

Amy Everett Smith was born in Chestertown, Maryland. She attended Dover High School in Dover Delaware and then headed High Point College. After graduation from High Point College in 1984 she pursued a career in healthcare as a biofeedback therapist at the Biofeedback Center in High Point, and Integrative Therapies in Greensboro.

While attending High Point College she met her husband, David Smith. David participated in High Point Dancing with the stars in 2020 and has remained a student at Fred Astaire Greensboro. He convinced Amy to start dancing this past year, and they have together discovered a passion for ballroom dancing. Amy and David volunteer for many organizations in High Point and love the mission of Communities in Schools. Their love of helping children and dancing has been a perfect combination.

They have two grown children Charles and Ansley who also graduated High Point University formerly known as High Point College. All four of the Smith's currently work in the family business Smith & Jennings, Inc. In her free time, you can find Amy dancing, playing with her five dogs and cat or riding her horse. She also enjoys reading and spending time with friends.