

Bella Vista Cross Country Coaching Staff



Harold Kuphaldt - Former Bella Vista High school runner and school record holder in both the 1600m (4:05.18) and 3200m (8:51.99). He is a two-time NCAA Division I Track and Field All-American and sub-4 minute miler for University of Oregon. 2017 will be his 9th season as coach for the boys distance runners. He has more than 25 years of coaching experience in multiple sports. In the last 8 seasons BV has won 2 Section Varsity XC titles, qualified for the state meet 4 times in XC, won 9 section team titles, and 24 teams finished in the top 6 at Sections. Coached 6 of the top 25 in the 800m, 7 of the top 22 in the 1600m and 9 of the top 23 in the 3200m on the BV All-time list. Coached 2 athletes that qualified for the state meet in track and a school record in the 4x1600m.



Jon Holmes - competed as a middle distance runner while in middle school and high school. After performing well against national age group runners at regional events, he was invited to begin running competitively with a club and focused on the 400, 800 and 1600 meter events. He also experienced success in other endurance sports and transitioned primarily to cycling when he was 16. He is currently an active runner and student of the sport. He strives to help runners improve fitness and technique, along with developing mindsets of personal awareness, resilience and courage. Over the years, he has worked as a performance psychology consultant with a focus on helping endurance athletes recover from performance fatigue and better understand the role of chronic stress as a performance inhibitor. Coach Jon began assisting with the BV girls distance program in the Fall of 2016.



Ian Bishop - I am a former Bella Vista High school runner who has also competed collegiately for American River. I am still an active runner, who aims to maintain a healthy mind and body for a long time. A big reason I run outside of my own love for the sport and my own health is to lead by example. I strive to be a role model in both mindset and in practice for all of our athletes through my involvement in actively running and training with the team. My hope is to be able to teach our athletes lessons I have learned during competing and lessons that I have learned in life. As coaches, it is our privilege to be able to provide every individual with the tools and resources to not only be a great athlete, but to be a great human outside of athletics as well.



Jay Fear - Coach Jay Fear brings a wealth of experience in leadership, service, and personal growth to the Bella Vista running program. A father of four former or current Bella Vista students, he has deep roots in the community and a strong commitment to youth development. Before joining the coaching staff, Coach Jay spent years guiding young athletes as a youth baseball coach and mentoring teens as a Scoutmaster. His dedication to serving others extends to his professional life as well, with 18 years in law enforcement and over two decades of youth leadership within his church. Although he once considered himself a reluctant runner, Coach Jay embraced the sport after deciding to make healthier lifestyle choices. That decision sparked a new passion, eventually leading him to complete some 5ks, a 10k, a half marathon and two triathlons. Coach Fear is excited to support the Bella Vista athletes not only in their physical training but also in building confidence, discipline, and resilience—both on and off the course.

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Jennifer Berlier- Exercise Physiologist and lifetime mother runner. She has run the Boston Marathon twice and thinks of running as play, adventure, and a part of a healthy lifestyle. She was a Personal Trainer and Pilates Instructor for 20 years focusing on biomechanics, wellness, and sport performance. Jennifer currently teaches Physical Education and has been a part of the Cross Country and Track and Field coaching team at Orangevale Open for the last 4 years. She derives great joy from supporting, educating, and encouraging student athletes to explore their own fitness, challenge themselves both mentally and physically, learn to listen to their bodies, and feel the awesome community love expressed by these athletes. Running is an authentic vehicle to teach today's youth about themselves, and how they want to show up and participate in their own life journey as an individual and as a part of a team. The student athletes choosing to participate in this amazing sport inspire her!



In Remembrance

Tom Laythe - I ran in High School, College, and Post-Collegiately. I've coached for 17 years: 9 years at St. Francis, 4 years at El Camino, and 4 years at Bella Vista. I have been blessed to have worked with many outstanding student/athletes who have succeeded in the classroom, on the track, and on the XC course. Our hope is that they can apply some life lessons learned in running to the rest of their lives.