

## Jason T. Lancaster

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### **WORK HISTORY:**

**High School Head Swim Coach, Warren Central High School (2006-Present):** Indianapolis, Indiana

- I am responsible for the development and implementation of a marketing program that helped increase the visibility and prestige of swimming in a large school.
- I work diligently with a staff of 5 coaches to insure that all levels of ability are addressed.

**Owner/Operator, Power Aquatics (2003-Present):** Tipton, Indiana

- Develop and implement an all inclusive aquatics program including swim team, swim lessons, water aerobics, pool operation, and an authorized provider of American Red Cross Courses. I am responsible for marketing and building a financially viable program in a small community.
- By creating a website and an extensive e-mail list I am able to communicate thoroughly with the members of my organization and sponsors which I have solicited. Using the tools of Microsoft FrontPage, Outlook, and Publisher I am able to provide unique and effective communication to our members and high rates of exposure for our sponsors.
- Run swim meets for our summer competitions including entries and operation of the computer.

**High School Head Swim Coach, Hamilton Heights High School (2004-2006):** Cicero, Indiana

- I am responsible for the development and implementation of a marketing program that helped double the size of the team in one year.
- Communicating with the Athletic Director of Hamilton Heights and the schools we competed against, I was able to schedule and organize training and competition schedules for diverse ability levels and participants with diverse goals and double the number of victories from the prior year.

**Head Swim Coach, Noblesville Swim Club (1999 - 2003):** Noblesville, Indiana.

- I was responsible for developing comprehensive training regimens for all age-groups, which included motivational efforts, swim schedules, dry-land schedules, meet schedules, and staff education.
- Through the use of a monthly team newsletter I was able to establish a consistent method of communication in handling parental questions, concerns, suggestions as well as athlete education.
- I was in charge of swim meet entries and disbursement of meet information, results, and awards as well as keeping track of team records and top-10 all time lists for a 115 member team.

**High School Head Swim Coach, Noblesville High School (1999-2004):** Noblesville, Indiana.

- Organized and coordinated seasonal workouts and training schedules with assistant coaches in addition to developing swimming and diving line-ups that proved to be a highly successful high school team. NHS had only 12 dual meet loses in 4 years.
- Provided information and communication with parents, school board, high school administration, and IHSAA.

**Head Swim Coach, Midnight Sun Swim Team (1998 - 1999):** Fairbanks, Alaska.

- Through my relationship with the Fairbanks North Star Borough Parks and Recreation Department and Fairbanks North Star Borough School District, I was able to build and administer a 110 member elite swim team in the heart of Alaska. This included fundraising, where we raised over \$14,000 in our swim-a-thon and placed in the top ten in the country.
- I was also a board member and an active member on the Northern Area Aquatic Committee which helped promote the sport of swimming in the middle Alaska region, provide financial support, and technical guidance for all area swim teams.

**Boys/Girls High School Head Coach Lathrop High School (1998-1999):** Fairbanks, Alaska.

- Managed all aspects of a large high school swimming and diving program. This included collection of payment and disbursement of team uniform while working closely with the athletic director and parent volunteers. Collaborated with 4 assistant coaches to build a 65 + member high school team which proved to be the best program in the state, the girls winning their 2<sup>nd</sup> State Championship in two years, while the boys placed 4<sup>th</sup> with 4 boys.

**Head Coach, Wolverine Aquatics (1997-1998):** Ann Arbor, Michigan.

- I was instrumental in the development of the fastest growing club in the country that year. I was involved with the ground up development of a 200+ member swim club that had no webpage, no by-laws, no hand book, no fundraising, all of which I implemented after being hired.

**COMPETITIVE EXPERIENCE**

**Carmel High School**

- Member of Carmel High School Men's State Championship Team in 1990-1994.
- Team Captain in 1994.
- Achieved the National High School Record in the 200 Individual Medley during senior year.
- Indiana State Champion in individual events for all four years.
- Most decorated High School Swimmer in Indiana Swimming history with 12 state titles.

**University of Michigan**

- Member of the University of Michigan Men's Swim Team in 1994-1997.
- Selected as the Big Ten Freshman of the Meet in 1995 (at the Big Ten Championship Meet).
- Major contributing factor to the University of Michigan winning their first NCAA Championship in 1995 (since 1962).
- Tied for most decorated athlete at the NCAA Championships in 1995 with 13 All-American performances.
- Achieved a Gold Medal at the 1995 World University Games in Fukuoka, Japan (100m. Butterfly).
- Ranked third in the world in the 100m. Butterfly in 1995.
- Placed third at the 1996 U.S. Olympic Trials in Indianapolis, IN. in the 100m. Butterfly.
- US Open & American Record Holder in the 800 Freestyle Relay in 1995.

**CERTIFICATIONS/ACHIEVEMENTS:**

**IHSAA**

- Sectional Coach of the Year Noblesville High School 2003-2004
- Sectional Coach of the Year Hamilton Heights High School 2004-2005
- Indiana High School Swimming & Diving Hall of Fame inductee 2007

**American Red Cross**

- Certified Lifeguard Instructor (lifeguard training, CPR, first aid, water rescue, disease prevention, AED, O2 admin. and safety training for swim coaches).
- Emergency Responder
- Certified Pool Operator
- Pool Operator On Location
- Certified Aquatic Manager/Instructor
- Certified Aquatic Fitness Instructor

**American Swim Coaches Association**

- ASCA Level 4 coaching certification.
- Attended ASCA World Clinics in 2000, 2001, and 2003

**EDUCATION:**

- Attended the University of Michigan from 1994-1997, with a concentration in Biomechanics.
- Graduated Cum Laude from Ball State University in 2005 with a degree in Exercise Science, Aquatics.
- Received the John Lewellen Outstanding Senior in Aquatics Award while at Ball State.

**REFERENCES:**

- Leland Yarger, Ball State University, Coordinator of Aquatics, School of Physical Education, Sport, & Exercise Science: 765-285-8282
- Todd Jones, Girls Head Swim Coach at Hamilton Heights High School: (317) 984-3551 ext. 1700
- Tony Young, Sport Development Director at Indiana Swimming: (317) 237-5780