



THE CHALKBUCKET

CONGRATULATIONS!

Congratulations to TAG's Boys and Girls Teams for an excellent competition year. Six boys and one girl earned a spot at Regionals this year.

REGIONAL COMPETITORS:

- OLIVIA NORMAN--LEVEL 6
- CHARLIE BRAMLETT--LEVEL 3
- HUDSON SWEENEY--LEVEL 3
- RYAN HUMPHREY--LEVEL 4
- JUDAH OAKLEY--LEVEL 6
- JOSHUA LUTTRELL--LEVEL 9
- SAMUEL MALONEY--LEVEL 9

TAG OLYMPICS

All GymEd students (boys and girls) will participate in our in-house gymnastics meet on May 21, 23, and 25. More information and a registration form will follow soon. Gymnasts will rotate between events while parents watch from a designated seating area during the meet.

Seating and participation spots are limited, so please sign up as soon as registration begins at the front desk!

There is a \$5 registration fee.

OPEN GYM AT TAG!

The ever-popular Open Gym is coming back to TAG! This is the perfect time for your young athlete to explore the gym under supervision without a regularly scheduled class.

Children ages 5-17 are welcome to participate! This is an opportunity for parents to enjoy a few date nights while their youths make friends, exercise, and explore the gym!

Dates:

Times:

Cost:

- Friday, April 12
- Friday, April 26
- Friday, May 10

- All Dates
- 7-9 p.m.
- \$15 TAG Members
- \$20 Non-members



SIGN UP FOR TERM 5!

It's that time again! Term 5 will run from April 1 to May 25. Classes fill up fast, so be sure to register now by calling or visiting the front desk or online at taggym.com.

COACH HIGHLIGHT

Compulsory and Optional Girls Coach MELAINA BRAMLETT



Melaina Bramlett, Compulsory and Optional Girls Coach at TAG, started gymnastics as a preschooler and has followed her love of gymnastics into a sport and now a career.

"When I was four, I went to a daycare that had a gymnastics teacher come in and do classes. I ended up doing so well that they said I should do gymnastics. So, at 5, I started at TAG at a time when there were few African Americans involved in gymnastics," Bramlett said. "I have been at TAG for over 20 years. Even when another gym tried to recruit me when I was in high school, I wouldn't leave."

Growing up in the TAG team and gym meant that her coaches, Larry and Lee Ann Denham, heavily influenced her view of gymnastics. She said Larry always pushed her to work hard, not waste her money or talent, and always reach higher. Larry expected 100-percent effort from Bramlett and her teammates, helping them push past fears and toward their potential.

"I remember when I was introduced to a straddle back, and that is a release move from the high bar to the low bar," Bramlett said. "I was very scared of it--like I should've been at the time. The bars were all the way out, and I was just not letting go. He pulled the bars closer together for me, and then I went. I think my first try when I decided to let go was to a handstand!"

One of Bramlett's clearest memories of the support and encouragement she received from her coaches was when she fractured her leg playing around at summer camp as a 7-year-old, ending up with a pretty pink cast on her leg up to her knee. She had a TOPS competition in Georgia the weekend following her accident. She asked if she could still compete. Coach Lee Ann said she could, and Bramlett did--loving Lee Ann's coaching style for the soft, sweet support she always offered.

"That was when I knew that I loved gymnastics!" Bramlett said. Her favorite memories of competition included traveling with her teammates to meet in packed vans or on planes and staying in hotels with their parent chaperones.

"You saw your family at the meet and got to go with them afterward," Bramlett said. "This taught us to depend on each other and strengthened us as a Team. It says a lot about TAG and the people over it that parents had this level of trust in them. Being the only African American and with my family dynamics, for them to gain their trust was no easy feat!" Bramlett competed until she graduated from high school, attaining Level 10 with many medals, often gold and silver, which followed her as she progressed. She made it to Regionals several times and was a Level 10 National Alternate before retiring in 2016 at 19. She went on to college, graduating from UTC and working as a coach with TAG throughout her studies and adult career.

"I love coaching!" Bramlett explained. "It does my heart good to see the girls go from not talking to me to talking nonstop. That shows me that they feel safe with us. I love to see the expression on the gymnast's face when she finally gets it when she masters a new skill. I love seeing how the gymnasts cheer each other on and encourage one another."

Bramlett continues to believe in the positive influence of gymnastics on her young athletes. She defines a great gymnast as one who loves gymnastics is determined, and has the self-confidence to work hard and focus on perseverance. TAG is a healthy ground for Bramlett's young athletes to grow in their sport and skills as the coaches focus on the competition aspects and the more significant development of friendships and relationships.

"A great gymnast understands that it is a physical, mental, emotional, spiritual thing," Bramlett said. "Determination, hard work, self-confidence, true love of gymnastics, understanding that you will fail sometimes. A great gymnast does not feel as if she is nothing without gymnastics. With all of this, they can be great. Nothing can stop them."



