

# Lucas Maher

lwmaher91@gmail.com • 845-559-4345 • Mystic, CT

## EDUCATION

**Tufts University**, Medford, MA Bachelor of Arts in History and Africana Studies

## EMPLOYMENT EXPERIENCE

### **Connecticut College**

*Head Coach of Cross Country and Track & Field*

**August 2017 – present**

- Recruit high school student-athletes who meet very selective admission criteria in addition to athletic potential, as well as aligning with the core values of Connecticut College
- Participate in the College's educational mission as a full-time faculty member and annually teach a four-credit course titled "Theory of Coaching"
- Active member of Connecticut College Athletics Diversity, Equity, and Inclusion Committee (DEI)
- Oversee, support, and develop assistant coaching staff through weekly staff meetings and personal feedback
- Manage and coordinate all training, conditioning regimens, and team events for a nationally-ranked program
- Direct and execute two nationally-recognized meets with over 25 teams at each from around the country
- Motivate student-athletes to achieve success in athletics, the classroom, and community

### **Amherst College**

*Interim Head Coach of Cross Country & Track*

**January 2017 – August 2017**

*Assistant Coach of Cross Country & Track*

**August 2013 – January 2017**

- Managed daily training, conditioning regimens and coordination of events for a nationally-ranked DIII program
- Coordinated intense athletic training with rigorous academic schedules of athletes
- Recruited high school student-athletes who meet highly selective admission criteria in addition to athletic potential

### **Milesplit Massachusetts**

*Webmaster*

**August 2013 – January 2017**

- Provided extensive coverage of high school cross country and track meets
- Composed and published articles, statistics, and visual content on ma.milesplit.com
- Managed all social media accounts for MileSplit Massachusetts

### **Northampton Running Company**

*Assistant Store Manager*

**August 2013 – December 2016**

- Sales Associate in run specialty shoes and gear
- Advised customers on training and racing by guiding them to the correct nutrition, apparel, and recovery products
- Managed and coached all store club runs, as well as race training programs

### **Janji**

*Social Media and Public Relations*

**April 2013 – September 2013**

- Maintained and directed all social media platforms
- Coordinated and organized all press releases
- Attended regional running expos promoting the Janji mission and brand

### **STRIVE Trips - Iten, Kenya**

**June 2008 – August 2012**

*Co-Founder and Head Educational Group Leader*

- Established and directed major community service projects for American high school students in local schools
- Supervised the travel and integration of American high school student athletes into local Kenyan communities