

# Betty Remigino Knapp

*2022 Spotlight Recipient*

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After Betty Remigino-Knapp graduated Central Connecticut State University she began her athletics leadership in 1977 coaching at Conard in West Hartford, CT and then served as the head cross country and track and field coach from 1978-1980. During her tenure, the cross-country team won the 1978 Class-L title, and her outdoor track and field team won the 1979 State Open Championship.

From 1980-1996, Remigino-Knapp was head women's cross-country and track and field coach at UConn. She led her teams to two Big East championships and 12 New England championships, and coached five All-Americans, three Academic All-American Scholar-Athletes, and two Olympic qualifiers. While at UConn she served as president of the Big East Coaches Association from 1994-96 and served on the National Collegiate Athletic Association Track and Field Rules Committee for six years.

After retiring as head coach at UConn in 1996, Betty assumed Athletic Director responsibilities for both Conard and Hall High Schools in West Hartford. She directed the athletic program of nearly 30 athletic teams and roughly 60 coaches and 900 student athletes between the two schools.

During her 20-year tenure as AD, Betty oversaw several key initiatives affecting the student-athletes at both high schools. She facilitated implementing one of the first heat protocols for high school athletes to help maximize health and safety during exercise in intense heat, while working closely with Doug Casa, the CEO of the Korey Stringer Institute at UConn. Working closely with town officials she also upgraded the stadium facilities at both high schools. Betty continued her championing of equality for women in sport with the addition of the girls' ice hockey team.

Remigino-Knapp was honored in 2015 with the Distinguished Service Award from the Connecticut Association of Athletic Directors. In 2016, the Connecticut High School Coaches Association awarded Betty the distinction of "Athletic Director of the Year" prior to her retirement at the end of the school year. Betty returned to coaching girls cross country and track and field in 2017 at Hall where her team won the 2019 Cross Country State Class L, Open and New England Championships.