My Reflection

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As I look at our athletic program at Marysville as a whole I feel we coach our athletics in many different ways both positive and negative. After taking this course, talking with the athletic director, and reflecting on my own coaching style there are many strengths and weaknesses. It has been important to me as a coach to inspire, motivate, and provide positive by taking this class it just reinstated that I am making a difference with my coaching style. At the time, I haven’t heard the 3Dimensional Coach. It has been an inspiration to know that you can be successful by making athletics feel important. Our program in some ways focuses on the 1st Dimension. Some of our coaches really push the technique, repetition, and power. Talking with our athletic director, he wants us teaching our students fundamentals to become better players by not just focusing on just winning, to gain knowledge by taking classes to become an all around coach, and teach values to our athletics. By bringing in a speaker of 3 Dimensional, I feel that he is making that connection with us to be help us understand our athletics, to find different ways to influence their lives, and to help them become involved in public service.

By watching other programs, some athletics don’t feel important, played sacred to make a mistake, only think about winning, and don’t enjoy it. I feel this is a weakness because some coaches don’t want to change because that is not who they are and wont want change because they don’t feel that is them. Our AD really wants us to look into a different coaching style.

In the 2nd Dimension, I feel this is a strength overall as a coaching program. Is every program perfect is this area no but I feel this is the area we all work on especially making goals, building confidence in our kids, motivation, and working on team cohesion. In the area of motivating our athletics, I feel our programs would be better if we have leader-modeling in practice a little bit more. In listening to the speaker, I like that the athletics can take ownership in the program that they can set the tone of practice everyday.

In the 3rd Dimension, which teaches kids values, character, purpose, self-worth, and significance to me is the most important. Coaches at times believe this can make them weak. By making kids take a little ownership in the program, believing in them as athletics, and being great people in the community will make them better individuals in the future. As a coaching staff, we need to come together as a group because at Marysville I feel we are a divided team. It seems that we only care about our own programs even thought we share athletics. I also feel that we aren’t supportive of each other success. During our monthly meetings with our AD, I would like that we start sharing ideas of ways to make our athletes not just great athletes but a better person in life.