
SARAH SMITH

STATE COMMITTEE BIO

Sarah Smith was a high-level competitive gymnast in Alabama during her school-age years and began coaching in 1998. She continued to pursue the art of coaching while earning her Bachelor of Science Degree in the field of Fashion Merchandising. It was during this time that she fell in love with the challenge of coaching athletes in this demanding sport and seeing how these young women benefit from learning to overcome the trials and adversity they face almost daily.

Sarah has coached gymnastics in Alabama for 26 years and has been a clinician teaching gymnasts and coaches at numerous USA Gymnastics compulsory and optional level camps over the duration of her career. She also enjoys teaching recreational gymnastics classes a few times a week as a refreshing mental break from the competitive side of coaching. Sarah's experience in coaching both recreational and competitive gymnastics, as well as gym managerial responsibilities, has equipped her with a well-balanced knowledge of the difficulties faced by team coaches, program managers and gym owners.

Not only does Sarah want to see the gymnastics program as a whole grow in our great state, but she'd also love to see each member club succeed and reach their full potential. By working closely with you, the coaches and business owners who are at the heart of this sport, and through innovative educational offerings and other club outreach opportunities, Sarah believes Alabama USA Gymnastics can not only flourish, but thrive. She would be honored to once again serve on the Alabama USA Gymnastics State Administrative Committee and see Alabama thrive together in 2025!