



Welcome to the

PAK

Gymnastics family

# 2023 - 2024 PAK Competitive Gymnastics Team Handbook

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# AAU PROGRAM TEAM FEES

## *What's Included*

Premier Athletics runs a balanced payment program. The following is included in your fees:

All Competition Registrations, Backpack, Pants, Jacket, Practice Leotard, Shorts, T-Shirt, Competition Leotard, Coaches Fees, and Season Administration Fee!



## *Additional Fees*

- ◆ AAU Athlete Registration
- ◆ Travel to Competitions – Hotel/Transportation
- ◆ Additional Practice Wear (Optional) – per garment
- ◆ Choreography & Music (Please refer to choreography section in handbook for more details.)

## *How to Pay*

All payments will process automatically through iClassPro. Team athletes are required to have a card on file for all expenses. You have the option to pay in advance of the due date, but any fees not paid by the date they are due will be processed on the method of payment on file. You can access your account with us at <https://app.iclasspro.com/portal/paknoxwest>

If you have ever had an account with us, please use the email address on file to log in. You do not need to create a new account.

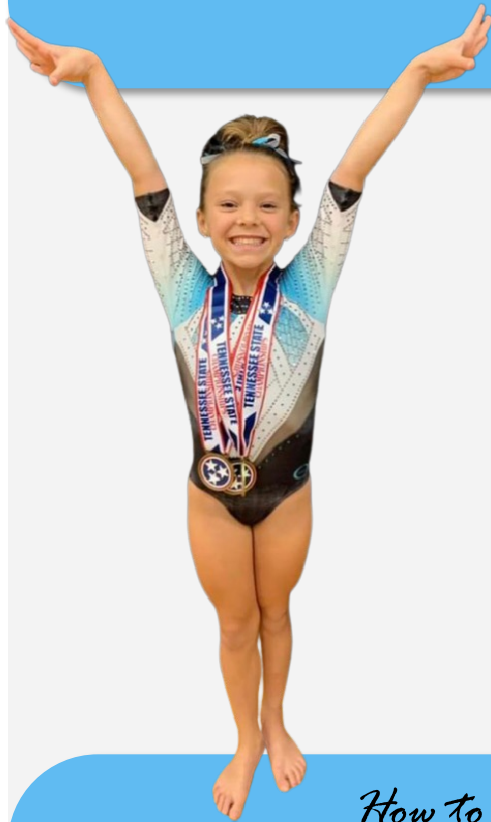


# USAG PROGRAM TEAM FEES

## *What's Included*

Premier Athletics runs a balanced payment program. The following is included in your fees:

All Competition Registrations, Backpack, Pants, Jacket, Practice Leotard, Shorts, T-Shirt, Competition Leotard, Coaches Fees, and Season Administration Fee!



## *Additional Fees*

- ◆ USAG Athlete Registration
- ◆ Travel to Competitions – Hotel/Transportation
- ◆ Additional Practice Wear (Optional) – per garment
- ◆ Choreography & Music (Please refer to Choreography section in handbook for more details.)

## *How to Pay*

All payments will process automatically through iClassPro. Team athletes are required to have a card on file for all expenses. You have the option to pay in advance of the due date, but any fees not paid by the date they are due will be processed on the method of payment on file. You can access your account with us at <https://app.iclasspro.com/portal/paknoxwest>

If you have ever had an account with us, please use the email address on file to log in. You do not need to create a new account.





## *AAU Financial Breakdown*

	Hot Shots (2 hrs/week)	Pre-Team (3 hrs/week)	AAU Bronze (4 hrs/week)	AAU Silver (6 Hrs/week)	AAU Gold (8.5 hrs/week)
<u>MAY ONLY</u> Team Fund Payment (Includes Practice & competition apparel)	N/A	N/A	\$299	\$299	\$299
Monthly Tuition (1 <sup>st</sup> of each month)	\$115	\$140	\$160	\$190	\$200
Monthly Team Fund Payments (15 <sup>th</sup> each month- June through February)	N/A	N/A	\$115	\$135	\$160

We will send fundraising opportunities throughout the season.  
(Fundraising money can be applied ONLY to your Competition Fees.)



