

JENNIFER BOWMAN

Curriculum Vitae

28 Hilltop Drive
West Hartford, CT 06107
860-466-9865

EDUCATION

Salisbury University, Salisbury, MD Masters of Education Concentration: Post Secondary Education	2004
Salisbury State University, Salisbury, MD B.S. in Geography, Minor in Political Science	1992-1997

TEACHING

<u>Trinity College, Hartford, Connecticut</u> Associate Professor of Physical Education Head Women's Volleyball Coach Recruiting Coordinator for Volleyball Physical Education Instructor, Courses taught: Fitness I, Fitness II, Volleyball, Squash I, Squash II, Coaching Seminar	2004-Present
<u>Bates College, Lewiston, Maine</u> Instructor, Department of Physical Education and Athletics Head Women's Volleyball Coach, Assistant Softball Coach Physical Education Instructor, Courses taught: Fitness for Women, Sport Games, Circuit Training.	2000-2004
<u>Frostburg State University, Frostburg, MD</u> Head Women's Volleyball Coach, Assistant Softball Coach	1998-2000
<u>Salisbury State University, Salisbury, MD</u> Graduate Assistant, Department of Physical Education Physical Education Instructor, Courses taught: Circuit Training, Racquetball, Volleyball, Swimming.	1997-1998

CERTIFICATIONS

USA Volleyball Coaching Accreditation Program - Level 1 Certified Coach	2011
National Strength and Conditioning Association – Certified Strength and Conditioning Specialist (CSCS)	2008, Recertified '11
Certificate of Instruction in Plant-Based Nutrition – Cornell University (via eCornell)	2011
American Red Cross- Certified in Standard First Aid, Adult CPR, and AED	Since 2000

LECTURES

City Beach Volleyball Club Hi-IQ Camp	2015-2016
Title: "The Athletic Recruiting Process" Panel	
New York City Juniors Volleyball Club	2016
Title: "The Athletic Recruiting Process" Panel	
Absolute Volleyball Club Winter Academic Clinic	2016
Title: "Recruiting Tips and Strategies" Panel	
CT Husky Volleyball Coaches Clinic	2015
Title: "Tips for Running Effective Practices"	
Trinity College Center for Teaching and Learning- Lunch Panel	2012
"Coaching as Teaching and Teaching as Coaching"	
Trinity College Millennial Conference	2011
Title: "Coaching the Millennial Student-Athlete"	
NCAA Women Coaches Academy Dimension 2- Boston	2010
Title: "Sacred Time, Sacred Space: Creating Effective Practices"	
Title: "The Head Game"	
Cheshire High School Career Day	2009, 10, 11
Title: "Careers in Athletics- Coaching"	
Miss Porter's School College Planning Weekend	2006
Title: "The Athletic Recruiting Process"	
It Takes A Team – Connecticut	2006
Title: "Eliminating Homophobia in Sports"	
NESCAC Coaching Symposium for Women	2005
Title: "Coaching IS Rocket Science"	
Take Your Daughter to Work Day, Trinity College	2005
Title: "Go for it!!"	
Miss Porter's School Leadership Institute	2005
Title: "Teambuilding and Leadership"	
Trinity Coaches Lunch and Learn	2005
Title: "Coaching IS Rocket Science"	

