I chose to meet with Andy Peterson the athletic director of Northwest Missouri State University. After asking him all of my questions I realized that this organization may be using parts of the 3dimensional program and not even realize it. Peterson has already completed the 3D sport coaching course, so he was able to apply the first, second, and third dimension into his answers.

Looking at the answers that I was given in response to my questions there are plenty of strengths that this organization has in each dimension. As a collegiate athlete in this organization and after asking my athletic director these questions I can identify the strengths and weaknesses since I have more insight. I believe that the Northwest organization is fully proficient in the first dimension since we work on strength, power, cardiovascular, speed, quickness, technique, repetition, and tactics on the field and in the weight room for all sports. For the second dimension I believe that Northwest athletics is proficient in motivation, confidence, team cohesion, and goal settings. Then they are proficient in self-worth, value, and purpose for the third dimension. Overall, the Northwest organization is fairly proficient in all three dimensions but could improve in their few areas of weakness.

The places of weakness include emotions from the second dimension and identity, character, and significance from the third dimension. To work on the emotions of an athlete have them take a step back, take a deep breath, and try to figure out where their thoughts are coming from. If you can undercover the reasoning for their emotions, you might be able to fix those issues. To help with identity, athletes need to realize that sports are what they do not who they are. Help them find their purpose outside of sports by pushing them to have hobbies and find the best degree path to set them up for the future. To help players find character coaches need to put courage into their players and lead by example. Coaches are one of the most common role models in athlete lives so it is important to reinforce sportsmanlike behaviors, be a good sport, show good sportsmanship, and avoid the winning over good sportsmanship mentality. Doing so can help an athlete build their own character for on and off the field. Lastly to help build up athlete significance athletes need to realize that their significance is not found in trophies or their success in sports but found within themselves. To help them realize this we need athletes to be able to separate themselves from the accomplishments of their sport to find their own inner significance.

If Northwest Missouri State University, the athletic department, and Andy Peterson can apply the suggestions I recommended then this university could be 100 percent proficient in all aspects of three-dimensional coaching.