Sheena MacDonald started dancing from a very early age, at the Glasgow Ballet School, training in ballet and tap which she now teaches along with Highland and wheelchair dancing.

Her Highland training was given by her sister Anne and with this training she won many Championships including the Juvenile World's and three times winner of the Adult's (no Junior in the good old days). Both Anne and Sheena studied together to become Examiners with the SDTA and Judges with the SOBHD. Sheena's granddaughter, Sheena junior, has joined the family tradition.

Sheena has toured Australia, Belgium, Canada, Holland, Japan and the USA. As an Independent Member of the SOBHD she is at present on the current Technical and Judges Committee.

Sheena's career was crowned when she was the recipient of the Atholl Clasp for her dedication to Highland Dancing.

Sheena has been a mainstay of the Highland Dancing world for many years and is a worthy recipient of the Atholl Clasp. In fact when the 1st Atholl Dancing Festival was held as a fund raiser for the (local) Mid-Atholl Hall in 1976, Sheena was one of the judges who came and gave her time free that day. Thank you Sheena.