

Meg Henry

If I am selected to be on the Alabama Gymnastics State Committee for 2025-2027, I will do what will best benefit our gymnasts in all decisions made and I will be honored and humbled to be a representative on the board.

- Education: Graduated from Auburn University Montgomery with a B.S. in Psychology.
- Been actively involved in gymnastics for 50 years.
- Former elite and Auburn University gymnast.
- Region 8 Hall of Fame Member (2023) as an athlete.
- Former Gym owner, director, and head coach of United Gymstars and Cheer. (1998-2021)
- Head coach at Armory Gymnastics. (1989-1998)
- Choreographer
- Meet Director
- Current State Board member.
- Current Alabama Judging Board member.
- Organize, work, and lead the Alabama Optional Training Camp
- Worked numerous summer gymnastics camps throughout Region 8
- Coached numerous State team champions, individual state champions, multiple Regional and National qualifiers.
- Trained numerous gymnasts to the collegiate level.
- Every year involved with Regional or National Congress to stay updated on current rules and technique.
- Current Level 10 judge.

Thank you for your time and consideration,
Meg Henry