

A native of Lakeland, Florida, Ballard played collegiate tennis at the University of Oklahoma, where she earned a bachelor's degree in advertising. During her tenure at OU, Ballard won individual singles and doubles Conference titles. She is still ranked in the Top Five in singles and doubles wins at the University of Oklahoma. Ballard was National Fast Serve Champion in 1988 when she was a college player. She became a teaching professional after graduation, working at facilities in Oklahoma and Tennessee. Ballard is currently Head Tennis Professional at the Ridgeway Country Club of Memphis, Tennessee. Ballard continues to compete at high levels, including representing Team Tennessee at Southern Senior Cup events and Team Southern at national intersectional events. Ballard's 5.0 womens team won the 2015 national USTA league championship and she and her doubles partner held a national ranking of Number One in 2013 in Womens 35 Doubles.