

Dominique Dawes Biography

Dominique Dawes is a three-time Olympian, Olympic gold medalist, and trailblazer in American gymnastics. As a key member of the iconic “Magnificent Seven,” she made history at the 1996 Atlanta Games as the first Black woman to win an individual Olympic medal in gymnastics. Over a decade on the U.S. national team, she redefined what it means to lead with both excellence and integrity.

Dawes is the founder and brand ambassador of the Dominique Dawes Academy, dedicated to creating a safe and empowering environment for young athletes in gymnastics, ninja, and more. Launched in July 2020 in her hometown of Montgomery County, Maryland, the academy is on track to grow to six gyms by 2026, with a long-term vision of 50 locations nationwide. In 2024, Montgomery County further honored her legacy with a statue, ensuring her journey continues to inspire the next generation.

She holds a degree from the University of Maryland, where she was inducted into the school’s Hall of Fame in 2022, and currently serves on the University of Maryland Alumni Association board. Beyond gymnastics, she is a minority owner of the Washington Spirit and, in 2024, became a limited partner of the NFL’s Atlanta Falcons. Previously, she co-chaired the President’s Council on Fitness under President Obama and produced the Sports Emmy–nominated docuseries Golden.

Through her Academy and leadership across sports and culture, Dawes continues to break barriers while championing joy, inclusion, and mental well-being for the next generation of athletes.