

Testimonials

All Frank's coaching, teaching, and wise planning were devoted to making dreams into reality for many children at Cascade Elite. To this day, I remember Frank asking me, when I was just a tiny kid, what my gymnastic dreams for myself were. He listened to me and worked with me for over a decade, helping me grow to a confident elite gymnast and three time, US National Women's Artistic Gymnastic Team member. Most importantly, Frank guided me in the experience of enjoying the process of achieving long term goals. Under Frank's teaching, I learned the art of cultivating a positive attitude, a steely work ethic, and a loving community.

Learning gymnastics under Cascade Elite's environment was an extremely formative and rewarding experience. From a technical side, all the coaches taught sound gymnastics fundamentals, providing the foundation needed for executing difficult skills and building out high-level routines on all four events. Their sage planning attended to all the elements we needed for success. The conditioning plans were tailored to ensure that we had the strength needed to safely perform high-level skills with elite caliber form. The daily, weekly, seasonal, and multi-year training plans they developed used every bit of training time to develop skills, gain consistency, and perfect our routines. The staff's plans also importantly included having fun, whether it was playing carpet tag or soak 'em for warm ups, holding release movie manias, or gladiator overnights. Frank's leadership efforts not only improved our gymnastics, but also provided us with the opportunity to overcome our fears, to grow, to gain satisfaction and confidence from our efforts, and to have fun being a part of a worthwhile community.

My-Lan Dodd

Cascade Elite 1988-2001 Full Ride to University of California Berkley 2001-2005 Current Profession: Research Assistant, Landesa | Rural Development Institute

I joined Cascade Elite when I was 9 years old and from day one it was a perfect fit for me and my family. Spending almost more time in the gym with Frank and my teammates, Frank was like a second father. He challenged me physically and mentally but also knew when and how to have a ton of fun. I think he recognizes that you are at your best when you are truly enjoying yourself. He is there for you when you succeed, but also there to help you figure out a way to do better next time. He is the ultimate goal setter and path-maker; if you are willing to put in the work, he will put in just as much of himself to help you get there. I am incredibly grateful to Frank and the community he created for me in my childhood. Even today, I consider Frank a role-model and a great friend and adviser. He was recently the officiate in my wedding and I couldn't have asked for a better person

to be at my side as I embark on a new and exciting life chapter!

Caroline Fluhrer

Years at CEG: 9 Full Ride Scholarship to Stanford University Degree: Civil & Environmental Engineering

While at CEG, Frank re-inspired my love for gymnastics and brought out the best in me, both athletically and mentally. What separates Frank from most coaches is his ability to push his gymnasts to their highest potential while encouraging a healthy attitude. He focuses on the positives and helps to make the experience of hard work and achieving your goals fun and rewarding. I've taken the lessons he taught me as a teenager into my adulthood and have been better off for it.

Alexandra Gunnoe

4 Years at CEG (1994-1998) University of California at Santa Barbara BA: Law & Society

A true testament to Frank's coaching style and character is the fact that I still regularly call him for consult, ask for advice and share news with him...and I'm 31 years-old. Yes, I do this with my parents as well, but I don't know many other adults who maintain a friendship with their childhood sport coach. It's rare...and it demonstrates what a great relationship he fosters with his athletes. It's a unique gift and I always say I got lucky to have been coached by him. To this day, my parents will often remark, "Gosh, we wish your younger sister had had a mentor during her childhood years like Frank...he really taught you some great life lessons." I have to agree. I grew-up with a tremendous mentor/teacher in Frank, during the most important developmental years of my life, and he was incredibly influential in shaping who I am today. Knowing the number of hours I was practicing and spending at the gym, it was important to my parents that I work-out with a coach that they liked, trusted and knew would support, love and encourage their daughter in all her endeavors. Every day in the gym, work-outs were not just about learning new skills, refining routines, and getting more consistent...but rather about enjoying gymnastics, mastering self-discipline, overcoming fears, displaying integrity, respecting ourselves and others, and learning how to be great people... not just great athletes. He encouraged us to be leaders, role-models, and aspiring young adults both in and out of the gym. His philosophy as a coach was to train the PERSON first. I am so thankful for this!"

Carly Anderson, Ph.D., LP

7 years at Cascade Elite (age 11-18yo) Full-ride gymnastics scholarship to UCLA Current Profession: Sport Psychologist for Premier Sport Psychology, LLC

and the University of Minnesota Intercollegiate Athletic Department in
Minneapolis, MN.

My experience at CEG was amazing! Taught me so many life lessons that I take with me throughout everyday life; Commitment, hard work, self confidence and being a team player, just to name a few. CEG WAS my home away from home! The thing that stands out the most is my team mates. I often felt like big sister to them. I loved being outgoing and silly to see them laugh. That made me happy! It's incredible to see the different paths everyone has chosen. I'm proud of all of them. Ahh, the fun times we had as a gym! The crazy sleepovers to the hiking trip we took as a team, fundraisers, traveling during competition season, and the wrestling shows between Chris and Brian. Sitting here in this coffee shop as I type this only brings a big smile to my face! These memories I'll never forget! Thank you CEG and especially Frank Lee for believing in me and making my school years a fun journey!!

Brenda Foote

Years at CEG: 6+ yrs Full Ride to California State University Sacramento
Cosmetology