



## Alicia Goodwin

5-4 Junior  
Dallas, TX

**\*\* All-American \*\***

Junior All-American Alicia Goodwin likes to start off each gymnastics meet with a fresh start – wearing a brand new pair of socks. Donning a new pair of socks before each gymnastics meet is one way this quiet leader brings a sense of calm within herself and to her teammates when the competition heats up.

“Everyone is thrown curveballs with so many challenges, and I trust that we can do it and everything will turn out well,” Goodwin said.

Goodwin, who packed up her bags and left her Texan family nearly three years ago when she committed to Florida, has a strong foundation in her faith and uses that motivation to encourage her teammates to continue fighting and overcome every barrier that may get in the way.

“I like to encourage and help people out whenever they need it. We are all so close and each brings so many great things to the team,” Goodwin said.

Committing to the Gator gymnastics’ team was an easy decision for Goodwin. After her junior year of high school, she took a trip to the University of Florida and fell in love with the Gator Nation once she realized how passionate everyone is about being a Florida Gator.

“I feel like you have to have passion in anything you do and in anything you are a part of,” Goodwin said. “Everyone is so passionate about being a Gator.”

For Goodwin, becoming passionate about gymnastics started when she watched Shannon Miller during the 1996 Olympic Games. At eight years old, Goodwin started taking dance and tumbling classes with a group of her friends and was approached by the coach about joining the gym’s gymnastics team.

“My coach asked me why I wasn’t on the team and I told him I didn’t know what it was, but I would try it,” Goodwin said. “I left there after a year and jumped around until I found Texas Dreams, which is where I stayed until coming to Florida.”

Although moving away from her tight-knit family was difficult for Goodwin, being a part of the gymnastics team at Florida has given her the opportunity to be a part of another strong family. Staying true to themselves and having fun with each other is what makes the team so unique among the others.

“This team comes together by being so supportive of each other and just always fighting. Nothing really shows true heart more than that and I love being a part of it,” Goodwin said. “We love competing at home, but it’s kind of cool going other places to just bring our spirit. We have something special as Gators and we just love it.”

Although Goodwin enjoys both the beam and floor events, she believes there is something special about competing in bars, her favorite event. Goodwin matched her collegiate best in bars this season with her winning mark of 9.925 at the Link to Pink meet versus LSU on Jan. 29.

“I love bars because it’s different from all the others. It feels like you’re flying on your hands the whole time,” Goodwin said.

Having a supportive family throughout her years of training, teammates who never stop encouraging her to shoot for the stars and motivating coaches who inspire her to get back up when she falls, this faith-driven athlete does not take her gymnastics career for granted and knows being a gymnast won’t last forever. Goodwin, who also enjoys painting and art like her father, is majoring in Sports Management and would like to pursue a career in that field once she graduates from the University of Florida.

“I would love to work with a professional sports team, but I don’t know yet. I just want to see where the Lord leads me,” Goodwin said.