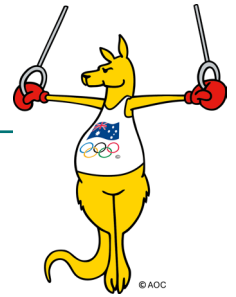


# Education Ambassador



## Lauren Mitchell

Lauren Mitchell made history in 2010 when she became Australia's first female world gymnastics champion, winning the floor apparatus at the World Championships in Rotterdam, Holland.

This success came off the back of four gold medals at the Commonwealth Games in Delhi. In 2009, Mitchell won silver on beam and floor, making her the only Australian to win two medals in the same competition.

Mitchell was part of the 2008 Beijing Olympic Team where she finished 6th in the team competition. Lauren is currently training for the 2016 Rio Olympic Games.

**Age:** 23

**Sport:** Gymnastics

**Olympic Games:** 2008, 2012

**Where do you live:** Perth, WA

**Home town:** Perth, WA



**What sports did you compete in at school?** Gymnastics, netball and volleyball

**What is a typical training day?** Training either once or twice in a day, then uni or work for the remainder of the day

**What is your earliest memory of the Olympic Games?** Watching the Sydney Olympics in my lounge room at home and wanting to one day represent my country at an Olympics

**Favourite non-sporting past time?** Catching Up with friends

**What is your favourite food?** Chocolate!

**What is your favourite memory from school?** Playing hand-ball/four square at primary school and having so much fun

*"No matter what you decide to do, make sure you are having fun and enjoying yourself!"*



Follow Lauren on Instagram @loz\_23