**Interview with Mr. Mark Hulshof:**

**Assistant Principal/Activities Director at Sioux Center High School**

I had the opportunity to interview Mr. Mark Hulshof, who recently completed the 3D course. After interviewing Mark, I was able to gain better insight into our overall athletic programs and the direction he would like to lead us.

**1st Dimension: Fundamentals**

Strengths -- We have coaches at Sioux Center that do an outstanding job of teaching the fundamentals of each sport. The coaches are always looking for ways to improve skill development and instruction.

Weaknesses -- Our coaches need to improve in prevention and care of athletes.

We need to do a better job of learning how to train inside and outside our sports for both injury prevention as well as rehab.

Suggestions to improve -- I think we also need to do a better job of athlete nutrition. I would like to see us be able to take courses and have various solid resources to help with these things.

**2nd Dimension: Psychology**

Strengths -- Mark helps teachers and coaches work together to build an education-based student-athletes. He serves as an objective evaluator/mediator to bridge the gap between teacher and coaches as well as student-athletes to have all on the same page moving forward. Our coaches use goal setting not just for statistical goals but for holding the team accountable for integrity as well as overall joy for the games.

Weaknesses -- A few of our coaches are still in the transactional approach to coaching. Our athletic director is working with them to help move them toward and into becoming a transformational coach. The way in which these coaches choose to try and motivate isn’t effective and causes them to become more frustrated.

Suggestions to improve -- Mark has gained the approval of our Sioux Center District school board to have ALL coaches complete the 3D Coaching training. This will help us come together as a collective coaching staff to develop our vision/mission statement. It will encourage those that aren’t sure about 3D coaching to have fellow coaches to ask questions/and bounce ideas off of.

**3rd Dimension: Heart**

Strengths -- We have a few of our athletic programs that do an excellent job in the 3rd dimension (Football, Wrestling, Softball). These programs teach the fundamentals well and have connections to the community. They also have their programs, coaches and players, participate in a number of key character identity, and purpose activities that have quickly become part of these teams' cultures.

Weaknesses -- Some of our coaches need to find more balance within the three dimensions. There are a few of our coaches as I stated earlier, that have not taken themself/their team to the 3rd dimension.

Suggestions to improve -- Mark wants to set up pre-season, mid-season, and post-season meetings with the coaches to help keep things aligned. I also believe that by having all of our coaches complete the 3D Coaching course we can have a greater impact on more of our student-athletes far beyond the playing surface.