

**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 (360<sup>0</sup>).

**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.

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.





**Race Preparation, Hanover, NH**

*By Mark Coogan, August 1<sup>st</sup>, 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 10<sup>th</sup>, 2005, Mt. Holyoke College*

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

*by Nancy Clark. November 7<sup>th</sup>, 2005, Mt. Holyoke College*

**SKILLS & CERTIFICATIONS:**

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

**Intra-Departmental Activities:**

Black Box 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  
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# PE Curriculum