3D Coaching Final Tom Wilson

For this project, I wanted to get a better feel for someone in my own organization. I have an idea what other schools are doing within our area because I often get asked about 3D Coaching and how we managed to get our head coaches trained. After taking this course, it has allowed me to reflect on many things and these final assignments allowed me to speak with our Assistant Athletic Director about some of his thoughts of the direction of our department.

Dowling Catholic’s athletic department is currently under a vision/mission alteration. As Coach O’Connor expressed, the current mission/vision is too long and lacks focus. In reflecting, it would best serve the department to go through the transformational statement process to try to encompass the philosophy of the entire department with more brevity and focus that currently do not exist. This may also help individual coaches write their own transformational statements as well.

Coach O’Connor is like most athletic administrators and coaches in that he has a great feel for the first dimension. The pre-season meetings he conducts with each head coach can be helpful from an organizational standpoint. As I listened to him talk about his pre-season meetings with the head coach, it seemed that a longer discussion of the three dimensions could and likely should take place in this meeting. Offering a tool box of ideas that focus more on the second and third dimension would be very helpful to head coaches so they can choose 2nd and 3rd dimension strategies for the remainder of the pre-season but also during the season.

Dowling Catholic does a commendable job of collecting data/feedback from the student-athletes and parents about each program. This allows for discussion between administrator and coach about ways to improve the program. It also helps protect coaches. Many times parents like to say that their opinions are shared by others. By using the surveys, it is easy to see if there is a common theme among student-athletes and/or parents, as it most likely will be reflected in the surveys. In reflection, it appears to be that 3D philosophies are present but lack enough follow up, materials, and discussions. Transformational statements for each coach need to be formulated. This can lead to conversations and understanding during post-season meetings.

Dowling Catholic has done a commendable job of training coaches. However, much more can be done. 3D coaching must become more of a focus from the top to help coaches gain more understanding, help them feel equipped to teach/coach in the 2nd and 3rd dimensions. There are coaches that have taken the training but give three dimensional coaching very little thought until they are asked about some of their strategies. It would be easy to blame the coaches for the lack of attention to detail. However, administration and leaders within the department must also take responsibility and move forward. We can do a better job of making a difference in the lives our student-athletes.

In order to move forward, I still have questions of the best ways to do this. Do we help get them get more training? Do we use the on-line opportunities or try to have a work shop? There are discussions that need to happen among the department and administration. We must work together to be all in on our philosophies.