

Barbara has coached at Springfield Southeast for 29 years. She has coached Girls Track & Field teams to 4 IHSA State Championships. Three times she was an assistant to Tom McBride and once she was the head coach. She coached teams to a total of 10 IHSA State trophies, 4 times she was the head coach.. In addition, Barbara has coached athletes to 17 individual State Championships and 3 Relay titles. In 2019, she single-handedly coached Serena Bolton to 4 Individual 1st Place events. In all, 57 times her athletes have earned All-state medals. Her teams won 9 Sectionals in a row and over 20 Springfield Championships. She earned ITCCCA South Distinguished Service award in 2011.



She is a graduate of Springfield Lanphier and SIU-Edwardsville. She competed in Track & Field and basketball at both schools. Barbara" reflects love for the sport, love for students, and love for her community. She is an institution in the Springfield community."

Here is a link to Coach Montgomery's acceptance speech:

<https://vimeo.com/790590973?fbclid=IwAR1Fq-a40j8wx8NeP-jvhLkkVUMw6YQXrsuvkRxXNrNTG7p5Jqzflh-QhJ0>