## *USAg Financial Breakdown*

	Gold (9 hrs/week)	Gold/Platinum (10.5 hrs/week)	Level 6 (13 hrs/week)	Level 7-8 (15.5 hrs/week)
<u>MAY ONLY</u> Team Fund Payment (Includes Practice & competition apparel)	\$299	\$299	\$399	\$399
Monthly Tuition (1 <sup>st</sup> of each month)	\$205	\$215	\$225	\$255
Monthly Team Fund Payments (15 <sup>th</sup> each month- June through February)	\$160	\$160	\$280 <small>(June through March)</small>	\$280 <small>(June through March)</small>

We will send fundraising opportunities throughout the season.  
 (Fundraising money can be applied ONLY to your Competition Fees.)

# Financial Commitment

## Monthly Tuition:

Team is a one-year commitment with drastically reduced hourly rates. Monthly rates represent the cost of training for the season and are split into equal payments. Monthly tuitions are due on the 1<sup>st</sup> of each month. These will be added to your account around the 25<sup>th</sup> of the month prior for the following month, to be automatically charged for on the 1<sup>st</sup> of the following month. (i.e., around March 25<sup>th</sup> your account will be billed for April's tuition. The payment will be run on or near April 1<sup>st</sup>.)

**No Make-Ups:** Tuition is charged on a 4-week monthly basis from month to month. Some months have 5 weeks that you are not charged for the 5<sup>th</sup> week of practices.

Looking at it from a year standpoint, there are roughly 24 extra practice days that are Free. Depending on the level, Bronze-Level 6, the days can range from 10-19 Free days for the year that are NO cost to you. That is the cushion we use if we need to cancel a practice or practices.

Coming from a class to a team can be a financial adjustment. Classes can cost \$85.00/ month which is \$21.50, an hour and a class provides make-ups. For Competitive Team, our monthly tuition is drastically reduced. For example, a monthly tuition may be \$239/ month and they practice 56 hours a month (14 hrs/week) and the hourly rate is \$4.27. We do not offer credits or make-ups.

We will take days off during the season- Holidays, some Fridays & Mondays before or after away meets, (depending on meet and training schedules.) weather, & unavoidable situations. (i.e., coaches being sick, etc.)

Rates are the same for months with Holidays, School Breaks, & competitions. We may choose to move, reschedule, or cancel practice around these special circumstances but we will not offer make-up for a missed practice time. There are also no make-ups for a missed practice due to an athlete being ill. There are no make-ups or pro-rates for gymnasts missing practice due to family vacations. Please do not ask if your gymnast can stay later or join another team, practice times, or group due to being late, or missing an assigned practice.

## Monthly Team Fund Installments:

Your Program Team Fees are broken down into a balanced payment program. The first installment payment will be due on May 15, 2023, and every occurring month through February 2024. (except for L6-8 which will go through March.) Your Team Fund Installments will cover all competition registrations, backpack, pants, jacket, t-shirt, practice leotard, shorts, competition leotard, coaches' fees, and admin fees. These fees are added together and divided into your monthly team fund installments.

Registrations for competitions PAK attends are due well in advanced and are typically being registered for in August, or some instances earlier. Please note that ALL USAG memberships will expire for every athlete and **WILL NEED TO BE RENEWED ASAP THE FIRST OF AUGUST!** In order to register your child for competitions this membership will have to be renewed first. Once your athletes have been registered for their competitions the competition companies generally do not offer refunds. Therefore, once the registration process has started you will be responsible for the year-long financial commitment for your child's level as listed on our financial breakdown page.

