Upon graduation from East High School in 1993, Aimee attended Syracuse University on field hockey and academic scholarships to study Journalism at the S.I. Newhouse School of Public Communication.

Aimee won the S.I. Newhouse Senior Woman of the Year Award in her final college year. Since both sports and entertainment have been passions of Aimee's for as long as she can remember, a career in sports television seemed a natural pursuit.

In October of 1997, Aimee was hired as a Production Assistant in ESPN's Event Production department. Within 3 years, she was promoted to Associate Producer and then Post Producer in 2005. Her role allows her to be creative, producing shoots, interviews, editing pieces, teases & features that air around the live events. This position has taken Aimee all over the world to work on events such as: The 2010 FIFA World Cup in South Africa, The Australian Open, Wimbledon, The French Open, The British Open, Monday Night Football, The Scripps National Spelling Bee, College Football, X Games, and Major League Baseball. Three of the greatest honors she has had while at ESPN was being a part of the Emmy Award Winning Production Team on the 2010 FIFA World Cup in South Africa, producing content for the Jimmy V Foundation for Cancer Research, and being named a Producer for the 2015 Special Olympic World Games in LA.

Aimee's father Dr. Kenton S. Stokes told her "Do what you love, so you can love what you do." She took his advice and feels it is a blessing to be able to have a great career that she enjoys so much. She credits her parents and sister, Ashlee, for her success since it is, and always has been, their unwavering support that has allowed her to achieve a happy life.