

Jay Bellamy

While attending *Matawan High School*, Jay played quarterback and safety. In 1989 the Matawan Huskies won the State championship with an 11-0 record. He returned three punts for touchdowns as a senior. He also received All-American, All-State, All-Shore and Daily News honors in 1989.

College

During his tenure at *Rutgers University*, Jay was a four-year letterman and four-year starter at both cornerback and free safety. In addition he was a three-time, 2nd team All Big East choice and finished his career with 192 tackles and eight interceptions. Bellamy had 56 tackles and four interceptions in 1992, with 46 tackles in 1993. He was one of four true freshmen to letter in 1990 and returned one of his two interceptions 21 yards for a touchdown vs. Temple.

As an un-drafted free agent in 1994, Jay went on to earn a contract with the *Seattle Seahawks* and would solidify his career for the next seven seasons. Becoming a free agent in 2001, Jay signed with the *New Orleans Saints* where he would remain for seven more years until retirement. In 1997 Jay had 34 special team's tackles, shattering the Seahawks previous record holder. Prior to suffering a season-ending shoulder injury against Minnesota in 2005, Bellamy remained on the prestigious **NFL Iron Man** list with 122-consecutive straight games played (including his seven-year stint with Seattle where he had opened every game since 1998). Jay finished among the club's top tacklers each year, leading the team each in 2003 and 2004. He had 116 tackles in 2004, added two forced fumbles, trios of fumble recoveries and three pass defenses. With the Saints, Jay recorded 451 tackles (334 solo), nine interceptions, 4.5 sacks, six forced fumbles and five fumble recoveries. In 2003, Bellamy started at strong safety after he had played free safety the previous two years. He responded by leading the team with 115 tackles and was one of the unit's most consistent performers.

He closed out his 14-year career with 823 tackles, 24 interceptions, 10 sacks, 11 forced fumbles, 8 fumble recoveries, 72 pass break ups, 104 special teams tackles. Recorded 18 tackles vs. Jacksonville (12/21/03), and 2 int's in a game (5x), last being against Dallas (12/28/03). He was the NFC championship game leader with 11 tackles against Chicago in 2007. Jay's reputation and respect from his peers earned him the responsibility of both special teams and defensive captain assignments. He was team captain in Seattle from 1997-99 and from 2002-05 in New Orleans.

In 2008 Bellamy was selected to participate in a coaching internship with the New Orleans Saints where he honed his skills in every training aspect of the game concentrating on special teams and defensive backs.

Giving Back

In 2008, Bellamy **returned** to Matawan High School football as an assistant coach helping them defensively get into the top ten. In 2009, as the Defensive Back Coach and Special Teams Coordinator, Matawan added another top ten finish winning their first State Championship in 17 years. He is also the "Assistant Coach of the Year" runner-up from the All-Shore Media Stumpy for notably boosting the Shore's best secondary.