

**Kayla R. Williams**

Associate

Birmingham

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**Kayla Williams leverages her competitive spirit to defend her clients.**

As a former Lightfoot summer associate and armed with varied experience gained during law school, Kayla brings a strong foundation to her litigation practice. She primarily handles cases involving toxic torts, product liability, employment discrimination and collegiate name, image, and likeness (NIL) issues.

Kayla earned her J.D. from Tulane Law School. A three-year merit scholar, she refined her skills in oral advocacy while serving as the head coach of the Tulane Moot Court team. Earning several recognitions during law school, Kayla was honored as a Greater New Orleans Martinet Society Scholarship Recipient, ABA Negotiation National Finalist, National Black Law Student Association Negotiations Finalist and Tulane Intraschool Champion.

Kayla also secured her sports law certification while at Tulane. She honed this interest further by clerking for the U.S. Olympic and Paralympic Committee in Colorado Springs. During that time, Kayla expanded her knowledge of NIL and collegiate legal matters, managing client intake for anti-doping charges and sexual harassment and abuse allegations. She also offered mediation and dispute resolution resources to athletes at the Tokyo Olympics.

In 2025, Kayla was named to The National Black Lawyers: Top 40 Under 40 for Alabama.

Beyond her achievements in the legal realm, Kayla has earned acclaim as a world-champion gymnast. In 2009, she won the gold medal in vault at the World Gymnastics Championships, becoming the first American gymnast to hold the title. Although her days as a competitive gymnast are behind her, the tenacity and work ethic she developed have seamlessly translated into her legal work.

Prior to law school, Kayla nurtured her love of gymnastics at the University of Alabama, leaving as a four-time NCAA All-American, and both a regional and national champion. She completed her

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**PRACTICE AREAS**

Employment Law  
Environmental & Toxic Torts  
NCAA Compliance & Investigations  
Product Liability  
White-Collar Criminal Defense & Corporate Investigations  
Consumer Claims Defense

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**EDUCATION**

Tulane University School of Law (J.D.)

Tulane University School of Law (Sports Law Certification)

University of Alabama (M.A. in Sport Management, *magna cum laude*)

University of Alabama (B.A. in Public Relations, *magna cum laude*)

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**BAR ADMISSIONS**

Alabama  
Louisiana

undergraduate studies in public relations and later earned a master's degree in sport management.

Loyal to her love of the sport, Kayla stays involved with gymnastics by coaching summer camps and pursuing speaking engagements and other volunteering opportunities. During her leisure time, Kayla enjoys exploring the outdoors with her two pups, Faith and Zula.

## AWARDS

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The National Black Lawyers: Top 40 Under 40 in Alabama (2025)