

Jason S. Hewitt
Head Coach / Senior Lecturer
Bryn Mawr College

EDUCATION:

Concordia University, Chicago, IL

Pursuing a PhD in Health and Human Performance, All but dissertation

Current course work has included a range of topics including Cardiovascular Physiology, Philosophy of Scientific Knowledge, Exercise for Disease Prevention and Management, and Nutrition.

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

Lecturer, August 2010 – Present

Centennial Conference Committee Chair - Cross Country, Fall 2015 - Present

Responsible for the development of all aspects of a Cross Country and Track Programs. Oversee efforts of Assistant Coaches within individual event groups. Collaborates with the other members of the Athletic Dept. to provide a cohesive program for XC/T&F athletes. Teaching load has included, but is not limited Beginner & Intermediate Archery, Thrive Facilitator (formerly Wellness Proctor, Wellness Coordinator), and an academic course on Nutrition, Smoking, and Cardiovascular Health (360⁰).

Centennial Conference

Track and Field Chair, 2019 - Present

Cross Country Chair, 2016 - 2019

Responsible for coordinating the annual coaches' meeting, collaborating with the Conference Office, and working with host institutions on issues related to Championships.

USTFCCCA

Mideast Regional Representative, January 2018 – 2021

Metro Regional representative, July 2021 – December 2021

Responsible for participating in monthly phone calls on the on-going development of the sport of cross country, maintaining the regional rankings through-out the XC season, and running the awards ceremony at our NCAA Regional Cross Country Championships.

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*

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 on 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:**Runningworks Cross Country Camp, Canadensis, PA***Camp Counselor/Clinician, Summer 2013*

Tasked with tracking a group of 12 high school girls throughout a week of training. Clinician experience included presenting biomechanical analysis on all runners at the camp throughout the week.

Good Form Running Clinics, Bryn Mawr Running Company*Presenter, Summer 2010*

Facilitated active learn by doing clinics at our local running store. Clinics included an introduction to new warm-up techniques, movement training, and running mechanics drills.

NIKE Gold Medal Running Camp, Dartmouth College*Camp Counselor, Summer 2007, 2008, 2009*

Ran with, and mentored several young, aspiring runners. Provided advice to team captains on how to excite and lead a team, as well as what they could do to help their high school coaches. Presented groups 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. We were looking for 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:

Bryn Mawr College, Bryn Mawr, PA

Facilitator, 2016 & 2017

Lecturer, 2013 & 2014

I developed and taught an academic course on Nutrition, Smoking, and Cardiovascular Health as part of a newly form 360 course. The course was offered a second time as a stand-alone General Studies class the following year. More recently, I've facilitated sections of the new first year initiative class called Thrive and in 2022, have developed a new P.E. course providing a more inviting introduction Schwartz Gymnasium.

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

Tutored students on all areas of High School and Collegiate Mathematics and Graduate level Statistics.

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:

USTFCCCA National Convention,

December 2018, San Antonio, TX

December 2017, Phoenix, AZ

December 2016, Ft. Lauderdale, FL

December 2013, Ft. Lauderdale, FL

December 2016, Ft. Lauderdale, FL

December 2017, Phoenix, AZ

National Master Coaching Clinic

With Joe Vigil, Vern Gambetta, and Will Freeman

January, 2014, Bonner Springs, KS

U.S. All-Star Track/Field/Cross Country Clinic, Atlantic City, NJ

December 2008, 2009, 2010, 2011

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 & CERTIFICATIONS:

USTFCCCA – Coaches Education: Sports Science for Endurance Events (#409)

USTFCCCA – Coaches Education: Strength & Conditioning (#310)

USATF LEVEL II Certified Coach: Endurance

USATF LEVEL II Certified Coach: Sprints & Hurdles

USATF LEVEL II Certified Coach; Jumps

USATF LEVEL I Certified Coach

NVPCA Pole Vault Certification, December 2009

NTCA Throws Safety Certification, March 2006

Formerly American Heart Assoc. – CPR and First Aid

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

ASEP Coach Certification / Sports First Aid Certification

Formerly National Archery Association Certified Level 1 Instructor

ACTIVITIES AND ACHIEVEMENTS:

Member of the Greater Philadelphia Track Club (GPTC), 2010-2013

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, 2006

- 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 (qualified 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 & Order of the Arrow

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

Intra-Departmental Activities:

Black Alumx Speakers Series '22, *coordinated the inaugural speaker for this event*
Coaches' Corner – Coffee Hour '15-'17
Wellness Committee '10-'16
Code of Conduct Committee '10-'11
PE Curriculum and Mission Review Committee; '10-'11, 11-'12
Annual Alumnae/i Race – 2010 - 2019

Inter-Departmental Activities:

ARC – Circles, Fall '22
The Dialogue Project, Fall '22
Showing up White (Confronting our Whiteness) – 2020 to present
Thrive Initiative & Curriculum Committee – '16 – '18
Body Image Counsel, '10 – '18
Fall 2011 Strategic Planning Meetings
2012-2013 College-wide strategic meetings on Statistics and Mathematical Competency