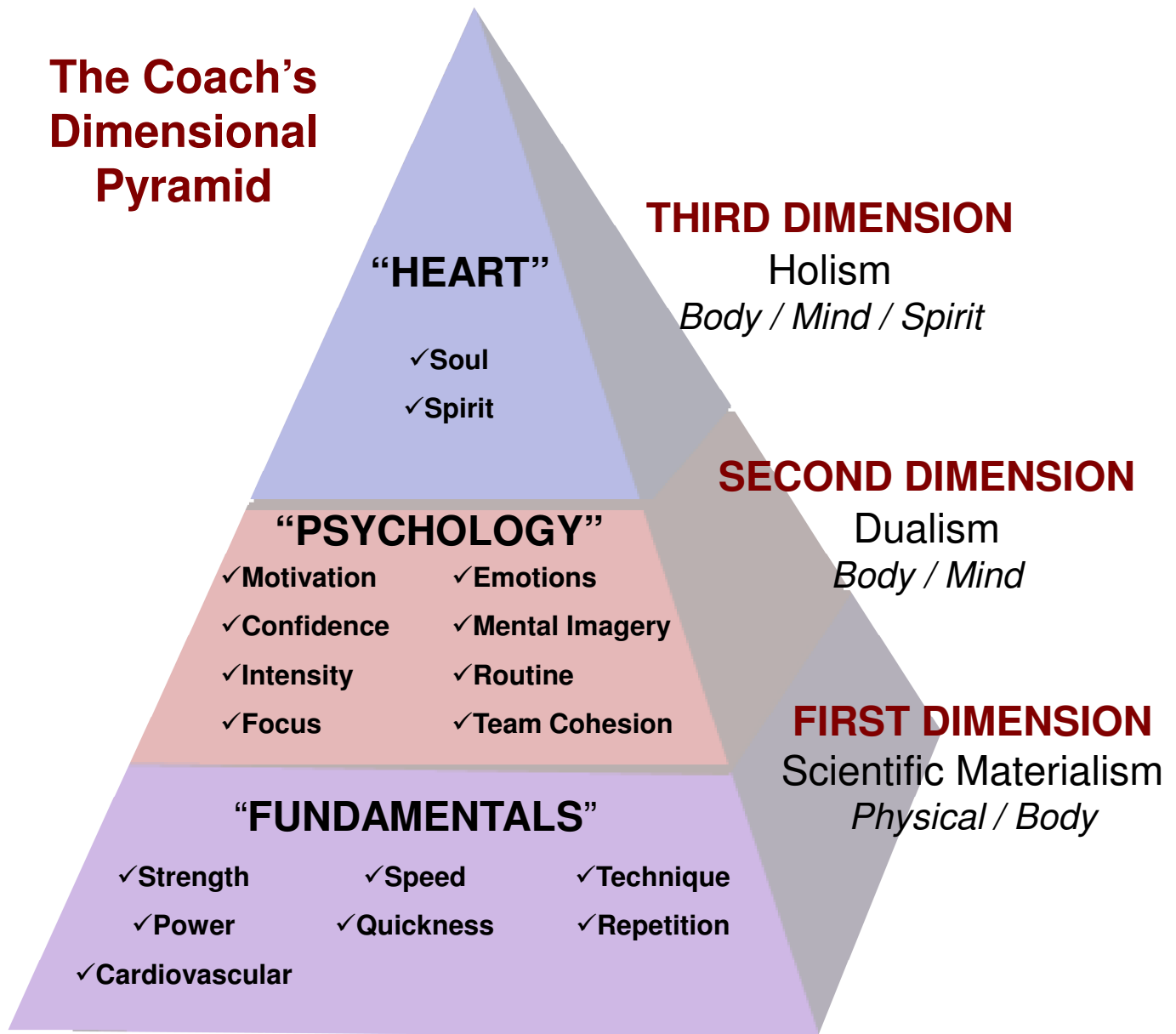


The Coach's Dimensional Pyramid



Results of the Three Dimensional Coach

“Capturing the Heart of the Athlete”

- Learn skills more quickly (*more attentive*).
- Higher fitness compliance (*work harder*).
- Shorter rehabilitation (*injury recovery*).
- More adaptable to new conditions (*“on the road”*).
- Freedom to be creative (coach-speak – *“is a gamer”*).
- Deeper relationship between coach and athlete (*learning life’s lessons*).