all 3Dimensions for his program. I believe that his program does an exceptionally good job with the first dimension for his athletes. Coach Schartz provides weight training classes for his athletes during the school year and during the summer his program provides a hybrid of weight training and conditioning classes. I do not just have to take Coach Schartz’s word when he talks about all the first-dimensional opportunities he provides for his players because I have seen and experienced it for myself. Coach Schartz’s first-dimensional tactics are put together meaningfully and methodically for the betterment of the athletes in his program.

When looking at how Coach Schartz oversees the second and third dimensions of his program I think that what he is currently doing is good for his coaches. Coach Schartz has provided reading material for his coaches to help them better their second and third-dimension coaching efforts. He did state that reading these books was a choice for his coaches so ultimately it is up to them to improve these dimensions. My suggestion for Coach Schartz to improve these last two dimensions of the coaches in his program is to hold workshops for them multiple times throughout the year. These workshops should include how to connect to the athletes in the program personally and effectively to make every athlete know that they hold worth. This could be difficult because different sports have different off-seasons and free time, but I think that if this can get figured out, I genuinely believe that Coach Schartz could successfully lead these workshops.