VOLLEYBALL AND SOFTBALL CLINICS AND CAMPS

Trinity College Volleyball Clinic, Director, Coach	2004, 11, 16
Absolute Volleyball Club Academic Camp, San Rafael, CA, Court Coach	2016
CollEdge Recruiting Camp, Loomis Chafee School, Court Coach	2011-present
City Beach Volleyball Club, Santa Clara, CA, Court Coach	2014, 15, 16
Hi-IQ Volleyball Camp, Austin, TX, Court Coach	2015
Valley Sports Center, Canton, CT, Volleyball Camp Director	2012
CT Husky 14 and under Volleyball Program, Assistant Director, Coach	2011
CT Husky Junior Volleyball Boot Camp, Instructor	2010
Cape Cod Volleyball Camp, Consultant and Coach	2009,10,11
Hartford Starlings Volleyball Club, Consultant and Coach	2008
University of New Hampshire Volleyball Camp, Court Coach	2000-2008
Connecticut College Volleyball Camp, Court Coach	2008-11
World Scholar Athlete Games, University of Rhode Island, Coach	2006
University of New Haven Volleyball Camp, Court Coach	2005, 2006
Williams College Volleyball Camp, Court Coach	2001-2002
Bates College Volleyball Clinic, Director	2001-2002
Nike Softball Camp at Salisbury University, Co-Director	1999-2002
Wicomico County (MD) Volleyball Camp, Court Coach	1999-2003

PROFESSIONAL DEVELOPMENT

American Volleyball Coaches Association (AVCA) Convention	1999-2016
The Art of Coaching Volleyball Clinic	2015
USA Volleyball Coaching Accreditation Program	2011
World Softball Coaches Convention	2009, 10, 11, 12
USA Volleyball Conditioning Accreditation Program	2009
NCAA Women Coaches Academy Regional Seminar- Boston	2009
Certified Strength and Conditioning Specialist Training	2008

Trinity College Winter Institute for Teaching	2004, 05, 07, 08, 10
IceBox Athlete Seminar: Speed, Agility, and Quickness	2006
Women's Sports Foundation "It Takes a Team" Training	2006
National Fastpitch Coaches Association Convention	1999-2005
NCAA Women Coaches Academy, Dimension 2 Program	2005
"Be The Best" Baseball Clinic	2005
University of Connecticut Health Center Clinic- Jumper's Knee	2004
Southern California Sports Clinic	2004
Gold Medal Squared Volleyball Coaches Clinic	2003, 2004
NCAA Women Coaches Academy	2003
"Be the Best You Are" Softball Coaches Clinic	1999-2002
The APPLE Conference for Student Athlete Wellness	1999

WEBINARS ATTENDED

"Complete Nutrition for Sport and Fitness" – Tom Hingst, NSCA **	2011
"Increased Mastery and Professional Application of Coaching Theory" – USA Volleyball	2011
"Using Timeouts Effectively"- Shelton Collier	2010
"Leading Your Team through the October Doldrums"- Cecile Reynaud	2010
"Playing Your Best at the End of the Season" – Tom Hilbert	2010
"Strength and Conditioning- Preventing Knee Injuries" – USA Volleyball **	2010
(** = earned Continuing Education Credits by passing exam)	

PROFESSIONAL SERVICE

Quality Control Consultant, Championship Productions, Video Reviewer	2014- Present
AVCA Division III Top 25 Poll Voter	2014-2015
NCAA Williamstown Volleyball Regional, Site Director	2013-2014
NCAA Regional Ranking Committee, New England	2012-2014
AVCA Mentor Program	2012
Board of Coaches, Alliance of Women Coaches	2011-present
Board of Directors, Varsity Club, Salisbury University (MD)	2007-2010
New England Representative, Division III Coaches Committee, AVCA	2001-2010
NESCAC Volleyball Coaches Group – Chair	2005-2006
Chair, Division III Awards Committee, AVCA	2003-2005
Board of Directors, Division III Representative, AVCA	2001

PROFESSIONAL ORGANIZATIONS

Charter Member, Alliance of Women Coaches
 Member, American Volleyball Coaches Association
 Member, USA Volleyball Association
 Member, New England Women's Volleyball Association
 Member, National Strength and Conditioning Association

COMMUNITY SERVICE

Dig Pink, volleyball fundraiser for breast cancer research	2008-2015
Digs for Dogs, fundraiser for CT Humane Society	2011, 12
Relay for Life at Trinity College, participant	2006
"Do It Day" at Trinity College, volunteer	2004
Halloween on Vernon Street, volunteer	2004, 2012

