

Liz Jarnigan is currently the Executive Associate Director of Athletics and Senior Woman Administrator at Valparaiso University.

In her role at Valpo, she serves as the sport administrator for football, volleyball, women's basketball, women's soccer, women's golf, men's golf, baseball, softball, bowling, and women's tennis. In addition, she oversees all internal operations including academic services, compliance operations, student development, and facilities & events.

Jarnigan brought a wealth of experience in intercollegiate athletics with her to Valpo, previously having served as the Director of Athletics at Southern Illinois University from 2019–2021. During her time in Carbondale, she helped the Salukis earn the 2021 Missouri Valley Conference All-Academic Award for the highest overall student-athlete grade point average. SIU also thrived in competition during her tenure, reaching the NCAA Football Championship Subdivision (FCS) national quarterfinals, making an NCAA appearance in softball and boasting five track & field All-Americans.

Prior to her promotion to the top spot at SIU, Jarnigan served as the school's Executive Senior Associate Athletic Director, Chief Operating Officer and Senior Woman Administrator from 2018–2019, leading the department's overall internal operations and hiring six new head coaches. She also has experience in athletics administration at the following institutions — Air Force (Associate AD/SWA, 2016–2018), San Jose State (Senior Associate AD for Academics & Student Services / SWA, 2008–2016), Tulsa (Associate AD for Academics & Student Services, 2007–2008; Coordinator of Student Services, 2001–2006) and Briar Cliff College (Assistant AD, 1994–1996).

Jarnigan also owns high school and college teaching and coaching experience in Minnesota, Iowa and Kansas. She was the head women's volleyball coach at Bethel College (1989–1994), Briar Cliff College (1994–1996) and Carleton College (1996–1999). The 1987 St. Olaf College alum was a four-year letter winner in volleyball. She received her master's in athletic administration from Fort Hays State University in 1988.

Jarnigan's husband Jeff is a coach and general manager for the Arizona Rattlers of the Indoor Football League. They have three adult children – Mary, Jack, and Emily.