



Sheila Anderson

Lead Recreational Specialist and
Basketball Instructor

Education

University of Tennessee

Bachelor of Communications

Experience

- 2024 Tennessee Women's Basketball Hall of Fame inductee
- Member of 4 NCAA Tournament Teams and 2 National Championship Teams
- Multiple Record Holder for over 20 years
- Former Professional Basketball Player
- Former College Coach
- Private trainer for 20 plus years

About Me

- From Middle Tennessee
- Played High School, College and Professional Basketball.
- Coached all levels of basketball from 5yrs olds to professional players.

Personal Interests

Love watching and participating in as many sports activities as possible. Enjoy spending time with family including husband and two kids (twins).

Contact Me

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**Walton Family
Whole Health & Fitness**