# Girls Team Guidelines

## PRACTICE INFORMATION

**Practice Attire:** Please send your gymnast to practice with a **ONE-PIECE LEOTARD**. (No belly showing) Gymnastics spandex shorts and leggings are fine. (No loose/baggy clothing. I.e., running shorts, t-shirts, or pants, etc. are to be worn at practice. No tanks and shorts are to be worn in place of a leo. Earring studs are the **ONLY** type of jewelry permitted. Absolutely no dangle earrings, necklaces, chokers, bracelets, fitness watches, etc. Make sure hair is UP and AWAY from the face. A good-sized water bottle is requested for them to use during practice to keep kids on the floor and out of the lobby as much as possible.

**Absolutely no drink other than water are permitted on the floor during practice!**

**Schedules are subject to change.** If we run into problems with how practice is running, and we need to reorganize for the benefit of the athletes we will do so. (This is still a team sport, and we need to do what is best for the team.) It is important that your child gets to practice on time and stays through the entire practice. It is a major distraction amongst the group when we have a gymnast or multiple gymnasts leave before practice time has ended.

**Communication:** We will communicate primarily through the texting app called GroupMe. We have found it is the only efficient way for us to communicate with a team of this size. You will need to download the app onto your phone so you will get **ALL** the updates & information. (Meet schedules, modified practices, special events, etc.) Please make sure that throughout the season you check GroupMe frequently and make sure that your notification settings are turned on.

**Gym Etiquette:** PLEASE DO NOT COME OUT ONTO THE FLOOR FOR ANY REASON! If you need to speak with your gymnast or their coach urgently, please go to the front desk and let them know. They will come out on the floor and relay the message. (If you need your gymnast, please ask someone from the front desk to get them.) It is best to wait until after practice to speak with your coach if possible.

**Private Lessons:** Privates are utilized to help your gymnast that may be struggling to get a skill or skills required for her level. Private lessons are not to be used to replace scheduled practice times. Privates are done IN HOUSE only (from coaches that are from the gym where your gymnast trains.) Please speak with the gymnast's team coaches if you feel they need extra help.

**Safety:** At the beginning of practice, your child can wait out by the lockers or backpack/shoe closet (SITTING) until a gymnastics team coach is out on the floor. Make sure your gymnast understands that they should be sitting and not tumbling, flipping, or playing on any of the equipment before practice begins. All athletes are required to have supervision by a coach during any use of equipment. (Per gym policy)

**Practice groups and times will vary.** We value all our athletes and have different groups for the betterment of each gymnast, not all athletes will thrive in the same training environment. Placement will be by age, potential, personality, focus levels and coach interaction. Your gymnast may be asked to move groups if we see advancement beyond expectations, or if we see a gymnast struggling physically or emotionally in their current group. We want your gymnast in the group that will enable them to reach their personal potential and provide a positive training environment for them as an individual. Changes may be made from season to season depending on placements available and a perception that your gymnast may do well physically and/or emotionally with a particular group of athletes. Your child will be assigned their team practice schedule with days & times.

\*\* Your child should NOT practice with another team (either for a make-up or extra time) UNLESS special circumstances, that need to be PRE-APPROVED by Girls Team Director; Stephanie and/or Victoria. \*\*

**Fearful Attitudes:** Fearful attitudes may be asked to sit out of practice for a few days. We use progressions to teach new skills and introduce new skills in a sequence that is appropriate for each level. If your gymnast becomes afraid of a skill that they have already obtained, to the point of causing emotional distress, this may have to be addressed. Fear can affect the whole group and make your child feel under great pressure to conquer a fear before they are mentally ready. Sometimes, the quickest way to conquer a fear is to take a few days off and give the gymnast a break from worrying about the skill and their performance. If we feel this is the best course of action for your gymnast, we will speak to you privately and explain the situation so that we are all informed about the plan of action.

