



THE CHALKBUCKET

TERM 4 REGISTRATION IS OPEN!

TAG is a popular gym, and classes can sometimes fill up quickly. To help simplify registration and ensure everyone is able to register, we are now having all current students (those participating in classes) re-register at TAG's front office or by phone. You can sign up starting Week 6 and through Week 7 of the term.

Then, during Week 8, registration will open online to new or returning students (those changing the days and times of their classes).

If you have questions, you can check with the front desk, and they can help you navigate registration.

TAG GYMNASTICS TEAM COMPETITION

TAG's boys' and girls' teams are in their competition season and working hard to showcase their skills! We are so proud of their efforts so far this year!

BEAM QUEENS 2025!

TAG Team Level 3 girls are working toward getting their Beam Queen status! They must complete 100 full routines on the beam before they can be crowned.

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.

WE ARE LOOKING FORWARD TO AN AMAZING 2025 AT TAG!





COACH HIGHLIGHT

SYDNEY POOLE

GymED Coach



If you've been to Tennessee Academy of Gymnastics (TAG), you've probably seen Sydney Poole in action, coaching beginner, intermediate, and advanced gymnasts with her signature enthusiasm. Her love for gymnastics started early—watching the Olympics as a little girl in her hometown of Soddy Daisy, Tennessee.

"I've always loved gymnastics," she said. "Watching the Olympics got me hooked," Poole said. Sydney's own gymnastics journey began nervously stepping into her first practice, but she quickly found her footing—and her lifelong friends. "I was so nervous at first, but I made friends really fast. We're all still friends today," she recalled.

Throughout her competitive career, Sydney excelled at the bronze, silver, Level 3, and Level 4 Divisions, competing at State Championships three times and even making it to Nationals. Floor and vault were her favorite events, and her go-to skill was a back-handspring layout. But what she remembers most isn't the medals or routines—it's the people. Her coach, Anne, made a huge impact on her life.

"Anne helped me through some really hard times," Sydney shared. "Even now, she's there for me, even though I'm not her gymnast anymore."

Although she retired from competition in eighth grade, Sydney's love for gymnastics stayed strong. When TAG's owner, Lee Ann Denham, asked if she'd like to start coaching, Sydney didn't hesitate. "Of course, I said yes!"

Now, as a coach at TAG, Sydney is passionate about giving her gymnasts the same kind of positive experience she had. "I love helping the little ones get better at what they love," she explained. "Changing their lives, like my coaches did for me, is the best part of my job." For Sydney, gymnastics is about so much more than just flips and routines. It's about life skills, relationships, and building confidence.

"Gymnastics is great because it gets kids involved, helps them meet new people, and even gets the parents involved," Sydney said. "The bonds you form with your teammates and coaches are what make gymnastics truly special."

Whether it's helping a nervous beginner find their confidence or watching a gymnast master a new skill, Sydney is there every step of the way. Her journey has come full circle—from a wide-eyed kid watching the Olympics to inspiring the next generation of gymnasts right here at TAG.



