

Avery is a graduate of Baylor's Class of 2020. She lettered in swimming all four years in high school and qualified for the TISCA state meet every year. During those 4 years, her team was named Tennessee State Champions-Combined Team all four years, and the girls team was named State Champions for the last 2 years. She is a member of multiple All-American relay teams and a 2-time qualifier for the Junior Nationals.



Avery's journey to her love of swim began at the age of 9. She started swimming for CASL in 2011 with the Ooltewah Tidal Waves. A big family move across town led her to the Signal Mountain Green Giants for one season, and onto the Stuart Heights Sharks for the last five seasons. She has swam for competitively with the Baylor Swim Club for nine years and she has competed in both short course and long course Southeastern Championships every year. She has achieved many successes in the pool throughout high school, club, and summer swim. As a Shark, Avery has enjoyed being a leader in the Sharks & Minnows program (a program designed to enrich the relationship between the older and younger swimmers), a swim instructor to beginning swimmers, and most recently lifeguarding at the Stuart Heights pool.

For a couple of years, Avery had the opportunity to volunteer as an assistant coach for the local Special Olympics team. She found she loved teaching the children new skills and helping them to achieve their goals. Through this tremendous opportunity, she was also given the chance to volunteer in adaptive water therapy for children such as those with cystic fibrosis. This part of her journey has led her to her desire to work with special needs children. She has said, "There is nothing more rewarding than seeing the smiles on the faces of these kids when they touch the wall."

Avery has always been the ultimate cheerleader and teammate for those whom she competes with and against. She can always be seen on the sidelines cheering someone on. At her 5th grade promotion, Avery was awarded the Collin Dowler Sportsmanship award. Collin was a classmate of Avery's who was tragically killed in a jet ski accident. He had an extreme passion for sports. His parents dedicated this award in honor of their son and awarded it to a student who showed the same passion and sportsmanship as Collin. In 2018, Avery was again recognized for her sportsmanship, by being awarded the Sumner Smith award during the Sharks end of year banquet. Avery is extremely grateful for being recognized as being a great teammate and sportswoman.

Avery will continue her swimming career in the fall at Marshall University (Huntington, WV) as a member of The Thundering Herd women's swim team. She will major in Clinical Exercise Physiology working towards her goal to be an Occupational Therapist with a concentration of working with special needs children i.e. Autism, Downs Syndrome, etc.

When asked about what swimming means to Avery, she says “ This sport has taught me so much about life and about myself. I have loved every minute of it, even the bad times. It’s during those bad times when I have wondered why I am doing this. Then I see the littles, their excitement growing in the sport, and I fall in love with it all over again.”