

# Coaching Staff



*Joe Plane begins his 34th season as head cross country / track and field coach, serving as the longest actively tenured coach at Notre Dame.*

# Head Coach



**Joe Piane**

**Head Coach  
34th Season  
Loras College '69**

In 1889, track and field became the second varsity sport in school history. One hundred and 18 seasons later, student-athletes continue to represent the Fighting Irish across the nation on the track, in the field and on the cross country course.

For the past 33 campaigns, Joe Piane has been leading the program – and shows no signs of stopping any time soon. The longest active tenured coach at Notre Dame, Piane begins his 34th season under the Golden Dome in the fall of 2008, having recently inked a multi-year contract extension that will keep him with the Irish through at least the end of the decade.

The 2008-2009 season will be yet another landmark for Piane as he moves into a tie for second place in Notre Dame history for longest coaching tenure. Fencing coach Mike DeCicco also spent 34 seasons (1962-95) with his program. Piane passed former Irish tennis coach and wrestling coach Tim Fallon (32 seasons from 1934-75) and now sits behind legendary baseball skipper Jake Kline, who spent 42 seasons with the Irish from 1955-87.

"I'm thrilled to know that I'll be here at Notre Dame for the next several years and hopefully well beyond that until my retirement," Piane says. "My family and I truly enjoy living in South Bend and being a part of the community here. I also value and appreciate the opportunity I have had to work at a place like Notre Dame because of the quality of the people I've been fortunate enough to work with. I have coached many very special student-athletes during my time here and seeing their development has been one of the most rewarding aspects of my job — one that I'm eager to continue well into the foreseeable future."

Piane's record at Notre Dame speaks for itself. Just consider the accomplishments Notre Dame athletes have made under Piane's watchful eye:

- Men's cross country runners have earned All-American status 25 times, with Patrick Smyth taking home the honor in 2007.

- A Notre Dame cross country runner has appeared at the NCAA Championship meet in each of the past 18 years, while the team has made the trip 18 out of the past 24 years.



- The Notre Dame men's cross country team has finished in the top 10 at the NCAA meet in 11 of the past 20 seasons, highlighted by third-place finishes in 1990 and 2005 (matching the program's best showing since winning the 1957 NCAA title).

- The Irish men's cross country team has won five BIG EAST Conference titles since joining the league in 1995, including crowns in 2004 and 2005. What's more, Notre Dame men's hurriers have earned all-BIG EAST honors 38 times, with a school-record five runners receiving that distinction in '05.

- The Irish men's track & field team has earned 69 All-America citations since 1974 (including Kurt Benninger in the 2008 indoor season and Patrick Smyth in the 2008 outdoor), while the women's team has received 39 such accolades since 1994 (most recently Alyssa Hasan in the 2008 indoor pentathlon). Combined, Piane has helped mentor 108 track & field All-Americans (and 129 overall when including cross country honorees) during his tenure.

- Both the Notre Dame men's and women's track & field teams were champions in 2007 with the Irish men taking the indoor title and the Irish women claiming their first outdoor team championship. The men also claimed the 2008 BIG EAST outdoor title. Overall the men's team has won eight BIG EAST titles (three indoor/five outdoor), while the women's squad has hoisted the hardware three times (two indoor/one outdoor).

- In the school's 12-year BIG EAST membership (1995-96 to present), Notre Dame athletes have won 108 conference individual or relay titles in track & field and cross country, with eight student-athletes going on to be named the conference's outstanding track or field performer award at its indoor or outdoor championship meets.

A distance-coaching specialist, Piane is recognized across the nation as one of the best in the business. He has been named NCAA Division I National Cross Country Coach of the Year on two different occasions (1987 and 2001) while garnering five district/regional coach-of-the-year honors and nine league cross country coach-of-the-year plaques (most recently as part of the '05 BIG

EAST Men's Coaching Staff of the Year). In total, Piane has earned or shared 26 league coach of the year awards (indoor track, outdoor track or cross country), including 14 BIG EAST Coaching Staff of the Year accolades in the past 10 years (1999-2008). In 2007 alone they earned two of those BIG EAST Coaching Staff of the Year honors, one for men's indoor track & field and one for women's outdoor track & field. They also racked up another for men's outdoor track and field in 2008.