**Healthy Gymnasts:** If your gymnast is sick, getting sick or has run a fever in the last 24 hours, please keep her home until she is feeling better. They can return when they are fever free for within 24 hours WITHOUT medication. We want to be proactive about trying to maintain a healthy training environment for all gymnasts and we want to prevent illness from being passed around the gym. We don't want weak gymnasts out on the floor which may lead to injuries, illness relapse, or loss of self-confidence. In addition, please make sure that all cuts, and sores are properly covered to protect your gymnast from getting an infection and/or spreading one. (Poison Ivy, ringworm, etc.)

## **CHOREOGRAPHY:**

For levels Gold & higher, each gymnast will have their own choreographed floor routine. The choreography cost is based on the choreographer. The fee will include gym time, choreographer time, music (mixing and cutting to specifications for their level), etc. Floor routine choreography will be used for two seasons of competition. **Payment will be due on the day of choreography.** (It can range from \$200-\$300 roughly.)

Silver and Bronze will have a specific routine by their level. **The choreography fee for these levels will be due the day they are taught their routine.** The fees are typically \$50 for bronze & \$60 for Silver. Date and time for their choreography is TBA.



## INJURIES

In gymnastics, like with all sports, there may be an occasion where an athlete becomes injured or starts experiencing mild to moderate pain. Mild to moderate pain can randomly occur without an actual "incident". If there is an incident that does occur within the gym or at competitions, the coaches or the provided medical staff at the competition will handle the incident immediately and then will have someone assist you onto the floor if or when the parent is needed.

Listed below are general suggestions of what to do in some scenarios that will make the communication easier between the athlete, parent/guardian, and coach of a possible injury. In **ALL** situations if a doctor has been seen for any injury or complaint, we **MUST HAVE** a doctor's note with the prognosis listed along with any restrictions and/or a doctor's clearance to continue normal activity during gymnastics practice. If a doctor's note is **NOT** provided, then your child cannot participate in practice until the doctor's note is on file in the gym.

### WHAT TO DO IF...

**-Gymnast has mild to moderate pain through the evening after practice has completed OR before a practice has started:** Please notify your child's coach prior to the next practice, inform the coach if they have been seen by a doctor, provide the doctor's note if they have been seen.

**-An accident has occurred outside of practice time and there is pain or injury related to the accident:** Inform your child's coach of the accident or injury if it could hinder their ability to participate at practice at practice. If your child was not seen by a doctor in this situation but a parent/guardian has concerns about this affecting their performance or ability in any way, please inform your child's coach about that as well.

**-A Gymnast has been placed in a cast, brace, boot, or any other accessory that would prevent normal movement of the body:** A doctor's note is a **MUST** for that child to participate in any practice. If there are circumstances where the doctor feels that it is safe for the child to participate in stretching and conditioning, then it **must** be written on the doctor's note that they are allowed to participate in those activities.

**-An Accident has occurred in the gymnastics facility:** A coach will notify you immediately. A plan will be put in place and communicate with the parent on what the next steps are.

Please understand that if your child is ever injured to any degree and their ability to carry out a full practice in a healthy manner is questionable, they may possibly have to adjust to a modified schedule if all communication between athlete, parent and coach has been clear. If your child's practice time is modified or adjusted due to an injury, monthly tuition will **NOT** be adjusted. If an injury prevents your child from competing at a competition, there will **NOT** be a refund for that competition. If your child comes into practice with a boot, special brace provided by a doctor, or a cast and the coaches were not notified prior to that practice about these things, you will be informed that they are not going to be able to participate in practice until there is a doctor's note explaining the injury and the "doctor provided" accessory.

If you have any questions or concerns about a possible injury and need help finding a place for your child to be evaluated by a doctor, we would be happy to help you find a doctor for them. We have a few doctors that we highly recommend that have a better understanding of gymnastics related injuries and protocols to help a gymnast return to normal activities. If you are ever in need of an immediate x-ray or evaluation please use Tennessee Orthopedic Clinic, Children's Hospital, or Children's Urgent Care.