CAREER AWARDS/HIGHLIGHTS/SUPPORTING INFORMATION

2015	NESCAC Player of the Week (Sept 14) Kate Giddens NESCAC Second Team All Conference Kate Giddens
2014	NESCAC Player of the Week (Sept 29) Kate Giddens NESCAC Second Team All Conference Kate Giddens

2013 NESAC Player of the Week (Oct 28) Kate Giddens
 NESAC First Team All Conference Hannah Brickley
 NESAC Second Team All Conference Kate Giddens
 CoSIDA Academic All American Hannah Brickley

2012 AVCA Academic All-America Team
 NESAC Player of the Week (Oct. 29th) Hannah Brickley
 NESAC Second Team All Conference Hannah Brickley
 AVCA New England Region Honorable Mention Hannah Brickley
 Capitol One Academic All District Hannah Brickley

2011- AVCA Academic All-America Team
 NESAC First Team All Conference Hannah Brickley
 NESAC Second Team All Conference Sarah Blagden
 NESAC Defensive Player of the Year Sarah Blagden

2010- AVCA Academic All-America Team
 NESAC Player of the Week (Oct. 11th) Sarah Blagden

2009- NESAC Player of the Week (Nov. 2nd) Kristen Anderson
 NESAC Player of the Week (Sept. 21st) Danielle Isaman
 NESAC Second Team All-Conference Danielle Isaman

2008- AVCA Academic All-America Team

2007- AVCA Academic All-America Team
 NESAC Defensive Player of the Year Kathleen Lenz
 NESAC Second Team All-Conference Kathleen Lenz
 Inducted into the Salisbury University Athletics Hall of Fame

2006 - AVCA Academic All-America Team (team GPA above 3.3)
 NESAC Player of the Week (Oct. 30th) Kathleen Lenz

2004- *Became the Head Coach of the Trinity College volleyball program*

2003- New England Small College Athletic Conference Coach of the Year

1999- NCAA Mid-Atlantic Region Coach of the Year

AWARDS/HIGHLIGHTS/SUPPORTING INFORMATION

JENNIFER BOWMAN: CAREER BY YEAR:

2015: (Trinity) 8-14 9th place finish in NESAC
2014: (Trinity) 13-11 8th place finish in NESAC*
2013: (Trinity) 15-12 7th place finish in NESAC*
2012: (Trinity) 12-11 7th place finish in NESAC*
2011: (Trinity) 19-9 4th place finish in NESAC*
2010: (Trinity) 16-8 7th place finish in NESAC*
2009: (Trinity) 13-10 tied for 5th place in NESAC*
2008: (Trinity) 13-12 tied for 8th place in NESAC
2007: (Trinity) 19-10 6th place finish in NESAC*
2006: (Trinity) 16-7 6th place finish in NESAC*
2005: (Trinity) 17-11 3rd place finish in NESAC*
2004: (Trinity) 13-10 9th place finish in NESAC
2003: (Bates) 26-9 2nd place finish in NESAC*
2002: (Bates) 24-12 3rd place finish in NESAC*
2001: (Bates) 24-11 4th place finish in NESAC*
2000: (Bates) 31-9 NCAA New England Finalist, 2nd place in NESAC*
1999: (Frostburg) 36-5 AMCC Championship, NCAA participant
1998: (Frostburg) 36-4 AMCC Championship

* Qualified for NESAC Championship Tournament

Career Total: 351-175

VOLLEYBALL TEAM CUMULATIVE G.P.A. (Academic Year)

04/05 – 3.13
 05/06 – 3.25
 06/07 – 3.36*
 07/08 – 3.32*
 08/09 – 3.36*

09/10 – 3.25
10/11 – 3.33*
11/12 – 3.33*
12/13 – 3.45*
13/14 – 3.16
14/15 – 3.17
15/16 – 3.35*

* = qualified for AVCA Academic All-America Award (3.3+)