As the Irish track & field program continues to assert itself on the national stage, Piane has led from the front every step of the way. In 2008, the Notre Dame men won the BIG EAST outdoor title, marking the seventh time in nine seasons that the Irish took home either the conference indoor or outdoor trophy. The Irish women's outdoor performance earned them the third-place trophy, just 20 points shy of the championship title. Persistence paid off for the women in 2007 as they won their first BIG EAST outdoor championship.

Individually, Piane and his assistants at Notre Dame produced four All-Americans in track and field in 2008 with three during the indoor season and one during the outdoor season. Alyssa Hasan became Notre Dame's first-ever multi-event All-American, earning her first All-America honor in the pentathlon at the NCAA Indoor Championships. Kurt Benninger garnered his fifth track and field (sixth overall) All-America honor in the 3,000-meter run and Jake Watson earned his second consecutive All-America honor in the mile. Patrick Smyth earned his first career track and field All-America honor in the 5,000-meter run at the NCAA Outdoor Championships.

Piane's success has not just been in the present, as three of his more successful pupils in recent years have been 10-time All-American Molly Huddle (2007), nine-time All-American Ryan Shay (2001) and eight-time All-American Luke Watson (2002).

Huddle finished her career under Piane with then All-America certificates, a record for the most All-America selections by a Notre Dame athlete in



any sport. The Elmira, N.Y., native had seven career BIG EAST championships, including back-to-back double victories in the 5,000m and the 10,000m in her last two seasons. Her seven championships are the most by any Irish woman and she joins former student-athlete Liz Grow to be named the BIG EAST Outstanding Outdoor Track Performer in two consecutive years (2006, 2007). She currently holds four Irish school records (indoor 3,000m & 5,000m/outdoor 5,000m & 10,000m).

In 2001, Piane helped distance specialist Shay compile one of the greatest track seasons in Notre Dame history. The Central Lake, Mich., resident won the BIG EAST indoor 5,000 meters, the conference outdoor 5,000 and 10,000 meters and finished off the season in legendary style by becoming Notre Dame's first individual NCAA champion since 1972 by taking first place in the 10,000 meters (29:05.44) at the NCAA Outdoor Championship in Eugene, Ore. Shay moved on to become one of the best marathon runners in the country, winning five U.S. titles as well as USA Running Circuit (USARC) titles in 2003 and 2004. Tragically, Shay's life was cut short as he died suddenly during the running of the 2008 U.S. Olympic marathon trials in New York.

Shortly after helping steer Shay to the top of the college running mountain, Piane had similar success with Watson. Both men had set their sights on breaking the four-minute mile barrier at the Meyo Invitational in 2002, hoping that Watson would become just the second runner to crack the mark. Piane helped assemble an outstanding field for the race, which was arguably the highlight of the entire collegiate indoor season. Watson did his part, scorching past the field in the final straight away to win in 3:58.83, easily a school-record time and briefly the fastest mile run in the world during the indoor season. Watson eventually moved on to garner All-America honors in the indoor mile, indoor 3,000 meters and outdoor 5,000



meters – as well as taking home BIG EAST Championships in the mile, 3,000-meter steeplechase and outdoor 5,000 meters. In the summer of '06, Watson returned to his alma mater as a member of the Irish men's distance/cross country coaching staff.

With Piane at the helm, the Notre Dame men's cross country team has enjoyed five of its most successful seasons in the program's history during the past eight years. In 2000, Piane helped the Irish recover from the loss of Shay due to injury and earn a ninth-place finish at the NCAA Championship meet.

With Shay back on the team in '01, Notre Dame achieved its highest-ever national ranking (fourth), won the BIG EAST Championship (Piane and his staff earned the league's Coaching Staff of the Year award) and ended up sixth at the national meet to give the Irish (at the time) their highest team finish since 1993.

