



THE CHALKBUCKET

FALL/WINTER OFFICE HOURS

- Monday–Thursday 10 a.m. – 7 p.m.
- Friday: 10 a.m. to Noon
- Saturday: 9 a.m. to Noon

TAG'S MAKEUP POLICY

Make-up classes must be scheduled ahead of time through the TAG office! Each athlete can make up two classes per term, but the makeups can only be used during the same term in which those classes were missed.

LOST AND FOUND!

Our Lost and Found bucket is overflowing! It contains everything from shoes, shirts, jackets and leotards, to charging cords, backpacks, and more! Please take a moment to check the classroom and see if you have any items in it. We will be donating the remaining items soon!

SUMMER CAMP 2025 SUCCESS!





COACH HIGHLIGHT

ABBIGALE SALYERS

Level 3 Coach



At just 17 years old, Abbigale Salyers is already making a difference at Tennessee Academy of Gymnastics as a Level 3 coach. Balancing coaching duties while training to compete at Level 10, Abbigale brings the kind of drive, empathy, and energy that TAG is known for.

Her gymnastics journey began at age four—thanks to a lot of wall-climbing and a mom who saw potential in all that energy. She and her sister trained side by side for several years, but it was the joy of flipping and the strong friendships formed in the gym that kept her coming back.

“My favorite event is bars,” she shares. “And I’ve competed through Level 9 so far. One of my biggest goals this year is to make it to Level 10 and overcome the fears and obstacles that came with being injured.”

When asked about the coach who inspired her most, Abbigale doesn’t hesitate. “Anne. She made me feel valued as a gymnast and as a person. After a tough time in gymnastics, she helped me fall back in love with the sport.”

Though she hasn’t officially “retired” from competition, Abbigale has found her coaching start at TAG—and it’s a perfect fit. “I used to coach my sister in the yard for fun,” she laughs. “Now I get to coach here, and it really feels like a family. Everyone is rooting for each other.”

Born and raised in Chattanooga, she sees gymnastics as much more than a sport. “It teaches discipline, hard work, and time management. You don’t get that kind of commitment from many other activities.”

And what does she think makes a gymnast great? “Commitment, hard work, and mental toughness.” Spoken like a true coach—and a dedicated athlete in her own right.

TAG is lucky to have young leaders like Abbigale, who bring both passion and purpose to the floor. Keep an eye on this rising star—both as a coach and as a competitor.

