

LISA HEMMIE



Founder & Director, American Spirit Athletics
Lisa Hemmie is the founder and director of American Spirit Athletics and a lifelong leader in youth sports and the spirit community. With more than three decades of experience as a coach, gym owner, judge, and mentor, her work has always centered on one guiding belief: **sport should build people—not break them.**

Lisa's background spans coaching, program ownership, international judging, and national leadership. She has worked at the highest levels of the sport, including major national and international events, and has served on advisory boards focused on safety, consistency, and best practices. She holds multiple national safety certifications and is deeply committed to creating environments where athletes can grow with confidence, care, and integrity.

Her life beyond the gym has been shaped by service, creativity, and leadership. Lisa spent years serving in the U.S. Marine Corps Reserve and has dedicated much of her adult life to community service, youth advocacy, and charitable work supporting anti-bullying efforts, veterans' causes, and programs that uplift children and families. She has been recognized with numerous community service honors throughout her career.

Lisa's professional experience also includes work in advertising, media, and the performing arts—fields that strengthened her ability to communicate, connect, and lead with intention.

As an actor and creative professional, she has participated in fundraising and awareness efforts supporting causes close to her heart, always using her platform in service of others.

Today, Lisa's focus reaches beyond the gym, with ongoing work centered on improving standards, safety, and accountability in youth sports. She continues to collaborate, research, and develop initiatives aimed at improving athlete well-being and ethical leadership at a national level. At American Spirit Athletics, she leads with clarity, compassion, and purpose—creating spaces where athletes feel safe, supported, and inspired to grow both on and off the floor.

Lisa@americanspiritathletics.com