In 2004, Notre Dame threatened to eclipse its best-ever ranking, as Piane deftly guided his charges from an unranked start all the way to a BIG EAST title and a No. 5 national ranking before placing 11th at the NCAA Championship. For his efforts, Piane and his aides garnered a second BIG EAST Men's Cross Country Coaching Staff of the Year plaque. That set the stage for 2005's successful run that culminated in Notre Dame's return to the NCAA awards podium for the first time since 1990.

In 1985, Piane was named a member of the United States National Track staff. As such, he was one of 40 collegiate coaches given the opportunity to coach a United States squad in international competition. During the summer of 1987 he did just that, guiding a team of American all-stars in meets held in England and Ireland. Upon the conclusion of the 1991 Notre Dame track season, Piane once again faced international competition as he was appointed coach of the U.S. Pan American juniors team for the games in Kingston, Jamaica.

Piane became Midwest regional chairman for United States Olympic Development in the area of track and field in 1984. Piane's other Olympic preparation experience came in '85 when he coached the North team in the National Sports Festival. He also coached the U.S. team against England in Birmingham, England.

Piane has produced a winning record in all but one season with the Irish men's cross country team and is also the creator of Notre Dame's National Catholic Championship, an annual meet held on campus since 1980. The Irish running program continues to be a rapidly-growing entity thanks to Piane's achievements. Continually searching for greater challenges, he also founded the Meyo Invitational and the Alex Wilson Invitational, both traditional indoor Notre Dame track & field meets. The Meyo Invitational has turned into a prime breeding ground for record-setting performances, with the 2007 meet resulting in 85 NCAA provisional or automatic qualifying marks, six meet records and three Meyo Track standards broken. The 2006 meet had similar results with 76 NCAA provisional or automatic qualifying marks hit and seven meet records and three Meyo Track records falling. At the same time, the Alex Wilson Invitational has developed into one of the top

indoor "last chance" meets in the nation, hosting the country's best performers just prior to the NCAA Championship.

A 1969 graduate of Loras College, Piane ran both track and cross country for four years at the Dubuque, Iowa, institution. He captained Loras' undefeated cross country squad as a senior, while excelling in middle distance events during the track season. He was inducted into the Loras College Athletics Hall of Fame in the fall of '02.

Piane began his impressive coaching career in 1970. Working for the Peace Corps, he coached track & field and cross country at both the regional and national levels in the North African country of Morocco. Piane guided a top-ranked junior cross country team, sending three runners to Cambridge, England, for the International Cross Country Championship (now known as the IAAF World Championship) in 1972, where Morocco finished third. Several of those Moroccan runners went on to compete at the '72 Summer Games in Munich, Germany, and one advanced to the 1976 Summer Games in Montreal, Canada.

After returning to the United States in July 1972, Piane assisted the track and cross country programs at Western Illinois. During that time he earned a master's degree in physical education.

Born Aug. 6, 1946, in Westchester, Ill., Piane joined the Notre Dame staff in 1974 as an assistant track coach and physical education instructor with plans to stay on for just one year. He was named head track and cross country coach the following season.

Piane and his wife, Mimi, reside in South Bend, with their son, Nick.

#### HONORS & AWARDS

1987, 2001 NCAA Division I  
National Cross Country Coach of the Year

Five-time District IV  
Cross Country Coach of the Year

Six-time Midwestern Collegiate Conference  
Cross Country Coach of the Year

Seven-time Midwestern Collegiate Conference  
Indoor Track Coach of the Year

2001, 2004, 2005  
BIG EAST Men's Cross Country Staff of the Year

2003, 2005, 2007  
BIG EAST Men's Indoor Track Staff of the Year

1999, 2000, 2003, 2006, 2008  
BIG EAST Men's Outdoor Track  
Staff of the Year

2002, 2006  
BIG EAST Women's Indoor Track  
Staff of the Year

2007 BIG EAST  
Women's Outdoor Track Staff of the Year

2007 Women's  
Great Lakes District Coach of the Year

# Assistant Coaches



**Tim Connelly**  
Head Coach  
Women's Cross Country  
Assistant Track & Field Coach  
(Women's Distance)  
Notre Dame '83

As the Notre Dame women's cross country team continues to establish itself as one of the best in the nation, the man standing at the forefront of that emergence has been Tim Connelly.

