



THE CHALKBUCKET

LEOTARD SALE!

There are some new leotards and shorts hanging on the rack in the lobby and used leotards on the lobby table for sale. Check these out if your young athlete has hit a growth spurt!

HOLIDAY SCHEDULE

- Thanksgiving: TAG is closed on Thanksgiving Day, **Nov. 28**, with classes resuming on **Nov. 29**.
- Christmas and New Year: TAG is closed from **Dec. 22** until **Jan. 5**, with classes beginning again on **Jan. 6**.

TAG GYMNASTICS TEAM COMPETITION

TAG's boys' and girls' teams are about to enter competition season! Let's encourage them as they prepare to showcase their hard work and dedication alongside their peers!

FALL IS ABOUT COMBINATIONS!

During the summer, TAG's coaches worked with our athletes on strength training! The rigorous summer days will help everyone this fall as the coaches switch their focus over to combinations! Watch as your young gymnasts start taking parts of skills and combining them into larger, more complex skills or a series of skills.

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.

TAG TEAM GIRLS WORKED HARD AND HAD FUN AT A WEEKEND FLIP FEST CAMP!





COACH HIGHLIGHT

CHRIS WALKER

ZOOlympic's Coach



Growing up in East Brainerd, Chattanooga, TAG ZOOlympics Coach Chris Walker developed an early and lasting love for gymnastics and cheerleading. From the age of six, she was constantly surrounded by the energy and movement of the dance studio and gym, inspired by their mother, a dance teacher and coach.

"We were always in a dance studio or a gym," Chris said. "It was a way of life that gave me direction and excitement."

Her interests and motivation carried through elementary, middle, and high school, ultimately leading to a spot on the varsity cheerleading team at the University of Tennessee at Chattanooga (UTC). During her time at UTC, Coach Chris reached a significant milestone by joining the team selected to compete in the national cheerleading championship in Dallas, Texas.

"It was a huge honor for such a small college to compete at a national level," she said, reflecting on the experience with pride. Tumbling, her favorite gymnastics skill, became a personal specialty.

Coach Chris credits her success and dedication to the influence of her parents, who were both accomplished athletes and strong role models. "They were my best coaches," she said. "My parents taught me that hard work always pays off, and that ethic has guided me through life." Driven by that same ethic, Coach Chris began coaching at just 13 years old, an endeavor that has blossomed into a 50-year career in gymnastics. Now at 63, she still brings enthusiasm and experience to her coaching. Over the years, she's coached at the YMCA, The Sports Barn, Jill's Gym, cheerleading camps, and Tennessee Academy of Gymnastics (TAG), where she continues to inspire new generations.

"I enjoy coaching at TAG because it's a very organized and structured program," Chris said. "Teaching children the correct way to do gymnastics from the beginning helps set them up for success and keeps them safe."

Chris emphasizes the lifelong benefits of gymnastics, which promotes balance, flexibility, core strength, confidence, concentration, and social skills.

In addition to her dedication to gymnastics, Chris retired from a 30-year career at Tennessee American Water Company. She continues to stay active as a wellness coach for elderly clients, an ADPi sorority advisor at UTC, and a preschool teacher at her church.

