

Sally Smedley

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EDUCATION & HONORS

Sacred Heart Academy; Louisville, KY

2022 – Present

- GPA: 3.98
- Frazier Fellows Program
- Jean Frazier Leadership Program
- Principal's List (x5)
- National Honors Society
- National Beta Club Member
- Service Honor Roll (x3)
- First Honors (x1)

WORK EXPERIENCE

Referee

June 2023 – Present

King Louies Beach Volleyball; Louisville, KY

- Officiate beach volleyball games for players of all ages in accordance with league rules and regulations.
- Maintain composure and professionalism when mediating disputes between players, coaches, and spectators.

Babysitter

Multiple Families; Louisville, KY

June 2022 - Present

- Provide attentive care for 1-4 children aged 2-10 in a safe and nurturing environment.
- Manage household tasks such as meal preparation, light cleaning, and bedtime routines.

Volleyball Coach

Anchorage Public School; Louisville, KY

August 2025 - Present

- Coach 5th, 6th, 7th, and 8th graders how to play volleyball for their middle school volleyball team.
- Provide safety and care for 15-30 kids while maintaining a fun and exciting environment.

LEADERSHIP EXPERIENCE

Student Athlete

August 2022 – Present

Sacred Heart Sports

- Lacrosse Team Captain Freshman Team (2023)
- Varsity Lacrosse (x2) (2024-2025)
- JV Lacrosse (2024)
- Freshman Lacrosse (2023)
- Field Hockey Freshman team (2022)
- Basketball JV Team (2022-2023)

Awards and Recognition

May 2023 - 2024

- Lacrosse Freshman team MVP (2023)
- Lacrosse JV team MVP (2024)

Beach Volleyball

August 2019 – Present

King Louies Beach Volleyball

- National Champion (2021, 2023)
- Committed to play D1 Beach Volleyball at Pepperdine University (2026-2030)
- Fab50 Contender
- Play and train year round
- Travel all over the country for training and tournaments

Invitation Only

- Elite Development Program Intensive Trainings
- Elite Athlete Professional Style Training Program

Horseback Riding (Eventing)

2015 – 2022

Flying Cross Farm

- American Eventing Championships Novice 3rd place
- American Eventing Championships Beginner Novice 5th place
- Competed at a national level for 7 consecutive years

JFLI Summer Internship

June 1 – July 31, 2025

Awaken to Wellness Center, Louisville, KY

- Completed over 60 hours over the course of one semester during the summer.
- Observed and learned about the profession of chiropractic and running a small business.
- Assisted a chiropractor by setting up tables, cleaning multiple items, and organizing folders.

Day Job Shadow

August 1, 2025

Foundations Dentistry, Louisville, KY

- Shadowed a dentist for one full day of work.
- Observed and learned about the day in the life of a dentist.

JFLI Mentor

September 2024 – March 2025

Sacred Heart Model School, Louisville, KY

- Helped mentor 5th grade Model School students as they worked through their final projects.
- Helped support and set up their presentations on presentation day.

VOLUNTEER EXPERIENCE

Service Activities

August 2022 – Present

- Make 50+ lunches for the homeless 3x each year.
- Work numerous middle school basketball and volleyball games for 1+ hours a night.
- Organize and sort clothes and toys for families in need.
- Filing and organizing for East Broadway Consulting Psychologists Group.

Service Honor Roll Recipient

April 2023 – Present

Sacred Heart Academy; Louisville, Kentucky

- Completed a minimum of 30+ hours of service each academic school year.
- Received Service Honor Roll Freshman, Sophomore, and Junior Year.