Now in his 21st season at Notre Dame, Connelly not only serves as the head coach of the Irish women's cross country team, but also tutors the middle distance and distance runners during the indoor and outdoor track seasons. As one of the longest tenured active assistants at the University, he is closely involved with all aspects of the Notre Dame track & field/cross country program and is known as one of the best coaches in the Midwest.

Since taking over the Irish women's cross country program during its infancy in 1988, Connelly has helped Notre Dame reach unprecedented heights, finishing among the top 10 at the NCAA Championship four of the past six seasons. Notre Dame also has garnered a trip to the NCAA awards podium twice, finishing in a program-best third place in 2002, followed by a fourth-place showing in 2004.

However, that hardly begins to scratch the surface of Connelly's accomplishments during his two-decade run at Notre Dame. The Irish women also have won three BIG EAST Conference titles (all in the past six seasons) and placed either first or second at five of the past seven NCAA Great Lakes Regional meets. What's more, Notre Dame harriers have collected 14 All-America honors and 25 all-BIG EAST cross country citations since the Irish joined the conference in 1995-96.

On the track, the Notre Dame women's distance program has grown exponentially in recent years. Irish runners have earned no fewer than 19 All-America certificates, including 14 in the past seven years alone, while Connelly's athletes have advanced to NCAA Championship competition 34 times (14 indoors/20 outdoors).

In addition, Notre Dame women's distance runners have garnered all-conference status 63 times and won 10 BIG EAST individual titles (as well as the 2003 distance medley relay crown) during the past 12 seasons. The Irish thinclads also have played a critical role in a pair of team titles at the BIG EAST Indoor Championship ('02, 2006) and one BIG EAST Outdoor Championship (2007), as well as nine runner-up finishes at conference meets (five indoor, four outdoor).



For his efforts, Connelly has been richly rewarded with numerous coaching honors. He has been chosen for the BIG EAST Women's Cross Country Coaching Staff of the Year award three times ('02, 2003, 2005) and has been part of the BIG EAST Women's Indoor Track & Field Coaching Staff of the Year twice ('02, '06) and the BIG EAST Women's Outdoor Track & Field Coaching Staff of the Year once (2007).

Connelly's distance runners helped the Irish women's program to a third-place finish at the 2008 BIG EAST Outdoor Championships, while the women's cross country squad finished sixth at the BIG EAST Championship with sophomore Lindsey Ferguson garnering all-conference honors.

Under Connelly's tutelage, Notre Dame's distance program was able to excel in 2007, playing a large role in helping the Irish win their first BIG EAST outdoor championship since joining the league in 1995-96. Connelly produced six top-eight finishers to bring in points for the Irish. The women's cross country team season ended with a third-place finish at the BIG EAST Cross Country Championships and a fifth-place finish at the NCAA Great Lakes Regional meet, just shy of a bid to the national meet. The conference finish was the fifth consecutive top-three BIG EAST finish by the Irish women.

In 2007, Senior Molly Huddle led the women's distance with a runner-up performance in the 5,000m at the BIG EAST indoor championships and a double crown at the BIG EAST outdoor championships in the 5,000m and the 10,000m only the third multiple winner of the honor since its inception in 1993, and the first back-to-back recipient since former Irish All-American Liz Grow took the hardware in 2001 and 2002. Her outdoor performance earned her BIG EAST Outstanding Outdoor Track Performer honors. She went on to the NCAA Midwest Regional meet to win her fourth consecutive 5,000m title to pave her way to the national meet where she became a ten-time All-American after taking third in the 5,000m.

Connelly's charges were at the forefront of a historic run in 2005-06, as Notre Dame came within 10 points at the conference's outdoor meet of becoming the first school in 18 seasons to win the BIG EAST women's "triple crown" (cross country, indoor track, outdoor track). It all started with an impressive 25-point win at the BIG EAST Cross Country Championship, with the 34-point Irish performance being the best scoring outing by any league school since 1994. Notre Dame had four of the top eight runners in the field, giving the Irish their largest-ever crop of all-conference honorees.

