

# Dan Talbot

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## COACHING:

*Head Cross-Country and Track & Field Coach*, BRYN MAWR COLLEGE Aug. 1999 – present  
Responsible for managing all facets of the cross country and track & field programs:

- Recruit qualified scholar-athletes.
- Oversee scholar-athlete development.
- Plan daily practices and all preseason, in season, and out of season training.
- Schedule competitions.
- Plan all travel (transportation, meals, and accommodations).
- Budget management.
- Arrange use of and schedule time at local indoor and outdoor facilities for practices.
- Direct team fundraising.
- Adherence to College, Conference, and NCAA rules.

*Head Cross-Country Coach*, BRYN MAWR COLLEGE May 1997 – July 1999  
See above for description of duties.

*Sports Information*, BRYN MAWR COLLEGE July 1996 – May 1999  
Responsible for all maintaining all aspects of the sports information office.

*Track & Field Club Coach*, BRYN MAWR COLLEGE Dec. 1994 – July 1999

*Assistant Cross Country Coach*, BRYN MAWR COLLEGE Sept. 1994 - Nov. 1996

## EDUCATION:

HAVERFORD COLLEGE, Haverford, PA May 1991  
*Bachelor of Arts in the History of Art*

## CERTIFICATIONS/MEMBERSHIPS

- Attended USATF Level III seminars in 2005 and 2007. Working on Level III Certification.
- USATF Level II certification in Jumps (2004), Endurance (2003), Throws (2000), Sprints, Hurdles Relays (1999)
- Certified to teach Level I curriculum in USA Track & Field's Coaching Education Program (2003)
- USATF Level One Certification (1998)
- CPR/AED (August, 2005)
- Member of USTFCCCA, NSCA, Centennial Conference Coaches Committee

## TEACHING:

Lecturer in Physical Education

Aug. 1999 – present

Teach Wellness, Weight Training, Archery, Fitness and Intro to Running.

## RELATED EXPERIENCES:

### Coaching

- Coached the first three NCAA Qualifiers in the history of the Track & Field program (2003-2007), and the College's first Track & Field All-American (2004, 2005; the first in any sport at Bryn Mawr in 20 years).
- Coached Outstanding Female Track Athlete of the Meet at the Centennial Conference Indoor Track Championships (2005)
- Attended "Day of Distance" running clinics at Villanova University (2002, 2003, 2004, 2005)
- Compiled a list of Top 20 women cross country runners for the Centennial Conference (2002-2006)
- Taught Endurance and Psychology at USATF Level I School, University of Rhode Island (2003)
- Compiled individual rankings in Track & Field for the Centennial Conference (2000, 2001)
- Produced official results for five indoor Track & Field meets at Haverford College (1998-1999)
- Course Official, NCAA Division III National Cross Country Championships (1998)
- Finish line official, Centennial Conference Outdoor Track & Field Championships (1998)
- Meet Announcer, Centennial Conference Indoor Track & Field Championships (1997)
- Meet Director, Seven Sisters Cross Country Championship (1997)
- Meet Director/official at several Indoor and Outdoor meets at Haverford College (1994-1998)
- Four year member of the Haverford College Cross Country, Indoor, and Outdoor Track & Field teams (1985-1991)

### Administrative/teaching/miscellaneous:

- University of Pennsylvania Program for Stress Management course (Sept.-Nov. 2007)
- Attended *Dangerous Behaviors on College Campuses* symposium (September, 2007)
- Member of Wellness Committee at Bryn Mawr, deciding structure and curriculum for mandatory Wellness class for first year students (2006-07)
- Member of Body Image Council (2007); group formed to improve campus awareness about body image issues.
- Created multifunctional computer databases which are used by the Athletic Department to track scholar-athletes from the time they are recruited through their athletic careers. These databases enhance communication with recruits, and are used by the department to ensure compliance with NCAA rules and regulations.
- Helped design system which was used to register students for Physical Education classes at Bryn Mawr from 1999-2003.
- Tri-College Multicultural Winter Institute (2001 at Swarthmore College): participated in an intensive four day program for students, faculty and staff dealing with issues of race, ethnicity, culture, and gender, and how to handle different situations.
- Director of April Challenge, faculty/staff exercise competition (2000-2003)
- Helped plan and organize annual Varsity Weightlifting Competition (1996-2003)
- Sports Information Director, Bryn Mawr College (1996-1999)
- Member of One-Card Committee evaluating and determining validity of a One-Card system on campus with regards to feasibility, access and security.
- Information technology (1999-2004)
  - Troubleshoot all computer problems in the Department of Athletics.

- Oversee maintenance, updating, and replacement of computer hardware and software in the department.

### *Volunteering*

- Computers for Youth; helped teach middle school students and their parents how to use computers, which they took home at the end of the day (March, 2007)
- Philadelphia Distance Run; managed a water stop during the half-marathon, with Bryn Mawr's Cross Country team (September, 2006)
- Davidow-Northeast Games; official at track meet for blind and visually impaired youth (June, 2006)