

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.

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 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)