That outing preceded a runner-up showing at the NCAA Great Lakes Regional, where Notre Dame once again was dominant up front with four of the top 10 run-

ners in the meet. The Irish then capped the 2005 season with a seventh-place finish at the NCAA Championship, highlighted by a program-best three All-America performances (Madia, Huddle and Sunni Olding). In fact, Madia's third-place finish and time of 19:48.4 were the best-ever by a Notre Dame woman, while Huddle

joined Lauren King as the second three-time women's cross country All-American in school history.

Moving indoors on the track for the 2005-06 season, Jacqueline Carter and Brianne Schmidt made excellent strides in the middle distances, notching school records in the 800- and 1,000-meter runs, respectively. Madia was strong at the longer distances, peaking well late in the year with two of the top-four 5,000-meter times in school history before earning her second All-America honor with a fourth-place finish at the NCAA Championship.

Huddle then took center stage during the '06 outdoor season, posting the nation's fastest times at both 5,000 and 10,000 meters, and becoming only the second woman in BIG EAST history to win both races at the conference meet. She went on to be named the BIG EAST Outstanding Outdoor Track Performer, as well as the USTFCCCA Great Lakes District Outdoor Track Athlete of the Year and won her third NCAA Midwest Regional 5,000-meter title in as many tries. Huddle's season ended just short of the brass ring, as she finished second in the 5,000 meters at the NCAA Championships, still the best placement ever by an Irish women's track athlete in any event. She also garnered her ninth All-America citation.

In '04, Huddle had one of the most prolific seasons in Irish track and field history. She was an All-American in the indoor 3,000 and 5,000-meter runs as well as the outdoor 5,000-meters. Connelly accompanied Huddle as she competed in the United States Olympic Trials, eventually finishing seventh in the 5,000 meters as the top non-professional/collegian in the race. A year earlier, Connelly guided Huddle to All-America honors in the indoor 3,000 meters and outdoor 5,000 meters. Huddle capped that season by running away with the U.S. Junior 3,000-Meter Championship at the national meet in Palo Alto, Calif.

A 1983 Notre Dame graduate, Connelly ran both cross country and track for the Irish. Following his graduation, Connelly served as a graduate assistant coach under Joe Plane while working toward his master's degree in business.

In 1986, Connelly moved on to Syracuse as an assistant cross country and track coach. During his time in central New York, he coached the men's and women's middle distance and distance runners and managed recruiting duties for both programs.

A native of Pittsburgh, Pa., Connelly and his wife, the former Donna Southerly, are the parents of two children — daughter, Alexandra, and son, Brendon.





## John Millar

Assistant Track &  
Field Coach  
(Sprints/Hurdles)  
Western Ontario '78

One of the top sprint and hurdle coaches in the world, John Millar enters his 18th season at Notre Dame and has developed the Irish sprint groups into a force in the BIG EAST Conference. Millar's tenure at Notre Dame, which included serving as the speed coach for all Notre Dame athletic teams for several years, is the third longest active streak of any current Irish assistant coach in any sport.

