- 2 State Championships and 2 State Runner-ups with Jacksonville High School (Jacksonville, AL) under Coach David Clark. Several All-County, All-Area, All-Region, and All-State awards. AHSAA North-South Volleyball Team 2009 (North)
- Former Alabama Performance (Team Sting) player for 2 years. Played for Coach Dailey's 18 National team junior and senior year of high school
- Played Division I volleyball 4 years at Samford University under Coach Derek "Dex" Schroeder. 1 SoCon Championship and 1 SoCon Runner-up. 1 NCAA Tournament appearance, class of 2014
- Coached for Alabama Performance (Team Sting, Southern Performance) from 2011-2016. Coming back "home" to AP this year
- Married to Chad Norsworthy and mom to Callum Norsworthy