

STARS & STRIPES TEAM NEWS



December 2023



Pre-Season Meetings

These pre-season meetings will be held at Stars & Stripes and Buck Shots (noted below). The focus of the meeting will include all necessary information regarding all aspects of competitions and how to have a successful season!

Level 4-7 (Parents & Athletes)

Wednesday, January 10th @7:30pm

Held at Buck Shots

*Level 4 practice will start at early 4:15-7:15

Level 3 (Parents only)

Thursday, January 11th @7:00pm

Held at Stars & Stripes

Xcel Bronze (Parents only)

Tuesday, January 9th @7:30pm

Held at Stars & Stripes

Follow us on Facebook

It is strongly encourage that you follow us on Facebook by joining the Stars & Stripes Competitive team group page. This page is updated with important information such as practice changes, closures, meet information and other reminders. Pictures and videos of practice and events are also posted. It a great way to stay in the loop!

Xcel Extra Parctice

Xcel extra practice will start January 3rd. Extra practice is optional for Xcel Silver, Gold and Platinum athletes. Practice will be held every Wednesday from 6:00-7:45pm.

You must register at the front desk. More details to come.

WORD OF THE MONTH:

GENEROSITY

"GENEROSITY IS GRACIOUS, CONTAGIOUS, AND ADVANTAGEOUS. IT'S A GIFT TO OTHERS AS WELL AS TO THE SELF AS THE JOY OF GIVING IS MULTIDIRECTIONAL." -Dr. Robyn Silverman

PRACTICE CHANGES:

DECEMBER

- Level 5/7 Practice 2:00-5:00 December 22nd (Clarkston 1/2 day)
- Level 4 NO PRACTICE December 22nd
- ALL PRE TEAM & XCEL LEVELS: NO PRACTICE December 23rd through January 1st
- Level 4-7 NO PRACTICE December 23rd-27th
- Level 4-7 practice 9-12:30 December 28th and 29th

JANUARY

- Level 4-7 NO PRACTICE January 1st
- Level 4 PRACTICE 4:15-7:15 Wednesday January 10th (Due to parent meeting)
- Level 5/7 Practice 2:00-5:00 January 18th & 19th (Clarkston 1/2 day)

STARS & STRIPES TEAM NEWS



BETSY BOOTCAMP: Monthly Nutrition

Each month the team newsletter contains nutritional tips, recipes and valuable information from sports nutritionist Betsy McNally Laouar – the best part, all of the information is specific to gymnasts!

As we head into December, it also means the start of the competition season. Nutrition can be tricky when the season begins, it's important to have a balanced approach when choosing foods to eat. This month Betsy's recipes is holiday apple pie overnight oats, take a look and give it a try!

Skill Clinics

Athletes have the opportunity to accelerate progress and hone in a specific skill and/or skill set with the variety of skill clinics offered. Clinics provide athletes with repetition of basic components, drills and strength exercises

Check out the Stars & Stripes website to see a full list of all the skill clinic dates in the new year.

TRAVEL TEAM CAMP: Flip Fest Update!

As we had a great experience at Flip Fest, the team will be taking a year off from traveling to any camp. If your athlete still is interested in attending a camp, which is not required, we recommend attending The University of Michigan commuter camp for a fun camp experience that is local.