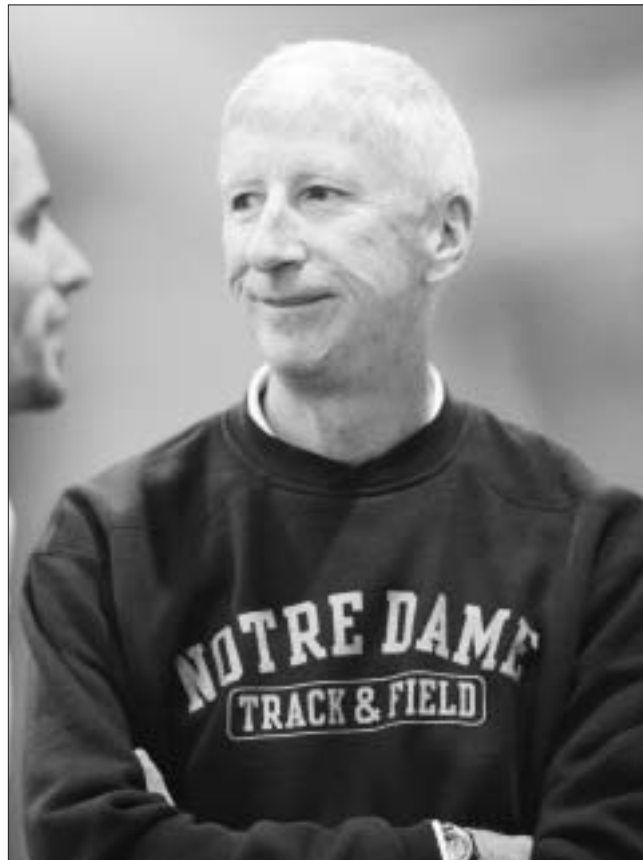
A dedicated coach, recruiter and organizer, Millar also has played a key role in Notre Dame's management of four home indoor meets, which are widely regarded as being among the top events in the country each season.

Millar's sprinters and hurdlers have continued to have success for the Irish on both the men's and women's side of the field. While many of Millar's top athletes completed their final seasons in 2008, he still has a strong crop of young athletes, who in only their first and second years, have proven to be competitive at the conference level.

As a sophomore in 2008, Balazs Molnar grabbed all-BIG EAST indoor honors with a third-place finish in the 400-meter dash. Freshmen Cora Dayon and Natalie Johnson earned their first all-BIG EAST indoor honors in the 500 meters, finishing second and third, respectively. The men's 4x100-meter relay team finished third at the BIG EAST Outdoor Championships and played a major role in helping the Irish men's squad to their fifth outdoor conference title. For their efforts, Millar and the other Irish coaches were named the 2008 Men's Outdoor Coaching Staff of the Year.

In 2007, Molnar took the BIG EAST outdoor 400-meter hurdle race by storm with his time of 51.62. His all-BIG EAST performance marked the first time an Irish sprinter (male or female) won a league 400-meter hurdle title in school history.

Millar's women sprinters undoubtedly found success on the track and were a key play in helping secure the team's first BIG EAST Outdoor Track & Field Championship in 2007. Both the women's 4x100 and 4x400-meter relays took titles at the 2007 BIG EAST Outdoor Track & Field Championships, spurring the Irish women's first BIG EAST outdoor championship since joining the league in 1995.



Millar set up dominance in the women's individual 400m with Okechi Ogbuokiri, Joanna Schultz and Brienne Davis taking second, third and fourth in the event respectively while Maryann Erigha went on to earn additional all-BIG EAST honors with her second-place finish in the 100m.

Both Erigha and Ogbuokiri have had previous success under Millar's tutelage. Erigha was a two-time BIG EAST champion in the outdoor 100m and indoor 200m while Ogbuokiri was a conference titlist in the indoor 400m. Both sprinters went on to qualify for the NCAA Championship for the first time in their respective careers in 2005.

Millar also helped cultivate the skills of men's hurdler Selim Nurudeen, who was a two-time All-American, seven-time BIG EAST Champion and 15-time all-BIG EAST selection during his career at Notre Dame from 2001-05. Nurudeen also was named the '05 BIG EAST Indoor Championship Outstanding Track Performer after helping the Irish win the team title and competed in the 2008 Summer Olympics as part of the Nigerian track and field team.

Prior to his current proteges, Millar helped cultivate '02 graduate Liz Grow into Notre Dame's first women's All-American sprinter, as Grow was a fixture at the NCAA indoor and outdoor meets during her four years on the team.

Millar's sprint group made a huge splash on the national scene in '02. The women's 4x400 relay unit consisting of Ayesha Boyd, Kristen Dodd, Grow and Kymia Love qualified for the NCAA Indoor Championships, becoming the first Irish women's sprint relay to achieve that distinction. In the outdoor season, the same group took a step further, earning All-America honors after placing fifth in the nation at the NCAA Championships. Millar's 4x100, 4x400 (outdoor) and 4x400 (indoor) all have set school records in the past seven seasons and the 4x100 group won BIG EAST Championships in 2003 and 2004.