## COMPETITION INFORMATION

We expect your gymnast to be at all scheduled competitions. We expect for your gymnast to be at their competition on time. (15 minutes BEFORE) **No credit will be given to an account for a missed competition(s). (Including illness, injury, or family obligations.)**

As per USAG rules, only certified coaches and athletes are allowed on the competition floor. Parents must stay in the designated viewing areas during all competitions. Please do not ask, wave, or signal for your child to come off the competition floor to speak to you. If we think your child needs to see you, we will send them to you. Also, please do not attempt to go out to the competition area to flag down your gymnast or the coaches. Please do not yell or correct your child from the spectator area or try to speak to them with corrections by the competition floor. Do not go to the designated areas that are only for gymnasts & coaches. (Competition floor behind the awards stand.)

Premier Athletics is well respected in the gymnastics community; **therefore, we hold our team parents & athletes to a very high standard of conduct.** Unsportsmanlike conduct will not be tolerated on the competition floor from the gymnasts and/or parents out in the spectator area.

This information is for all competitions in general for each season. There are few rules and regulations of USA Gymnastics we would like to inform you of and remind everyone of from year to year. These are rules and policies that we ask every participant and their families to know and understand about competitions.

What to expect for the competition schedule... Every competition's scheduled weekend does not require you to be there for the entirety of the weekend. Your child/children will have a session time on a particular day and time within that weekend. As soon as we receive the competition schedule for sessions, we will post that information on your level's GroupMe page. We ask that you **please refrain** from posting anything about competitions from information that you found and did not come from your coach. This causes a lot of confusion when too many schedules are posted out of order and can cause participants to arrive at the wrong session time or day. Please allow only the coaches to post information pertaining to the competitions and/or schedules.

**\*A SESSION "BEGIN" TIME IS WHEN THE KIDS ARE ASKED TO BE ON THE FLOOR BEGINNING THEIR GENERAL STRETCH.**

**General Stretch:** The general stretch is the first 20 minutes at the beginning of the session. However, if a gymnast is ever **late** or **not present** before a "general stretch" has been **completed**, they will **not be allowed** or **eligible** to compete in the competition that day per USA Gymnastics rules.

## General Rules of USA Gymnastics that every parent needs to know:

Only gymnasts and coaches are allowed on the competition floor areas at any point.

**UNDERGARMENTS** of any kind can **NOT** show outside of their leotard. Special gymnastics briefs/bras can be worn but they must be a nude color; or in situations where the leotard is black then black undergarments can be worn, but only if that specific area of the leotard is black. **(Your child will have a deduction taken from their score if an undergarment shows.)**

**NO COLORED NAIL POLISH.** This includes fingers and toes! **(Your child will have a deduction taken from their score)** Acrylic nails are allowed in a short length as long as they are a natural color.

**Jewelry:** Stud earrings are the **ONLY** thing allowed to be worn as jewelry while doing gymnastics. Bracelets, necklaces, rings, watches & anklets are a safety hazard for this sport. If your child comes in with a style of necklace, bracelet, or anklet that cannot be removed we will have to cut it off for competition.

**HAIR:** All hair must be pulled tightly away from the face and shoulders. All “fly aways” or loose hair must be hair sprayed back away from the face and pulled tightly to their hair style.

There are 3 hairstyles that we ask you pick from for your child to have during competition.

Tight and very slick ponytail with a bun

Braided back into a ponytail and the ponytail straightened or curled.

Tight with a very slick ponytail with their hair curled or neatly straightened with a straightener for the back of the ponytail.

For shorter hairstyles that do not go back to a ponytail. You will need to find a way to at least braid the front part back away from their face.

**SHOES:** Any shoes worn on the competition/floor area must have a rubber sole. (Most competition areas are either set up on concrete or hard/cold surfaces. We suggest that your child come in with a type of slip-on shoe. (i.e., slides, flip flops, or any other type of shoe that does not involve tying laces or requiring socks.)

