



ACCELERATED SPORTS

AEROBICS COACH



Lauren Withers

Biography

With over a decade of experience in teaching and coaching high school aerobics, Lauren has been a part of School aerobics at Williamstown High School since its beginnings in 2013. A passionate and dedicated coach, Lauren brings a wealth of expertise and hands-on experience to every practice and competition.

Lauren believes in a holistic approach to training, emphasizing a balance of technique, physical conditioning, mental toughness, and teamwork. They create a positive and encouraging atmosphere where athletes feel supported and motivated to push their limits.

Qualifications/Experience

- Worked closely with a team of coaches and led teams to numerous state AND national championships (2013-2024)
- Former competitor