The development of the women's sprint corps allowed Notre Dame to capture its first-ever BIG

EAST team title in '02 at the league indoor meet. Millar and his fellow Irish coaches were named the BIG EAST Indoor Coaching Staff of the Year that season. They repeated that performance in 2006, nearly winning the league's "triple crown" for the first time in 18 years before a runner-up finish in the BIG EAST outdoor meet. Nevertheless, Millar was again part of the BIG EAST Indoor Staff of the Year.

Millar helped the women's 4x400 team return to both the NCAA indoor and outdoor meets in '03. The squad of Tiffany Gunn, Kristen Dodd, Ayesha Boyd and Kymia Love just missed out on a repeat All-America effort at the outdoor meet, finishing ninth.

In his first year with the Irish, Millar began the process of enhancing the Notre Dame sprint corps, which culminated in three school records in the 55 and 200 meters along with the 4x100 relay. He guided Raghieb Ismail to a second-place finish in the 1991 NCAA indoor championships and the fastest collegiate 55-meter time in the world. Millar also coached two-time All-American Allen Rossum to seventh-place finishes in the 55-meter dash at

the 1995 and 1997 NCAA Indoor Championship, and hurdler Errol Williams was an All-American in both indoor (55-meter hurdles) and outdoor track (110-meter hurdles) in 1998.

The native of Toronto, Canada, took a break from his coaching duties at Notre Dame in early March of 1999 to serve as the head coach of the USA women's track squad, which earned eight medals at the '99 World Indoor Championships in Maebashi, Japan.

Millar is a seasoned veteran of coaching athletes both on the national and international levels. During a six-year stint at Texas, he coached 96 NCAA All-Americans, including 10 national champions, and helped guide the Lady Longhorns to four national titles.

Prior to his position at Texas, Millar was an assistant at Tennessee for two years where he worked with 1984 Olympic gold-medal hurdler Benita Fitzgerald-Brown. In addition, he served as an assistant coach on the Canadian Olympic track staff and assisted in training world-class hurdler Mark McCoy. He also served as USA Track and Field's national women's hurdle coordinator, coach of the North team at the 1992 U.S. Olympic Festival and assistant coach of the USA Junior National Team at the 1993 Pan-Am Junior Championships.

Millar was head coach at York University in Toronto from 1981 to 1983 where he served as chief director for both the men's and women's programs in track & field. He led the school to a Canadian national championship in 1981.

He also traveled to the 2000 Olympic Games in Sydney, Australia, as a member of the Canadian track & field coaching staff.

Millar graduated from Western Ontario in 1978 and holds a master's degree from Arizona State.

He and his wife, the former Lynn Haan, have a son, James, who graduated from Notre Dame in May 2008 as a track and field monogram winner.

## Assistant Coaches



**Adam  
Beltram**

**Assistant  
Track & Field Coach  
(Throws)  
University of  
Missouri-Kansas City '99**

Adam Beltran joined the Notre Dame men's and women's track and field program in 2007 as an assistant coach for throws.

Beltran guided the Irish throwers to seven all-BIG EAST honors in 2008, including Brandon Drenon's first BIG EAST outdoor title in the discus. Six of Beltran's athletes qualified for the NCAA Mideast Regionals. Alyssa Hasan earned all-BIG EAST and All-America honors in the pentathlon. She also garnered all-BIG EAST honors for her heptathlon performance at the BIG EAST Outdoor Championships. Jaelyn Espinoza finished 25th in the discus at the NCAA Outdoor Championships.

Prior to joining the Notre Dame staff, Beltran was on the track and field staff at Saint Francis (Pa.) University where he worked with the Red Flash throwers and oversaw the program's recruiting efforts. Under his tutelage, 20 St. Francis student-athletes won Northeast Conference (NEC) titles in the men's and women's weight throw, javelin, hammer throw, discus and women's shot put.