SAVE THE DATE

TEAM PICTURE DAY

Thursday, February 1st.
More details to come in the upcoming months



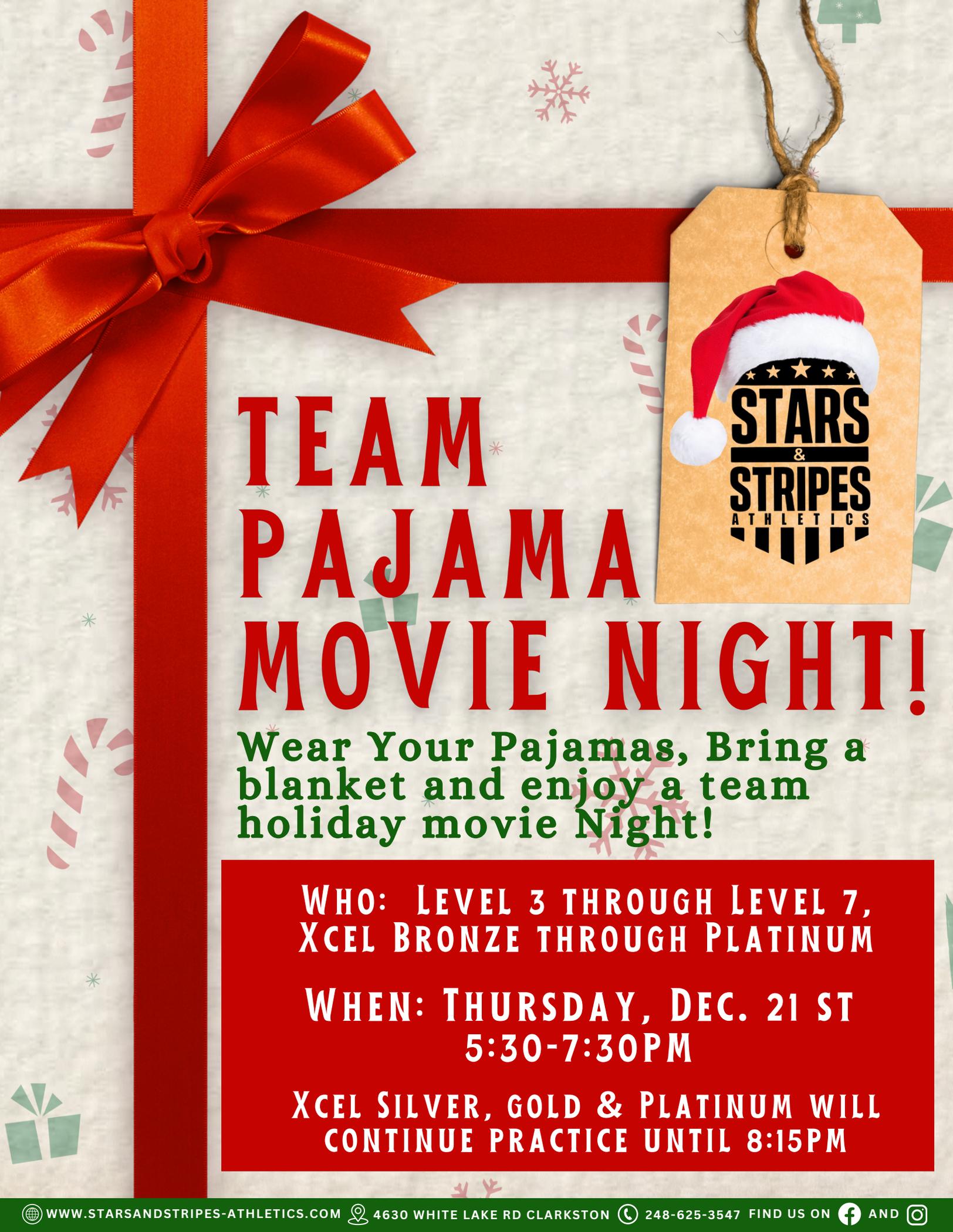
MINDSET MATTERS

Competition Mindset

As we embark on the competition season, it's important for athletes to stay focused. Here are some key aspects of a beneficial mindset for your athlete.

- **Trust the process:** It's important to stay present in the moment and avoid getting overwhelmed by thinking too far ahead. Take it day by day, skill by skill and turn by turn.
- **Confidence:** Believe in your abilities. Trust the hard work and training you've put in.
- **Positive self-talk:** Visualize success and focus on the aspects of your performance that you can control.
- **Enjoy the process:** Remember to have fun and enjoy the experience. Celebrate the small victories and acknowledge how far you have come.





TEAM PAJAMA MOVIE NIGHT!

Wear Your Pajamas, Bring a blanket and enjoy a team holiday movie Night!

