I thought a lot about who I would interview for my case study. I wanted to pick someone that was a leader, someone who believed in what they did and strived to be great! I had the pleasure of interviewing Nick Perez, the high school basketball coach at Junction City High School and the Director of JR JAYS Basketball program in the town of Junction City. After interviewing him I quickly found out his great energy and enthusiasm for the game of basketball. He truly cares for kids and the Jr Jay youth basketball program has teams in 3rd-5th grade. Nick shared a lot about this youth program about how it had many strengths and some weaknesses but was very proud to be apart of it and grow the basketball connection in Junction City.

After talking a lot with Coach Perez, he was able to share some real strengths within his youth basketball program. The first and the second dimensions were strong with the program. The coaches knew a lot about and could teach the fundamentals of the game. They made sure their players constantly worked on things such as strength, power, repetition, tactics. They also had a good background of how to reach their kids second dimension, the mind. They held team meetings and had their youth players buy into goal setting, confidence and motivation within of being part of the Jays program. The players showed more interest and they had more invested in their sport that they played. The Jr Jays coaching staff showed they could reach their body’s and fundamentals first, then they showed a way to reach their minds within their psychology. Coach Perez said this took some time to take place it didn’t just happen overnight, but he was proud of where they came from.

Weaknesses of the program would be in the 3rd Dimension. The biggest area that the program struggled with came from their players heart. Coach shared that a lot of their players had a hard home life and came in with a fragile state. He went on to say players did not have a real identity or a purpose. The program struggles in ways to help kids when they have grown up with not a great self-worth aspect. They are continuing to work hard on improving this but of all the program they are struggling in the 3rd dimension. I find that interesting because in my training of 3D coaching the 3rd dimension is the one that was said to be the hardest to reach and 5-10 percent of coaches have a strong built in their program. I found this very insightful in interviewing coach about struggles. He was open they were there and made me think he wasn’t going to stop until he was able to find ways to help. I would say this area is tough in reaching the kids in the body, mind, and spirt.

In closing I think this interview with coach Nick Perez was a great experience for me. I am a young football coach in the first couple year of coaching. I gained a lot of perspective from Nick and he was very open about his youth Jays program. I feel like the coaches within the program can best help by getting to know each athlete in a more regular basis. I did feel like a lot of the coaches only strictly dealt with basketball and if you are trying to reach a kid in his heart, he must know you are for him in all aspects of his life. I would also say the program is very close to getting to all 3 dimensions and I know they will keep grinding to get the program there. This 3D learning experience has been great for me to learn and grow as a coach and will allow me to bring these things into my team so I can be the very best coach I can be for my athletes.

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