

Jason S. Hewit

EDUCATION:

Concordia University, Chicago, IL

Pursuing a PhD

Responsible for participating in monthly phone calls on the ongoing development of the sport of cross country, maintaining the regional rankings 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

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*

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:**Brevard College, Brevard, NC***Instructor & Course Developer, Fall 2023*

I developed a new hybrid course in Advanced Biomechanics for the Department of Sports Sciences. As the instructor, I taught the online lecture component of the class and mentored the Lab Instructor for the course.

Bryn Mawr College, Bryn Mawr, PA*Senior Lecturer, 2016 - present**Facilitator, 2016 & 2017 Lecturer, 2013 & 2014*

Archery Instructor for both Beginner and Intermediate Archery. I have also developed and taught "Anything but P.E." an introductory to training designed to help students with previous negative experiences with P.E. return to healthy active habits. In previous iterations of support to the

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USTFCCA National Convention,

December 2018, San Antonio, TX

December 2017, Phoenix, AZ

December 2016, Ft. Lauderdale, FL

December 2013, Ft. Lauderdale, FL

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

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 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

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

Inauguration Day 5k / Alumx Run, '24

Black Alumx Speakers Series '22, *coordinated the inaugural speaker for this event*

Uncomfortable Conversations with a Black Alum Speaker Series, 2021

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