**3D Coaching Final**

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My interaction with the athletic administrator I chose went very well and gave me some insight into the background of coaching and the expectations within that department. It was very interesting for me as an athlete taking this course, and I really enjoyed it. It gave me different eyes to view my coaches and how things could be improved as my time as an athlete within this program ends. I was able to gain not only personal experience being coached under several different coaches within the system, but from a coaching perspective taking this class on how adjustments could be made to benefit the future of the program. There are many strengths and weaknesses to consider for the athletic department of NWMSU, all of which fit somewhere into a tier of the 3D coaching model.

Some strengths of the program were that the student athletes were more than just players. They were cared for and set up for success outside of sports and after graduating or leaving the university. Another is that each coach is encouraged to go to its own sports convention every year that helps teach the understanding and development if relationships amongst coaches with theirs teams and other coaches to bring new ideas to their program. A third strength is that the coaches are typically evaluated every two years where the head athletic director conducts a personal evaluation to each sports staff.

Some weaknesses would be that the coaches are not evaluated every year. Every year you have a new team with a new set of relationships or talent or success, and I personally think should be evaluated more often and even consider the opinion of the athletes that played for them so you can get feedback from all sides of the coach to get the most honest and accurate representation of what is going well and what needs adjusted. I think another weakness could be that the coaches are not required to be certified or trained in any areas other than having their master’s degree and being CPR certified every two years. The only testing they do to improve their own individual development is a compliance and recruiting test and this is due to the fact that there are rules always being changed or added so this helps them study up on the new rules where a test is taken to ensure they are up to date. While I think this is a good test for a coach, I think the 3D coaching course or something like teach coach and player development and coaching beyond the x’s and o’s would be highly beneficial as well.

Some things KO (assistant AD) explained the coaches do that falls into the 1st Dimension is a little out of her control. She is more on the operational end, so she is not as involved in preparing the coaches herself the fundamentals of the game. She did say however the coaches should be provided opportunities to go to conventions or clinics to help them learn. The sad part to me about this method is that the only way coaches attend these regularly is if they are compensated with money or it is paid for by the athletic department. If the coaches aren’t rewarded or bribed with money, they don’t attend clinics and that is a part of the downfall I have seen in coaching is due to the fact the coaches aren’t utilizing the right resources to make them better coaches and learning ways to help progress their team as well as the relationships within it.

As far as the 2nd Dimension goes, the athletic department just allows each coach to do what is best for their program. She said how one program may deal with certain strategies or hype up or encourage their team is different from how a different sport might. They trust that their coaches are doing what is going to make their student-athletes the best version of themselves to take with them when they graduate from the programs. Again, as an athlete I wish this area was taken more seriously. I have had many instances where I could’ve seen myself or the team be better motivated by the coaches. The psychological and mental aspect is so crucial in performance as I have learned firsthand. Women and athletes in general need to be properly built up, with team cohesion, with setting goals, with instilling coach to player confidence, and helping the players play with a positive mindset.

The 3rd Dimension is again important for the coaches at the collegiate level. KO mentions that it is ideal that coaches go beyond just teaching and coaching in the 1st Dimension. With more research continuing she thinks that coaches are better understanding what it means to apply strategies and tools from that 3rd Dimension and all dimensions as a whole help make your team successful. Athletes today want to have an authentic relationship with their coaches, administrators, etc. and she thinks her coaches have that sense of importance of a close tie with the 3D coaching class as it is taught on campus. I wish every coach was made mandatory to take the 3D coaching class because I learned so many useful tips as an athlete I wish my coaches would have applied that would have made our team play better for our coaches as well as for each-other.

In conclusion I think our university has a pretty good grasp on 3Dimensional coaching but some sports thrive better than others. The coaches that have had the most success personally also have the best records, the strongest players, and the closest team bond. It is evident all 3 dimensions are applied because you can see it on the field or court. I think if coaches had the opportunity and resource to take this class, it would only make them better and give their program set up for better success in all 3 areas.