

# Fit Werx 2012 New England Triathlon Symposium

## Presenter Bios



**Come learn from coaches with more than 100 years of combined experience!**

Work with these coaches in hands-on clinics and small-group workshops.

Learn from 12 coaches all in one day!

Get coached by experts in swimming, cycling, running, power training, physical therapy, sports psychology, and more.

### ***Seminar, Clinic, and Workshop Presenters***

#### **Tim Crowley**

- Owner of TC2 Coaching
- Director of Fitness and Sports Performance at the Wayside Racquet and Swim Club
- Over 20 of years of triathlon-coaching experience
- 2009 USA Triathlon Elite Coach of the Year
- 2007 USA Triathlon Developmental Coach of the Year
- Member of the coaching staff of the U.S. National Triathlon Team
- Member of the 2008 coaching staff for the U.S. Olympic Triathlon Team
- BS in athletic training
- USA Triathlon Certified Coach
- American Swimming Coaches Association (ASCA) Certified Coach
- USA Cycling Certified Coach
- National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS)
- National Academy of Sports Medicine (NASM) Performance Enhancement Specialist (PES)
- USA Weightlifting Certified Coach
- Experienced triathlete (finisher of over 300 triathlons, former pro triathlete, former member of Team U.S.A.)

### **Jeff Godin, PhD**

- Director of Performance at Blackstone Valley Human Performance
- Associate Professor and Chair of the Department of Exercise and Sport Science at Fitchburg State College
- Over 20 years of sports-training and fitness-training experience
- PhD in kinesiology
- USA Cycling Certified Coach
- National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS)
- American College of Sports Medicine (ACSM) Certified Health Fitness Program Director (HFPD)
- International Society of Sports Nutrition (ISSN) Certified Sports Nutritionist (CISSN)
- Member of the British Association for Sport and Exercise Science, Sports Medicine Australia, the European College of Sports Science, and the International Federation of Sports Medicine
- Experienced triathlete (two-time iron-distance-triathlon finisher), mountain-bike racer (Leadville Trail 100-Mile Mountain-Bike Race finisher), runner (Leadville Trail 100-Mile Run finisher), and adventure racer

### **Tammy Godin**

- Director of Personal Training and Exercise-Test Technician at Blackstone Valley Human Performance
- Experienced triathlon coach and running coach
- Over 25 years of sports-training and fitness-training experience
- Experienced triathlete (two-time iron-distance-triathlon finisher, 2008 USAT All-American Honorable Mention), mountain-bike racer (Leadville Trail 100-Mile Mountain-Bike Race finisher), runner (Leadville Trail 100-Mile Run finisher), and adventure racer

### **Jason Gootman, MS**

- Co-Director of Tri-Hard Endurance Sports Coaching
- Over 15 of years of triathlon-coaching experience
- Coach to numerous qualifiers for annual championship races
- MS in exercise physiology
- USA Triathlon Certified Coach
- National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS)
- Regular contributor to *Triathlete* magazine, *Inside Triathlon*, *Competitor* magazine, and other publications
- Local, national, and international presenter on triathlon training for groups of triathletes and triathlon coaches
- Experienced triathlete and runner (top-100 Boston Marathon finisher, 2:39 marathon PR)

### **Will Kirousis**

- Co-Director of Tri-Hard Endurance Sports Coaching
- Over 15 of years of triathlon-coaching experience
- Coach to numerous qualifiers for annual championship races
- BS in exercise science
- USA Triathlon Certified Coach
- USA Cycling Certified Coach
- National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS)
- Regular contributor to *Triathlete* magazine, *Inside Triathlon*, *Competitor* magazine, and other publications
- Local, national, and international presenter on triathlon training for groups of triathletes and triathlon coaches
- Experienced triathlete, duathlete, cyclist, mountain-bike racer, cyclocross racer, and runner

### **Dean Phillips**

- Co-Owner and Lead Bike Fitter at Fit Werx<sup>2</sup>
- Author of BeginnerTriathlete.com's "Bike Tech" column
- Over 10 years of experience using a power meter
- Experienced triathlete (former pro triathlete) and cyclist (course-record holder of numerous time trials)

### **Mike Roberts, MPT**

- Director of Central Massachusetts Physical Therapy and Wellness
- Experienced physical therapist, strength coach, and triathlon coach
- MPT (Master's in physical therapy)
- National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS)
- Certified Graston Technician
- Guest lecturer at local colleges
- Presenter at Massachusetts Interscholastic Athletic Association and the Massachusetts Dietary Association conferences
- Experienced triathlete (two-time USA Triathlon All-American, 9:29 iron-distance PR) and runner

### ***Swimming-Clinic Coaches***

There will be four coaches coaching in each clinic to ensure a very low athlete-to-coach ratio (maximum of four to one). Tim Crowley (above) will be leading the clinic.

### **Jacki Hirsty**

- Founder of SwimSmart
- Over 20 years of coaching experience with both triathletes and swimmers

- Coaching colleague of renowned coaches Terry Laughlin of Total Immersion and Karlyn Pipes-Neilsen of Aquatic Edge
- Experienced swimmer (multiple-event Masters Swimming world-record and national-record holder)

### **Craig Lewin**

- Founder of Endurance Swimming
- Over 10 years of coaching experience with both triathletes and swimmers
- MS candidate in clinical exercise physiology
- BS candidate in exercise science
- USA Swimming Certified Coach
- USA Swimming Certified Open-Water Coach
- American Swimming Coaches Association (ASCA) Certified Coach
- USA Cycling Certified Coach
- Experienced triathlete (2008 USAT All-American, 2008 Ironman 70.3 World Championship competitor) and swimmer (four-year letter winner at Boston College, former course-record holder at the Swim Across the Sound Marathon (25-kilometer open-water-swimming race))

### **Bill Steele**

- Director of Breakwater Sports
- Over 20 years of coaching experience with both triathletes and swimmers
- USA Triathlon Certified Coach
- American Swimming Coaches Association (ASCA) Certified Coach
- Experienced triathlete (age-group winner of the Alcatraz Triathlon) and swimmer

### ***Running-Clinic Coaches***

There will be four coaches coaching in each clinic to ensure a very low athlete-to-coach ratio (maximum of four to one). Will Kirusis (above) will be leading the clinic.

### **Matt Giunta**

- Head Coach and Founder of Blueshift Multisport
- Seven years of triathlon-coaching experience
- USA Triathlon Certified Coach
- USA Cycling Certified Coach
- Experienced triathlete (eight-time iron-distance-triathlon finisher)

### **Deanna Pomfret**

- Owner of Athletic Pursuits
- Coach with Merrimack Valley Striders
- USA Triathlon Certified Coach
- Road Runner's Club of America Certified Running Coach

- Experienced presenter on swimming and running technique
- Experienced triathlete and runner

**Melissa Tanguay**

- Coach with Blueshift Multisport
- USA Cycling Certified Coach
- USA Track & Field Certified Coach
- Experienced triathlete and runner

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