Mr. Curt Johnston is an Athletic Director that has strength and weaknesses that are unmeasurable. I have coached under 3 Athletic Directors in my coaching career and all of them had a personality/style that was so different, but were people that supported me 100%. Mr. Johnston is an Athletic Director that I can honestly say has the foundation of the 3D Coaching. His 1st Dimension knowledge is of quality as he has been a coach throughout his career. His personality allows for the attributes of the 2nd Dimension which comes naturally in how he conducts himself with his coaching staff through his personality. Mr. Johnston give you many suggestions that stem from developing those team relationships to working closely with parents. I feel as a coach I can discuss anything with him and he can provide me with his words of advice to power through any situation in a positive manner. To talk to him personally, you can feel the passion he has with his profession. He wants all student-athletes to have opportunities to be part of the team. His personal coaching experiences aid in those responses he gives to his coaching staff. His experience with the 3D Coaching helps us all. I don’t feel he exhibits any weaknesses because he has guided me in the right directions throughout my coaching career.

My interview with Mr. Johnston was not information I did not already know. I have known him for a long time and have been coaching for 20 years. I have had to meet with him several times during my coaching career on how to handle difficult situations. Each time we have talked, the 2nd and 3rd Dimension framework empowered our conversations. Mr. Johnston wants to help me as a coach and does value what I am doing with my athletes. I feel I receive validation from him that I am coaching in the 2nd and 3rd Dimension during our conversations during and in-between seasons.

As I went through this course, I have realized I have been coaching some aspects of all of the dimensions throughout my coaching career. I would not say that I have perfected any of those dimensions, but I feel the framework has been established. Deciding where to go from here with how to be a better coach will take some time to reflect, then decide how to strengthen the 2nd and 3rd Dimensions.

I do feel I will utilize some of the segments of the videos from 3D Coaching. I wish the parent video was not so long and was grouped into specific segments to use. My current parent meeting needs strengthened with more of the 2nd and 3rd Dimension aspects. Having smaller aspects of the parent videos would be helpful to add to what I am already doing. This course has given me a better foundation and a clearer direction on what to focus on for next season.