

Distinguished Alumni 2013
Sally Thomas



Sally A. Thomas completed her degree at Winthrop University in 2001. She began her collegiate career at the University of Oklahoma where she completed as a gymnast from 1980-1982. She moved to Rock Hill where she opened her first gymnastics school as Sally's Gymnastic Center in 1983. Through the center, she began developing young women gymnasts that competed on the state, regional and national levels. She was named South Carolina Coach of the Year in 1998.

Sally has used her Winthrop education to impact the lives of hundreds of young men and women through Thomas Gymnastics. As Sally's Gymnastics Center ended in 1991, Thomas Gymnastic began. Thomas Gymnastic soon became Thomas Gymnastics Training Center, Inc. What began as a small gymnastic center has grown into a major complex that serves the community with after school programs, summer camps, gymnast instruction, kinder gym, volleyball programs, and tutoring services. After three short years, Thomas Gymnastics has outgrown their current facility and will be building an even bigger complex in the next two years.

Along with her success as an entrepreneur, Sally Thomas hosts one of the largest invitational gymnastics meet each fall at the West Center. Over 1000 gymnasts from up and down the East Coast blanket Rock Hill for age group competition. This allows the PESH Department and Winthrop University to showcase their facility and the campus. Through her and Mark's generosity, the Sally Thomas Scholarship at Winthrop University is awarded each year to a deserving student who has competed in gymnastics or cheerleading in South Carolina.

While most people know her as a gymnastic competitor and coach, the PESH Department knows her as an outstanding teacher. She has taught golf for the department since 2000 along with aerobic walking and educational gymnastics. Testimony to her golf expertise can be found in her competitive record in local and national tournament play. In addition she has been a club champion at both Spring Lake and Rock Hill Country Clubs. Sally Thomas has dedicated her life to teaching and coaching. It is for or her commitment to excellence and her impact on gymnastics in South Carolina, we the faculty and staff of Winthrop University, welcome Sally Thomas as a member of the 2013 Distinguished Alumni Class.