**DRINKS & SNACKS:** Gymnasts are allowed to bring a spill proof **water bottle** onto the competition floor with them. **Only water** is permitted on the competition floor. They may also bring a small snack in their backpack, PLEASE no candy or snacks with a high amount of sugar.

**ACCESSORIES:** Your child may carry their gym bag onto the competition floor. Anything else that they would possibly need for competition must also be able to fit into their bag, grip, tape, etc.

**JUDGES:** **A parent is never to speak to a judge directly!** If you have a question about your child’s score or performance, please ask one of your coaches after your child’s session is over. If the coach is beginning another session, then please understand it would be best to ask at a later time.

## COACHES ROLE FOR YOUR CHILD

It is our job as your child’s coach to help them have the most successful and fun experience while competing in gymnastics. Like everything else in life there will be some “speed bumps” or situations that occur as this learning process begins with competitions. We can assure you that we are there to help whenever and wherever needed for each child. You can expect for them to make mistakes at some point they all will. **Typical mistakes of learning to compete are:** Forgetting routine while competing / Finishing ahead or behind their floor music / Forgetting to “Salute” a judge / Falling on a skill / Adjusting a leotard in the middle of their routine. (Yes, there is a deduction from their score for that) / Talking during a routine / Etc.

There are many other things, but do not worry we know how to handle these things when they arise.

## PARENTS ROLE

All we need you as parents to do is please have your child at the competition location **15 minutes prior** to their “**begin**” time for their session. Keep in mind that there most likely will be a line at the entrance while people are paying to enter the competition as spectators. So be prepared to be in that line for the occasion.

An example of a competition rotation schedule:

Session start time: 8:00am

Arrival time: 7:45am

General Stretch: 8:00am-8:20am

Introductions and National Anthem 8:20am-8:30am

Event Warm-ups and competition: 8:30am-10:30/11:00am

Awards: Tale place right after the session has completed

**BE THEIR BIGGEST FAN!** It is hard when we watch our children make mistakes or not have their best day and it is very easy to be completely happy & please when they have a great day. Remember, these girls are young and there is a lot to this sport in particular. It is not easy. We ask that you simply encourage them, help them remain calm before competition even if there is a stressful situation. The better head space & energy they have on their arrival will lead to a much better day for them!

A couple of things that we would like to point out to make each competition much easier for your child, teammates and coaches is to **please refrain** from trying to help your child with anything during competition including hair, accessories, snacks, or water bottles. Any information that we may need to know as their coach please let us know by text or GroupMe prior to that competition. Once the sessions have started for the day for all groups there is a huge possibility that we will not see texts and GroupMe notifications. The sooner you can provide information the better. Once your child has entered the competition area, please do not call them over to the side to speak with them. This is very distracting for the group and the competition. It causes children to possibly run in front of another child competing, block a judges view from seeing another gymnast competing, causes a safety hazard for them or someone else. Also, the equipment setup is different at each location so this is never a familiar territory for any child at competitions. Let your child and the coaches navigate their situations and experiences without the extra distractions. Everything at a gymnastics competition is on a time clock. Each warm-up, routine, and announcements are all on a very strict schedule window.

## READY, SET, COMPETE!

Upon arrival at the competition, please wait with your child in the spectating section. Your coach will gather all the gymnasts to walk them to the competition floor safely. When you arrive, please have your child fully uniformed and ready to enter the floor. Please do not assume that you will be able to find a restroom easily for them to change in because there are typically longer lines for the restrooms. Also, please have everything they will need in their bag.

## **AWARDS**

Gymnastics is broken down into 2 different areas for awards placements. There is an individual awards section per event: vault, bars, beam, floor, and the all-around score. The all-around score consists of all the event scores added together. After individual awards there will be a team award presented. The team score comes from the top 3 scores of each event calculated and becomes the team score. All kids are expected to remain in the back of the awards ceremony with their awards. Once the Team award has been presented and finished the kids will be able to leave the awards ceremony and find their parents.

