

Jessica Sedgwick's Bio
Prattville YMCA

I am Jessica Sedgwick and I am the Marketing & Communications Director at the Prattville YMCA. Previous to that I was the Gymnastics Director for 19 years and I have been coaching since the age of 14. When I joined the gymnastics team as a child, I immediately fell in love with the sport. As I began my coaching career I could see the impact I could have on children's lives by teaching life skills that they would use forever.

I have worked many camps and clinics and love to give back to the sport I love so much. Three years ago, I was elected on to the State Committee where I was able to help make decisions for Alabama gymnastics. Prior to being on the committee, I was truly blessed to learn from the best mentor, Coach Otis Reeves. Otis served on the State Committee for many years before serving as the State Chair for 4 years. In that time, I saw what an important responsibility the State Committee has, and I have enjoyed being a part of that the past few years.

I have coached all levels, 1-10 as well as preschool gym & rec classes. I continue to coach Optionals and attend Regionals & Nationals. I love coaching at this level, but I also understand the importance of running a business and developing progressive class & preschool gymnastics programs.