



Bethany Mihaly
NHSGA Vice President

Bethany is married to the Very Rev. Luke Mihaly, they have 3 children Nicholas, 23, Anastasia, 21, and Christopher, 17.

She grew up and began her gymnastics career at the Atlanta School of Gymnastics where she later taught. She also judged high school gymnastics in Georgia from 1982 to 1985.

She then coached gymnastics at Valley View High School in Archibald, Pa. from 1986 to 1988.

She now coaches New Milford HS gymnastics and has since 1988, in that time her team has won the State Class M Championships in 1994, and the State Open and New England Championships in 2010. She has been fortunate to be able to have a total of 9 of her gymnasts earn places on CT National High School Teams.

She also coaches diving for NMHS girls' swimming from 2006 to the present; coached diving for Trumbull High School girls' swimming from 1990 to 1998.

She has recently added the NMHS Boys Diving team to her list.

Bethany has also worked at various private gyms in three states: Georgia, Pennsylvania and Connecticut.

Bethany received the CHSCA Gymnastics Committee Coach of the Year in 2010, Honored as Connecticut High School Coaches Association (CHSCA) Gymnastics Coach of the Year for 1997; Honored as state class 'L' Coach of the Year for 1995; Honored as state class 'M' Coach of the Year for 1993; Honored as "Outstanding Contributor" for 2001 in high school gymnastics.. Her e-mail is coachbel@aol.com