

Tara Groth

Hello, everyone! My name is Tara Groth and I am the new owner and director of Mid-Minnesota Gymnastics. I cannot begin to tell you how excited I am to be heading up this successful program! Jennifer Bartlett and Randy Sandeno, the previous owners, have guided me through the transition process thoroughly, and I could not be more thankful for their support. Jennifer is still the head coach of the amazingly successful Elk River High School Gymnastics team. I know you all adore them and all they have done, so check out the high school meets to support their team.

I am a former University of Minnesota Golden Gopher gymnast, as well as Minnesota's 2000 High School Gymnastics All-Around State Champion; I was also the Minnesota 2000 Athena Award Winner. I am a USA Gymnastics Professional Member, and I am Safety/Risk Management Certified and Background Check Certified. Growing up, I competed with a local private USAG club and reached level 10 by 13 years of age. At that time, I decided I wanted more time and flexibility to diversify my athletic career and pursue other sports as well, so I transitioned into High School gymnastics. At Buffalo High School, I then became involved in diving and track, along with gymnastics. I absolutely loved being involved in so many activities and found great success in each, becoming an all-state competitor in all three sports. There is no doubt that my success in athletics can be attributed to my strong gymnastics training, so gymnastics remains my true love. In my junior year, I attended Maple Grove High School and placed second all-around in gymnastics; in my senior year, I went on to win the all-around title. I was recognized at the University of Minnesota and furthered my gymnastics career and studies there as a Gopher. I have a double major: BA degree in Sociology (Law, Crime, and Deviance), and Communications.

In 2004, I was the head coach of Wayzata's High School gymnastics team where we placed 7th in the class AA State tournament. After that I strayed from gymnastics for a while to pursue some other career options at a law firm and in life insurance sales. However, that did not last long, as my passion for gymnastics just wouldn't subside! Therefore, I returned to gymnastics and ended up coaching at Olympic Gymnastics from 2007-2011. I was their level 5, 6, and 7 USAG head coach. As well, in 2010, I also took on the head coaching position at the Minnetonka MAGA program. Our team took 6th place at the section 10 state meet, with one individual winning the All-Around.

All the while staying involved in gymnastics, studying, etc., somehow I did find time to meet the man of my dreams, my husband, Andrew Groth. I now live in Delano, Minnesota with my husband and my beautiful 3 year old daughter, Lola. They are my pride and joy, and YES, my daughter is a gymnast! When I am not in the gym, I can usually be found at my cabin or boating on Lake Minnetonka. I love the outdoors and continue to stay active. I love to run, which I took up after my pregnancy with my daughter, and I just ran my first race, a 10k in Excelsior on the 4th of July, 2010. I hope to do it again this year!

I have thoroughly enjoyed every aspect of gymnastics throughout all my years of experience and coaching. I believe the MAGA program to be one of the best newer programs out there and am ecstatic to have the opportunity to now take over the Mid-Minnesota Gymnastics Academy in Elk River! I am truly looking forward to meeting all the gymnasts and parents involved with MMGA!

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