There are many times that coaches will not be able to be present for awards ceremonies. We typically have another session starting back-to-back all day and the awards are in a different location or ballroom. We would like to ask for your help with expecting your child to have proper sportsmanship behavior after a competition and/or during an awards ceremony. Regardless of if your child's day has gone amazing or maybe it wasn't their best day, please help them understand that they are part of a team and need to be happy & encouraging for their teammates. If you see your child crying or having a poor attitude, please remove them from the awards ceremony. If they miss their individual awards because of this, the competition host will make sure that they are given to the coaches to take back to the gym to be given to your child at practice. Luckily, we have not had this happen in a long time, but we just want to make sure you are aware should it happen. Once the awards ceremony is over and all children have found their parents you are considered done for the day. You are always welcome to come/stay and watch another session of a higher level at any competition. Not only does it feel great having our gymnasts watching other, but it also helps them learn. To see and understand what comes next in other levels and understand some of the other skills that they are working on during practice, but not competing yet.

## **OTHER USEFUL INFO**

For future competitions, we typically receive the session schedules about 2-3 weeks before the competition. When we receive the schedule from the competition, we will inform everyone **ASAP**. Typically, most sessions average 3 hours in length. Sometimes less and sometimes more depending on the number of gymnasts in each session and how each host decides to hold the awards session. If you look on the competition's website, it will also provide lodging information with host hotels offering discounts through a meet discount code.

## Important Dates & Gym Closures

2023

- Monday, May 29<sup>th</sup> – Memorial Day – Gym Closed
- Monday, June 5 – Friday, 9<sup>th</sup> - Uniform Fitting
- Monday, July 3<sup>rd</sup> – Friday, July 7<sup>th</sup> – Independence Day – Gym Closed
- Monday, July 24<sup>th</sup> – Fall Practice Schedule Starts
- Monday, August 7<sup>th</sup> – Friday, August 11<sup>th</sup> – Knox County Schools Starts
  - Gym is OPEN, but no Gym Team practices during these dates
- Monday, September 4<sup>th</sup> – Labor Day – Gym Closed
- Wednesday, November 22<sup>nd</sup> – Friday, November, 24<sup>th</sup> – Thanksgiving Break – Closed
- Monday, December 25<sup>th</sup> – Monday, January 1<sup>st</sup> – Holiday Break - Closed
  - Holiday Break Schedule TBD

2024

- Friday, January 12<sup>th</sup> Closed – Monday, January 15<sup>th</sup> – Ozone Invitational
  - Gym is open, but no Gym Team practices
- Monday, March 11<sup>th</sup> – Friday, March 15<sup>th</sup> – Knox Co. Spring Break
  - No practice for Bronze, Silver, Gold & Platinum
- Friday, March 29<sup>th</sup> – Good Friday – No practice

## Information & Social Media Outlets

Information and updates can be found on our website [www.premierathleticsknoxwest.com](http://www.premierathleticsknoxwest.com)

### • EMAIL

- It is the the easiest way we communicate! 😊 It is your responsibility to make sure that we have your **current email address** so that you can receive all pertinent information.  
We will do our best to always answer your emails within 48 hours.
- We will be using the GroupMe app as a method of Team and Program information. You will be required to have this App and will be added to the group upon joining a team.

### • SOCIAL MEDIA

Premier Athletics

[www.facebook.com/premierathletics](http://www.facebook.com/premierathletics)

Instagram - premierathletics1

Knoxville West

[www.instagram.com/pa\\_knoxvillewest](http://www.instagram.com/pa_knoxvillewest)

[www.facebook.com/PremierAthleticsKnoxvilleWest](http://www.facebook.com/PremierAthleticsKnoxvilleWest)

