



THE CHALKBUCKET

VOLUME 4, 2024

SIGN UP FOR TERM 4!

It's that time again! Term 4 will run from February 5 through March 30. Classes fill up fast, so be sure to jump in when registration opens for your athlete. You can register for classes by calling or visiting the front desk, or online at taggym.com.

CURRENT STUDENT REGISTRATION OPEN

Current students--those actively participating in Term 3 classes are able to register now.

NEW/NONACTIVE STUDENT REGISTRATION

Registration for new students --and those students not currently participating in Term 3 classes--will open on January 29.



NOW HIRING

JOIN TAG'S COACHING TEAM AND HELP YOUNG GYMNASTS REACH THEIR GOALS!



Part-time/hourly coaches are needed for ages six and older!

Gymnastics experience is preferred but not required; training is provided.

Apply Now



CALL TAG AT 423-697-1824
OR EMAIL LEE ANN DENHAM
AT LEEDENHAM@EPBFI.COM

WE'RE HIRING!

If you are looking for a part-time job with flexible hours, a high-energy environment, and on-job training, you should talk to LeeAnn about being a gymnastics instructor at TAG!

Call us at 423-697-1824 or email Lee Ann Denham at Leedenham@epbfi.com

COACH HIGHLIGHT

Head Boy's Coach JAMES WESTBROOK



James Westbrook is currently the head coach of TAG's boy's team and has enjoyed gymnastics for its social and physical aspects since childhood as a homeschooled student. He grew up in Alabama but lived close enough to Chattanooga that it became the go-to spot for sports, especially gymnastics.

"I got into gymnastics by going to a birthday party when I was a little kid," Westbrook said. "I am also the first one in my family to ever do gymnastics, although my mother was a cheerleader when she was in high school."

Westbrook looked forward to the unique challenges of gymnastics as a sport and loved traveling with friends to new locations to compete, considering their destinations as mini vacations. His overall favorite part of gymnastics was the friendships he formed on his team.

"After a while, everyone becomes like family," Westbrook said. "Plus, flipping around and doing things that very few other people can do made it THAT much cooler to me."

During his gymnastics career, Westbrook learned with TAG's former coach and owner, Larry Denham. As a friend and mentor, Coach Denham helped Westbrook grow through challenges in gymnastics from Level 4-10. During Westbrook's career, he earned quite a few awards.

"When I first started, I only got one medal and then didn't get any for three or four years," Westbrook said. "But after I took time and trained harder, I was able to start consistently placing at the competitions I went to."

In his first year in Level 6, after a year-long sabbatical from the competition, Westbrook was nervous because of the new level and to compete again after a break. But, having worked hard throughout the year at practice with Coach Denham paid off.

"I ended up winning the competition in the all-around and a few of the events," Westbrook said. "My favorite event was pommel horse because it was the hardest event for everyone, so it made me want to become one the great ones at it."

Westbrook also enjoyed performing the Jäger on the high bar. Westbrook retired from competition after his senior year of high school, when he left to attend college in Rockford, IL. After college, he started working at TAG, liked coaching, and wanted to work with gymnastics students full-time.

"I love the kids here, and I also have a sense of pride because this is the only boys' team in Chattanooga," Westbrook said. "So it's cool we get to represent the whole city when we compete. I think it's a good sport for kids because it teaches them values that they can use throughout the rest of their lives. It teaches them personal responsibility, how to overcome fear, patience, perseverance, and a ton of other life skills."

Westbrook works at TAG and continues to help the boys' team be consistent in their work, which he believes is the most essential attribute for a gymnastics athlete.

PARKING:

Please remember to not park on the grass in front of the TAG building. Parking in these areas causes blind spots for those turning in and out of the gym and also affects underground utilities such as water lines.



SOCIAL MEDIA:

You may often see Rebecca Heid in the gym, taking photos for Facebook, the website, and our newsletter.