**WHO: LEVEL 3 THROUGH LEVEL 7,
XCEL BRONZE THROUGH PLATINUM**

**WHEN: THURSDAY, DEC. 21 ST
5:30-7:30PM**

**XCEL SILVER, GOLD & PLATINUM WILL
CONTINUE PRACTICE UNTIL 8:15PM**



POWERFUL WORDS

CHARACTER DEVELOPMENT

PARENTS PERCH

Young students: "I give to others!"

Older students/teens/adults: Giving of one's time, treasures & talents without expecting anything in return.

- Week 1** Generosity defined: How do I show generosity? What treasures can I share?
- Week 2** The gift of time: How can time help others? Who gives their time to you?
- Week 3** The gift of talent: How can your talents (and your team's talents) help others?
- Week 4** Gratitude and gifts: How can we be generous with saying thank-you and with gift-giving?

Dear Family,

This month our Powerful Word is "generosity."

Generosity does not just refer to the act of giving. That would be too easy. Generosity is when we give of things that are particularly meaningful and valuable to us. It marks when we give beyond what is required of us, without anticipating anything in return--especially when the act of giving is unexpected.

Research tells us that generosity enhances our lives. Interestingly, givers get a great deal from their actions! Studies show that generous people are healthier, happier, more financially successful, less likely to relapse when addiction is a challenge and more connected in their relationships. A meta-analysis of 37 studies found that older adults who volunteered reported greater quality of life.

There are many ways to be generous. From charitable

donations to volunteer-ism, cooking for a sick friend and comforting a stranger in the hospital- we can, as the University of Notre Dame's Science of Generosity Project puts it, give "good things to others freely and abundantly." And, we should add, without expecting anything in return.

As it is the holiday and "gift-giving" season for many, advertisers often skew our children's thinking in a way that makes them believe that it's all about what we can get--rather than what we can give. How can we get some more generosity into the season?

Dr. Robyn Silverman reminds us that we can generously use our:

- **Time:** The hours we can devote to helping, giving and sharing with others can make a difference!
- **Talents:** Our skills can help, entertain & make lives better.
- **Treasures:** Our money, gifts, or home-goods can help others.

- **Talk:** Studies show that the more we talk to kids about giving, the more they tend to give to others.
- **Ties/Team:** Shared causes and values create a wave of support.
- **Togetherness:** When we get to know the people who need help, we tend to give more.

- **Thanks:** Show gratitude for what we have and who we have in our lives. Grateful people give more!

We look forward to partnering with you on teaching generosity this month!

Here's to your success!

Best Regards,
—Your Motivated and Dedicated Instructors

UPCOMING POWERFUL WORDS

JANUARY
FEBRUARY
MARCH

CONFIDENCE
COMPASSION
RESPONSIBILITY



HAPPY HOLIDAYS FROM BETSY'S KITCHEN!

DECEMBER 2023

Beat Inflammation This Holiday Season!

Happy December! We are heading into the holiday season which means it is also the start of the competition season! Nutrition can get tricky here. While its important to have a balanced approach and savor your sugary, holiday treats, remember that a consistent intake of these types of foods can cause or exacerbate chronic inflammation. We will talk more about this in the next section, but just know that feeling tired, sore, sick or having gastrointestinal issues and brain fog are NOT good ways to start your competition season! In this issue we will talk about inflammation what it does to your body and what makes it worse. We will also go over a few of my favorite holiday recipes and how to incorporate anti-inflammatory foods into this month's nutrition game plan!





Gymnasts Notes: Chronic Inflammation Explained



Can you remember the last time you cut yourself, were stung by a bee, or injured a joint or bone during practice? Your body reacted in a way to heal itself – to return the injured tissue to a normal state. The reaction that caused the uncomfortable pain, redness, and swelling is the result of a protective response known as inflammation.

Inflammation is necessary and is not bad, but it has its place – as in the cases cited above when there is an acute injury. The benefit of an inflammatory reaction can be life-saving, so suppressing inflammation completely is not possible. When inflammation becomes chronic (it doesn't go away) however, extinguishing some of the fire can have big health benefits and aide your body in recovery and increase performance in the gym.

