Interview Summary

Coach Frigon has always been a first-class coach and mentor to many over the years. Coach Frigon and his staff do a great job within the first dimension as they are very well equipped and have the ability to work on technique and sharpen the skills of the players and themselves. They are able to have staff meetings and Coach Frigon is able to make his way around to see how the players are being coached as well. These are all great strengths in this dimension. A weakness though is there is not a lot of individual time for them to really dig into the 1st dimension. In the 2nd dimension I think Coach Frigon and his staff and team are trending in the right direction I think what they do well is goal setting and motivation. Every year they set staff goals and team goals. Though they lack in emotions and plugging into that. Finally, in the 3rd dimension Coach Frigon talked about value and purpose the most. He used the example of the Blue Machine. The idea of it is every part in the machine has a purpose and has value to make the machine work. So, in theory the greenest player’s value is just as important as the star player per say. Each of these players deserve the same respect and the best coaching one can get. That is sort of an example he has used lately to really get his teams to buy in. Though, where there could be weakness in this is the identity and self-worth. Coach Frigon says for players it can be tough finding your role within a team and not being satisfied with your role sometimes. This could be a weakness withing the 3rd dimension.

There are some things I think this program could try doing to help make them better. Within the 1st dimension there needs to be more accountability within the players on staying after or getting out there earlier to work on skills if there is less individual time. No coach will tell them no extra work! If the individual time is short lengthen it by any means necessary. It is just as important to develop as a player as it as a team in whole. You are only as good as your greenest player is a saying. In the 2nd dimension I would suggest more emotional talks, maybe even incorporating a council that would be composed of players that would check in with their group of players and make sure everyone is doing alright. Most players would be more comfortable telling their peers if something was going on rather than their coach. Finally, the 3rd dimension suggestion would be to truly make an impact not only within the team, but the community. Going out and volunteering together and more. I think working together really brings a team together to truly care about the community they are playing for. I think the staff does a good job getting to this 3rd dimension hosting dinners and such.