Have you ever spent the time to reflect upon the quality of your high school athletic program? Who better to ask than the current athletic director, who oversees the program you coach. I had this opportunity, by interviewing Jason Schroeder, the current athletic director of North Scott High School.

From the interview I was able to get insight into the strengths of our program. These strengths are that overall, the majority of our athletic coaches care about our student-athletes, and want them to be successful. We have been able to complete this, by offering a whole group 3dimensional coaching session. This has led to better 3dimensional coaches, and they were also able to share with coaches that did not attend the benefits of the training. We also offered another 3D coaching session, titled Coaching from the Heart.

Current weaknesses of our athletic program is that we have no official curriculum, guide, or training for our youth coaches. This would include athletes that are coached outside of the school. This has led to some negative experiences by our youth, and potentially losing athletes because of the experiences. There is also no prerequisite requirements to coach youth, and Mr. Schroeder and other varsity coaches feel that this could be an improvement that we can make to our program.

Knowledge gained from the 3dimensional course is very impactful. I have learned how I was a one dimensional coach, who was not truly impacting my athletes. As a head coach, I also did not model the correct dimensions that could be utilized by these assistant coaches in other sports. This course also caused me to reflect upon my own athletic experiences, and what my triggers are.

As I have now transitioned to a three dimensional coach, I am in the process of planning our character development lessons that will be utilized for the next season. I have also reflected upon my youth coaching that I am participating in, in which I am coaching my daughters ten year old

softball team, and how I can impact these young individuals. My outreach to other coaches have also taken place, by speaking about the impact of the 3D coaching training, and how its positive impact upon my coaching and team.

Lastly, I have also had to reflect upon my own house, thus making sure it is in order. Similar to Joe Ehrmann, I need to be a better family man, and leader to my wife and three kids. I cannot successfully lead others, if my family is not in order. This training has allowed me to reflect upon this, and develop a plan to improve my 3dimensional leadership modeling.

Improvement that can be made to the program

To improve the 3dimensional course, I would somehow like to integrate Inside Out coaching into the 3dimensional coaching certificate. I learned just as much from the book study, and really enjoyed the process of reading the book and answering the quiz questions. I know it required more time, but I learned so much from the book.

In conclusion, this course has successfully thrown me a lifeline to save my coaching career. I was ready to be done coaching, with no real vision of why I was coaching. I now have the why and what it feels like to be coached by me, and I am excited for this opportunity that I will cherish moving forward.