How many athletes can say they had a good coach growing up? Schools that implement three-dimensional coaching into an athletic program have athletes with higher fitness compliance, experience quicker learning skills, and will form a deeper relationship with their athletes resulting in successful seasons. MMCRU has adopted this coaching theory and I anticipate changes within our program.

In my interview with MMCRU’s athletic director, Lonnie Boekhout, we discussed many aspects of athletics and my perception of our athletic departments philosophy has changed. In three-dimensional coaching, the physical, psychological, and heart are all taken into account. The body, mind, and spirit can make or break an athlete’s opportunity to become the best that they can be when trained with or without all three components. MMCRU’s athletic department adequately focuses on the physical and psychological aspect but lacks leadership in the third dimension. We train athletes to practice and play a specific set of skills along with developing personal weight lifting programs for each athlete to enhance their strength and physical performance. As coaches, we set individual and team goals during preseason through post season to help the athlete self-reflect and discuss their purpose and role on the team. A great example of this includes our state basketball team. As freshmen, the coach and team set four goals over the course of four years. This includes achieving a winning record, winning conference, qualify for state, and to win state. The team ended up placing second at state their senior year. Additional benefits our program provides are team suppers and the involvement of Fellow Christian Athletes. Thursday nights before a competition event, parents and coaches host a team supper to help form team cohesion and support for one another. We also invite our local Fellow Christian Athlete sponsor to come and speak. Coaches believe in supporting athlete’s spiritual wellbeing, which promotes unity, self-confidence, and character in each athlete.

MMCRU’s athletic programs needs to incorporate the three dimensions of coaching. We lack an athletic mission statement and coaches are not required to attend clinics or camps. This would enhance athletes techniques, conditioning, mental, physical and emotional well-being. Coaches spend too much time conditioning athletes verses shaping a well-rounded athlete by incorporating mental attributes. Our coaches also need to focus on motivating the athlete instead of yelling and screaming every time something goes wrong. We need to focus on building our program, not tearing it down.

At MMCRU, I would develop and display a well-rounded mission statement, require coaches to take classes or attend camp every other year, and would provide three-dimensional coaches training to provide a well-rounded program at MMCRU. Coaches are provided with equipment for each program, but the weight room is well suited for males and lacks equipment for females. In order to strengthen all athletic programs, the school needs to provide material for all athletes. I have coached for over twenty years and I have realized there is always room for improvement. I would highly recommend three-dimensional coaching to any program who wishes to improve their athletic numbers and record.