During his tenure at St. Francis, Beltran watched 17 Red Flash throwing records fall in the men's and women's indoor shot put, discus, javelin, women's outdoor shot put and the men's hammer and weight throws. In 2007, junior Lisa Morse earned the Outstanding Field Performer award at the NEC Outdoor Championships, while Dian Gmitter went on to win the same award at the indoor league meet.

Before his stint at St. Francis, Beltran served as an assistant coach at the University of Missouri-Kansas City. He worked with throwers and coached the athletes to Mid-Continent Conference titles in the shot put and the javelin. Nine of his athletes went on to break school track and field records under his tutelage.

A 1999 graduate of UMKC, the Austin, Texas, native earned his bachelor of liberal arts degree with an emphasis in American studies and a minor in black studies/cultural anthropology. He has earned USA Track and Field Level I and Level II certifications



**Amy  
Henry**

**Assistant  
Track & Field Coach  
(Sprints/Hurdles)  
Hampton University '02**

Amy Henry is in her first season as an assistant track and field coach at Notre Dame, working with the Irish sprinters and hurdlers.

"We are very excited to add Amy to our staff," Irish head coach Joe Piane said. "She will contribute in way we haven't seen before and will bring a new perspective to the Irish track and field program."

Henry came to Notre Dame after a two-year stint as an assistant coach at the University of Texas-El Paso, where she worked with sprinters, hurdlers and multi-event athletes. Henry also spent time as an assistant coach at Hampton, working with sprinters, hurdlers and distance runners. She also taught physical education and athletic training courses as an adjunct professor.

"I am excited to be here and to be a part of the rich athletic tradition of Notre Dame athletics, especially the track and field team, and I look forward to contributing to that continued success," Henry said.

After graduating from Hampton with a bachelor's degree in psychology in 2002, Henry began working towards her master's degree in developmental kinesiology with a specialization in sport psychology from Bowling Green State, while working as the coordinator of the school's GradSTEP program, which aids students in the transition from undergraduate to graduate school. She also worked as a sport psychology consultant for the track and field and softball teams at Bowling Green.

Henry has also made several academic presentations and been published in the Berkshire Encyclopedia of World Sport.

A standout athlete in both college and high school, Henry was a Mid-Eastern Atlantic (MEAC) all-conference sprinter and hurdler while at Hampton and an all-Mid-American Conference (MAC) performer at Bowling Green. The Newport News, Va., native was a three-time letterwinner and multiple track All-American at Menchville High School. she holds USA Track and Field Level I certification.



## Assistant Coach



**Jim  
Garnham**

**Assistant  
Track & Field Coach  
(Field Events)  
Kent State '98**

Former Tulsa assistant Jim Garnham has joined the Notre Dame track and field staff in a similar position.

"Jim is a fine young coach who comes into our program with boundless enthusiasm," Irish head coach Joe Plane said.

"It is an honor to be working for Coach Plane and Notre Dame," Garnham said. "I am very excited about the situation here with the Irish."

Garnham joins the Irish staff after a three-year stint as the field events coach at the University of Tulsa. During his tenure, he coached an NCAA qualifier in the shot put, a USATF Indoor shot put qualifier, 17 NCAA

Mid-West Regional qualifiers, four Conference USA champions and 20 all-C-USA athletes. His student-athletes also set 18 school records at Tulsa.

Prior to Tulsa, Garnham served five years as an assistant track and field coach at the University at Buffalo, where he worked with multi-event athletes, javelin throwers and hurdlers. He coached a USATF Indoor heptathlon qualifier, a Canadian Olympic trials qualifier in the women's heptathlon, two NCAA qualifiers, four NCAA East Regional qualifiers and five Mid-American Conference champions.

Garnham earned his bachelor's degree in history from Kent State in 1998.

## Support Staff

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**Mike Karwoski**  
*Associate Athletics  
Director  
Sport Administrator*



**Stephanie Fischer**  
*SID Assistant  
Cross Country/  
Track*



**Andy Scott**  
*Student Manager*



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