

**George Suitor**  
Curriculum Vitae

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**Cross Country Coaching Experience**

1992 to present, Head Men's and Women's Cross Country Coach, Trinity College, Hartford, Connecticut.

2002, 2003 Women team qualified for the NCAA Championship

2003 Women team finished second in the NCAA Championship and in 2002 finished 14<sup>th</sup> in NCAA Championship.

2000, 2006, 2007, 2008 Men qualified for NCAA Championships

2008 Men team finished 7<sup>th</sup> in NCAA Championship, 2000 Men team finished 14<sup>th</sup> in the NCAA Championship.

Ten Athletes have achieved All-American status in Cross Country and one National Champion.

Overall Men's record (dual and invitational) 1335-585

Overall Women's record (dual and invitational) 1375-435

1975 to 1992 - Head Coach at Manchester High School, Three State Championships, Three times runner up and 6 times third place finish in State Championship competition. Seven League Cross Country Championships at Manchester. Track team's dual meet record of 193 wins and 34 losses.

**Track Coaching Experience:**

1992 to present, Head Men's and Women's Indoor and Outdoor Track Coach, Trinity College, Hartford, Connecticut. Since being at Trinity 55 athletes have qualified for the NCAA Championships, 26 have achieved All-American status, two National Champions.

1981 – 1992, Head Track Coach of Manchester High School, Manchester, Connecticut. 5 League Championships, three times runner up. Dual meet record, 79 wins, 8 losses.

1978 Head Track Coach at East Catholic School. Dual meet record of 12 wins, 1 loss. Connecticut State Class M second place finish.

Assistant Track Coach of Men's and Women's Track at Manchester High School in 1974, 1975, 1976, 1977, 1979, 1980

**Awards**

2003 New England Women's Cross Country Div. III Regional Coach of the Year.

1993 National High School Region I Cross Country Coach of the Year.

1992 Inductee to the Town of Manchester Sports Hall of Fame.

1991 Connecticut High School Indoor Coach of the Year.

1991 Connecticut Interscholastic Track Coaches Merit Award.

1987 Coaching Recognition award from Manchester Board of Education.

1987 Illing Middle School Scholastic Life Award.

1984 Connecticut High School Cross Country Coach of the Year.

**Professional Organizations:**

2010 Physical Education Committee, search committee Men's Lacrosse

2003 to 2005 Member of Manchester Sports Hall of Fame committee.

2004 Physical Education Committee, search committee Men's Soccer Coach

2003 Committee member to revise Men's New England Division III Constitution.

1987 to 1986 Vice President of the Connecticut High School Track Coaches Association.

1990 to 1991 Chairman of the Connecticut Interscholastic Athletic Conference Outdoor Track committee.

1985 to 1988 Chairman of Connecticut Interscholastic Athletic Conference Cross Country Committee.

**Meet Management Experience:**

1992 to 2009 Founder and Director of Trinity College Bantam Track Invitational.

1992 to 2009 Founder and Director of the Trinity High School Track Invitational.

1985 to 1992 Meet Director for the Connecticut High School State Cross Country Championships.

1987, 1991 Meet Director for the New England High School Championship Cross Country Championships.

1976 Founder and Director of the Journal Inquirer-Greater Manchester High School Track meet

1978 Co-Founder of Wickam Park Cross Country Invitational. The race is now the largest cross country meet in New England. Over 2500 athletes compete every year.

1990 to 2003 Meet Director for the State High School Decathlon and Heptathlon Championships.

1992 to present, Numerous times Meet referee for Connecticut State Cross Country and Track Championships.

1992 to present, numerous times on Games Committee for League and New England College Championships.

**Professional Growth**

2010 Speaker Adidas Running Academy.

2003 to 2010 Clinician at Keane State College Cross Country Camp.

2003, 2009 Clinician at Connecticut College Cross Country Camp.

TAC Level 1 certified Coach. Have attended numerous clinics throughout the country including Olympic Committee (Learn by Doing Clinic in Colorado Springs and Rhode Island)

1992, 1994 Clinician at Connecticut High School Coaches Association annual clinic.

1996 Clinician at National High School Coaches Convention.

1996 to 1998 Clinician at Nike Cross Country Camp at Dartmouth College.

### **Camp Experience**

Co-Owner and Director of Outwest Distance Running Camp 1991, 1992 in Wyoming and Montana.

Co-Owner and Director of Nutmeg Cross Country Camp at Kent School for Boys 1985 to 1990.

### **Teaching Experience**

2002 –Present, Assistant Professor, Department of Physical Education and Athletics, Physical Education Instructor, Badminton I , Badminton II, Squash 1

1971 to 2002, Department Chairman and Technology Education Teacher, Illing Middle School, Manchester, Connecticut.

### **Education**

B.S. 1970 Central Connecticut State University

M.S. 1981 Central Connecticut State University

### **Personal Data**

Age 63, married, three grown children.