We want to avoid chronic inflammation which leads to many diseases like diabetes, cancer, autoimmune diseases and neurological diseases. It will also set back your recovery from injury and daily training.

Causes of chronic inflammation may also include persistent infection, food sensitivities, poor sleep hygiene, environment, and training without proper recovery. Overtraining in the gym can also cause chronic inflammation which can be exacerbated or aided by proper food choices. An anti-inflammatory friendly diet can help.

An anti-inflammatory diet is described in research as one that is low in processed foods, high in fiber, high in mono and polyunsaturated fats, higher in omega 3 than omega 6, and high in antioxidants.



Translation: High in whole, plant foods and complex carbohydrates with a focus on healthy fats and moderate animal protein intake –75% plant foods and no more than 25% animal proteins.

There are many foods that can help gymnasts battle inflammation. Certain plant foods such as chia seed, avocados, walnuts, and olive oil are rich in healthy fats. Complex carbs such as sweet potatoes, broccoli, and beans have a rich vitamin and mineral content and fiber which helps with inflammation.

High-quality animal proteins like salmon, sardines, and shrimp are animal proteins of note as they are also excellent sources of omega-3 fats, which are anti-inflammatory.

By reducing intake of processed foods and replacing them with colorful, whole plant and complex carbohydrate foods you are well on your way to reaping the benefits of an anti-inflammatory diet and aiding not only your external body, bones, joints and muscles but also your brain and internal organs. Gymnasts battling inflammation will have longer training potential with better results! Now, what are some great anti-inflammatory foods we can dive into this December?



ANTIOXIDANT RICH FOODS HELP CALM INFLAMMATION,
BUILD STRONG SKIN AND BONES FOR GYMNASTS!

CAROTENOIDS



POLYPHENOLS



INDOLES



LIGNANS



CURCUMINOIDS



Unique Facts
Coffee



**Anti-Inflammatory
Breakdown: What
helps, what hurts?**

So now we know what inflammation is,, what are the major groups of food that fight inflammation and what are the foods that cause inflammation and make us feel icky!?

HIGH FIBER FOODS HELP CALM INFLAMMATION IN A GYMNAST BODY



FATS CAN HELP OR MAKE INFLAMMATION WORSE FOR A GYMNAST

MONO AND POLY UNSATURATED FATS (OMEGA 3'S) HELP!

SATURATED FATS AND TRANS FATS (OMEGA 6'S) HURT!



CARBOHYDRATES CAN HELP OR MAKE INFLAMMATION WORSE FOR A GYMNAST

Whole Carbohydrates That HELP Stabilize blood sugar

Processed Carbohydrates That make inflammation worse Spike blood sugar



Fight Inflammation this Holiday Season!

It's the holidays, so a lot of the foods that are abundantly rich in inflammatory properties are EVERYWHERE! Candies, cookies, cakes and sugary drinks, Its going to be hard to pass all the time on sugary sweets, pies and other processed foods this holiday season, but do your best to eat MORE foods that fight Inflammation and add them into your diet. You aren't going to be perfect and indulge a little, but If you want to come into the season with more energy and less soreness, check out the foods below!





Fight Inflammation: The Power of Food



Follow the guide below for a weekly focus of foods that can be used to create an anti-inflammatory diet. Change items in each category based on preferences and swap for similar foods. For example, if you don't prefer kale, replace with another leafy green like romaine. Have a nut allergy? Replace pecans with sunflower seeds.

