

Jason S. Hewitt
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EDUCATION:

Springfield College, Springfield, MA

Masters of Science in Phys. Ed., May 2009

Thesis: Evaluation of Depth Jump Performance and Technique

Degree includes a concentration in Advanced Level Coaching. Elective offerings allowed for extensive study in Biomechanics. Core requirements included Coaching Pedagogy, Exercise Physiology, Strength and Condition, as well as Sports Psychology.

Tufts University, Medford, MA

Bachelors of Arts in Mathematics and Classical Studies, May 2000

EXPERIENCE:

Bryn Mawr College, Bryn Mawr, PA

Head Cross Country Coach, August 2010 – Present

Head Indoor and Outdoor Track Coach, August 2010 – Present

I am responsible for the development of all aspects of a Cross Country Program; including daily running program, strength and conditioning program. I will seek collaboration with the Athletic Trainers for injury prevention exercises and the development of overall training volume and intensity. As the Head Track and Field, I will play an active role in the development of all event groups; either as the event groups coach or in administrative role with an Assistant Coach. I will also promote the active development of assistant coaches through weekly meetings, regular conferences, and clinics.

Mount Holyoke College, South Hadley, MA

Head Indoor Track Coach, October 2004 – August 2008

Assistant Outdoor Track Coach, February 2005 – August 2008

Assistant Cross Country Coach, September 2007 – August 2008

My coaching experience at Mount Holyoke College afforded me the opportunity to gain experience coaching in every event group. During the four years I coached the Lyons, I was responsible for the development of the Sprints, Jumps and Hurdle event groups. Depending on the availability of Assistant Coaches, I also coached Distance, Mid-Distance, and Throws. I'm lucky to be able to boast 2 Division III New England Champions (Long Jump and High Jump), many School Records in all event groups, and, most importantly, a number of athletes who are still active in Track and Field today. As an Assistant for the Cross Country program, I helped the team garner their first Seven Sisters Title in 8 years.

Framingham State College, Framingham, MA

Head Cross Country Coach, August 2004 – May 2007

During my time at Framingham, I was responsible for the growth a very small team. Starting from a program with one returning athlete, I was able to recruit 6 female athletes and a second male athlete for our first season. We returned the second season, able to enter team competition (5 women, 5 men) at the MASCAC championship for the first time in over 5 years.

Springfield College, Springfield MA

Assistant Coach/Intern, October 2003 – May 2004

My work at Springfield College was focused around my unique background in Hurdling. I competed, collegiately, in all four of the hurdling events (55HH, 110HH, 400IH, and Steeplechase). With this competition history, I lead hurdling practice for both sprint and distance hurdlers. When I was not working as a Hurdles Coach, I assisted the Sprint and Distance Coaches.

M.S.A.D. #44, Telstar High School, Bethel, ME

Assistant Spring Track Coach, Spring 2001, 2002

J.V. Basketball Coach, Winter 2001/2002

Volunteer Field Hockey Coach, Fall 2001

My efforts as a Track Coach were primarily focused on coaching the distances 400m and up. During my two years as Assistant Coach I coached two women who were state Champion; one in the 400m and one in the 800m and 1600m races. The other two coaches and I were also responsible for recruiting the largest girl's team the school had experienced.

RELATED EXPERIENCE:

NIKE Gold Medal Running Camp, Dartmouth College

Camp Counselor, Summer 2007, 2008, 2009

As a Camp Counselor I have had the opportunity to run with a number of young, aspiring runners. During training and camp sessions, I provided advice to team captains on how to excite and lead a teams, as well as what they could do to help their high school coaches. During down time, I volunteered to teach sessions on form analysis and race strategy.

Swift River Running Club, Belchertown, MA

Co-Founder, Member 2008 – 2010

A couple of health oriented friends and I decided, that Belchertown needed a running club. A group that provided an opportunity to train, start training, or simply get sound advice on getting in shape. We created the Swift River Running Club as a place for runners to meet and support each other in their varying endeavors. I, personally, have lead workouts for individuals and provided coaching advice to athletes of all ages. Since its inception, the Swift River Running Club has helped numerous adult runners qualify for the Boston Marathon, provided advice to many beginning runners, and supported our local high school athletes on and off the track.

TEACHING:**Springfield College, Springfield, MA**

Grad. Assoc., Mathematics and Physics, Academic year 2004/2005

Grad. Assist., Mathematics, Academic year 2003/2004

Private Tutor

Spring 2003- Spring 2007

M.S.A.D. #44, Telstar High School, Bethel, ME

Teacher of Mathematics, Academic year 2001/2002

Long Term Substitute Teacher of Mathematics, Spring 2001

DISCUSSIONS/LECTURES ATTENDED:**U.S. All-Star Track/Field/Cross Country Clinic, Atlantic City, NJ**

December 2008, 2009

Race Preparation, Hanover, NH

By Mark Coogan, August 1st, 2007, at Dartmouth College

Massachusetts HS Track and Field Coaches Clinic, Framingham, MA

March 2006, 2007, 2008, 2010

Motivation and Women in Athletics, South Hadley, MA

By Ellie Pierce, November 10th, 2005, Mt. Holyoke College

Fueling for Sports, Health, and Performance, South Hadley, MA

by Nancy Clark. November 7th, 2005, Mt. Holyoke College.

SKILLS:

USATF LEVEL II Certified Coach; Jumps

USATF LEVEL I Certified Coach

NVPCA Pole Vault Certification, December 2009

NTCA Throws Safety Certification, March 2006

Formerly Red Cross Certified – CPR, AED, First Aid, and Life Guarding

ASEP Coach Certification / Sports First Aid Certification

Former National Archery Association Certified Level 1 Instructor

ACTIVITIES AND ACHIEVEMENTS:

Member of the Greater Boston Track Club (GBTC), 2007 - 2010

USATF 2009 Indoor Masters 800m National Champion M30-34

USATF 2009 Indoor Masters 3k M30-34, 2nd Place

USATF 2009 Indoor Masters Mile M30-34, 3rd Place

USATF 2007 New England Steeplechase Champion

USATF 2007 Northeast Regional Steeplechase Champion

USATF 2007 Club Nationals Steeplechase, 4th Place

Completed the Lake Placid Ironman

- 14:16:43 (2.4M Swim; 112M Bike; 26.2M Run)

Completed the Vermont50 Ultramarathon

- 10:28:20 (50 miles)

Completed the Narragansett Half Ironman

- 5:40:53 (1.2M Swim, 56M Bike; 13.1M Run)

Completed Two Baystate Marathons and 10 Half-marathons

- Personal record of 3:09:45 (qualifies for Boston)

- Personal record of 1:18:56

Four-year member of Tufts Cross Country & Track Programs

- Two MIP awards, four year varsity track athlete

- ECAC Indoor Championship 1000m, 4th Place, 2000

Boy Scouts of America – Life Scout

Boy Scouts of America – Order of the Arrow

Other interests include Cross Country Skiing, Downhill Skiing, Rock Climbing, Snowshoeing, Yoga, and Music