

Sammeika Thomas

Sammeika Thomas, formerly Sammeika Thrash, is a Birmingham, Alabama native whose remarkable journey in athletics, education, and coaching reflects leadership, perseverance, and excellence.

A 2005 graduate of Ramsay High School, Thomas helped lead the Lady Rams to two state championships and earned Co-MVP honors as a junior and MVP honors as a senior. Recognized as one of the nation's Top 5 basketball recruits, she accepted a full athletic scholarship to Rutgers University, where she helped the Scarlet Knights win a Big East Championship and advance to the NCAA Sweet Sixteen.

Thomas returned to Birmingham and continued her collegiate career at Miles College, quickly establishing herself as one of SIAC's premier women's basketball players. In 2010, she was named SIAC Newcomer of the Year, followed by First Team All-SIAC honors for three consecutive seasons. In 2011, she became the first female athlete in Miles College history to be named SIAC Player of the Year, averaging 15 points, 12 rebounds, 5 assists, and 5 steals per game. She also earned team leadership honors and was instrumental in guiding Miles College to its first SIAC Women's Basketball Championship in 2012, earning Team MVP and Captain honors.

Demonstrating her exceptional athletic versatility, Thomas also competed in volleyball during her final season of eligibility, serving as Co-Captain and earning Most Improved Player honors.

Thomas graduated from Miles College in 2014 with a Bachelor of Science in Child Development and earned a Master of Education in Teaching and Learning from Liberty University in 2018. She subsequently devoted her career to education and coaching, serving as a teacher and head coach at several Birmingham-area schools, including Minor Middle School, Carver High School, Woodlawn High School, Center Point High School, and Bessemer High School.

Throughout her coaching career, Thomas has transformed programs, developed student-athletes, and emphasized academic achievement, discipline, accountability, and character. She currently serves as Varsity Volleyball Coach at i3 Academy, where she continues to mentor and inspire young athletes.