6	5	4	3	2	1
VEGETABLES	STARCHES	FRUITS	PROTEINS	FATS	SEASONINGS
Broccoli	Quinoa	Apples	Chicken	Sesame seeds	Lemon-Garlic
Carrots	Chickpeas	Grapes	Beef	Avocado	Turmeric
Zucchini	Sweet potato	Blueberries	Shrimp	Walnuts	Cumin
Bok choy	Whole-grain pasta	Oranges	Salmon	Pecans	Herbs De Provence
Butternut squash	Brown Rice	Clementines	Turkey	Almonds	Cinnamon
Kale	Peas	Kiwis	Tofu	Olive oil	
Green Beans		Bananas			

Convenience items:
 Jarred tomato sauce
 Instant oatmeal
 hummus
 Frozen cauliflower rice

Suggested Meal Pairings
Breakfast: Oatmeal, bananas and cinnamon
Lunch: Salmon, broccoil, quinoa
Dinner: Shrimp, whole grain pasta, Kale salad



Mulled Pomegranate Juice

Ingredients

- 1l pomegranate juice
- 1 sprig rosemary.
- 1 tsp sumac
- 1 cinnamon stick
- ½ tsp coriander seeds
- ½ orange, sliced
- ¼ tsp orange blossom water

Pour the pomegranate juice into a large saucepan. Add the rosemary, sumac, cinnamon stick, coriander seeds, and orange. Bring to a simmer then pour through a sieve into a jug. Stir in the orange blossom water and pour into heatproof glasses or cups.





Betsy's Holiday Apple Pie Overnight Oats

Serves 4

Prep: 10 mins. | Total: 4 hours

Ingredients

- 2 cups oats
- 4 cups oat milk, plain, unsweetened (or another non-dairy milk)
- 2 tsp vanilla extract
- 2 apples, medium, chopped
- 1/2 cup water, or more if needed
- 1 tsp cinnamon
- 1 tsp all spice
- 4 Tbs pumpkin seeds
- 2 Tbs coconut flakes



Prep

1. Evenly divide the oats, oat milk, and vanilla extract among containers with sealable lids (mason jars are perfect). Seal and shake well. Refrigerate overnight to allow oats to soften.

Make

1. Wash and chop apples.
2. Heat a small sauce pan over medium heat. Add the water, chopped apple, and pumpkin pie spice. Cook until the water has evaporated and the apples are softened and fragrant.
3. To assemble: Remove the oats from the refrigerator and take the lid off of the container. Evenly divide the apple mixture between the containers. Top with pumpkin seeds and coconut flakes.



Brussels Sprouts Soup

Feeds 10

Ingredients

8 cups of fresh Brussels sprouts cleaned
1 onion chopped
3 tablespoons of olive oil
Garlic powder or fresh garlic
Turmeric
Cumin
Sea salt
Pepper
You need water as well as a soup blender.



Directions: Clean the Brussels Sprouts thoroughly with cold water. Next, grab a very large pot and add the olive oil and chopped onion over medium heat. Sauté for 3-5 minutes until soft. Next, add the Brussels sprouts, 1 tablespoon of sea salt, 1 tablespoon of pepper and sautéed for another 5 minutes. Next add water over the Brussels sprouts until fully covered plus another cup. Add 1 tablespoon of garlic, cumin and turmeric. Bring to a boil for about 30 minutes or until sprouts are soft.

Remove from heat and let cool about 10 minutes. Grab your soup mixer and gently blend the soup, making sure you chop up each sprout thoroughly. Add more salt and pepper to taste! Simple, fresh, functional and yummy!



Message From Betsy and Gymnachef: Happy Holidays!

As you head into the holiday season, remember to have treats and enjoy fun times with family, but don't forget you are an athlete who needs proper hydration, nutrition and recovery. So don't forget to gift yourself or a gymnast you love with the world's most amazing nutrition books for gymnasts (yes I am a little biased). Both Gymnachef 1 and 2 can be purchased either as a kindle book or a black and white or even color paperback! In Gymnachef 2 there is a whole section on holiday cooking and how to incorporate functional foods into your holiday treats! Also, In each book you will get dozens of breakfasts, lunches, dinners and shakes and snack recipes, plus tons of great education for the competitive athlete in your family! There aren't may reading options focused specifically on nutrition for gymnasts, so grab your copies in time to put it under the tree by December 25th!

Link:

EBOOK AND Color Paperback https://www.amazon.com/dp/B09N2X1DR7?ref=pe_3052080_276849420

Holiday Reading

GET YOUR COPY OF GYMNACHEF 1 AND 2
FOR THE HOLIDAYS!

