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3D Coaching Final

I had the pleasure to sit down and interview my athletic director at Junction City High School. Matt Westerhaus has been the Athletic Director at JCHS for the past 14 years and I can honestly say that I feel as if he is the best AD in our league, classification, and state. Mr. Westerhaus is always working to make our programs and school better. He is asked to do many tasks that an AD shouldn’t have to, but he always does the tasks to the best of his ability. We are lucky to have him and I hope that other people understand that. Mr. Westerhaus and I discussed the 3D framework and he was very open and honest with how he feels we do in each dimension here at JCHS. Below is our discoveries during the interview.

1st Dimension. At JCHS we do a pretty good job working in the first dimension. Many of our programs are on board with working the in off season with our athletes. Our school has a very good strength and conditioning program, and many programs use our strength coach to make their athletes bigger, faster, and stronger. I personally am the girls basketball coach and took over a program that was on a 30 game losing streak at the beginning of this season. Needless to say, we needed lots of first dimension work. We worked on the girls skill development and eventually worked our way into 3 wins this season. Mr. Westerhaus asks all coaches to work the basics and fundamentals consistently in their practices and daily workouts.

2nd Dimension. At this point of the 3D model, you can see what programs at our school are working towards teaching/coaching in the fist degree. Those programs are the ones that the teams are always around each other. Those teams are very obviously close to one another due to the athletes and coaching staff moving beyond the 1st dimension. In my program I tried to do many 2nd dimension type activities this year to establish a base of work in something past basketball. It worked beautifully . Our girls love each other whole heartedly. I can see it in how they work hard for each other. I can see it in how they are hanging out outside of practice. They are as close to best friends as possible and as a coaching staff we are very proud of the TEAM that they have become. As a whole athletic department, Mr. Westerhaus knows what programs are working beyond the 1st dimension and which ones are not. As the leader of our athletic department, he will routinely work with those programs head coaches to try and get them working beyond the “sport” part of sports.

3rd Dimension. As we all know, this is the hardest part of the framework to get to. To really go beyond athletics our programs have to think out of the box and get creative. I learned many techniques through the 3D training and will do my best to incorporate them into the programs that I am responsible for. Mr. Westerhaus is always willing to let us work with other schools in our district and this year the girls and boys basketball program started the High 5 Friday initiative. We simply go to some of the elementary schools on Friday’s and stand out front of the build to give kids High 5s to start their day off. Sometimes we get into the classrooms and interact with the kids in a school based setting. These days area great and they show our programs that these little kids look up to them as examples of daily life. We ask our athletes to be great examples to these kids so that our future players know what is expected of them. Teaching our teams this selflessness is a great addition to each program that participates.

Thank you for all of the knowledge in this program and support throughout the course!