



AUDRA REW

Audra has a passion for kids that want to learn at all levels! She did not start gymnastics until she was in 6th grade and she became very accomplished in her career. As former All-American High School Gymnast that competed for Mitchell's 2nd place team and also for Fargo South which was ranked as the #1 team in the nation and won the State title, Audra always pushed herself to be the best she could be. Audra suffered severe asthma which put her in the hospital during every season. Her senior year she spent 3 months in a hospital specializing in severe asthma. Since her first coaching job at 14, Audra has been teaching all levels of gymnastics ever since. Her career in Mitchell started in 1994 as an assistant coach then moved to the head coach position in 2006. Since 2006 she has coach 2 state title teams and one 2nd place team. Her athletes have accumulated 19 State Titles and 41 top 10 finishes by individuals at State. Audra has two former athletes competing gymnastics at the Division I Collegiate level. Audra has a passion for gymnastics that continues to grow with each athlete she teaches. Audra's states her philosophy as, "Gymnastics is an avenue to teach fundamental life skills and mold children into determined, confident adults."

Audra has won Coach of the Year, KMIT all-sports Coach of the Year twice, the Coaches Leadership Award and was a national finalist for the National High School Coach of the Year Award. Currently, along with being the Mitchell Head Gymnastics Coach, Audra owns MEGA Gymnastics and has had over 30 USA Gymnastics State Champions over the last 7 years, 4 Region Champions, and two National qualifiers. Audra has been married to Art for 23 years, has a 15 year old son named Ashton, and a 20 year old daughter named Amelia.



AMELIA REW

Amelia began her career at age 8 competing in the USA Gymnastics program. Starting off behind the other athletes, she pushed her way through each level getting better each year. At age 12, she had to take a break due to injuries. After her break she was on fire to learn as much as possible. After watching a college gymnastics meet Amelia was determined to achieve the goal of being a Division I college gymnast. After putting in many hard hours and making sacrifices of being gone every summer from 7th grade on; she accomplished this goal. Amelia has received a full athletic scholarship from Arizona State University to compete on their gymnastics team.

During Amelia's high school career she earned 7 State Titles while setting the State record for winning all 5 titles in one year. She also was the USA Gymnastics Region 4 Vault Champion and placed 2nd in Vault and 6th on Beam at USA Gymnastics National Level 9 Meet. She has named to numerous All-Star and All-Tourney teams, earned the Mitchell Booster Club's "Hustler" Award three times, honored with the KORN "Athlete of the Year", and won the "Mike Miller Scholarship" for best female athlete.

Amelia graduated with a 4.0 and was accepted to the Barrett Honors College at Arizona State. She competed every meet at Arizona State her freshman year after graduating from Mitchell in December and competing January 15th for ASU. Her highest score was a 9.8 on Vault. This season she had a season ending injury in February. She was competing on Vault and Beam when she was injured. Amelia was named to the First Team All-Academic Pac-10 with a 3.89 GPA in Bio-Science. Her plans are to go to med-school when she is finished at Arizona State.

Amelia has spent her summers at Lake Owen Gymnastics Camp learning and participating in coaches clinics with the best coaches in the country. Amelia is now spending her summers as a coach at Lake Owen Camp. Last summer she was honored with Lake Owen "Coach of the Week". Amelia loves spreading her knowledge of skills and trying to teach students the best way to learn gymnastics. She still remembers how hard it was at times to be a gymnast that is trying to understand their coach and has Amelia has a fantastic way of relating to the athletes. She is a remarkable role model for our student-athletes and is willing to encourage kids to work hard and be the best they can be at everything they try.