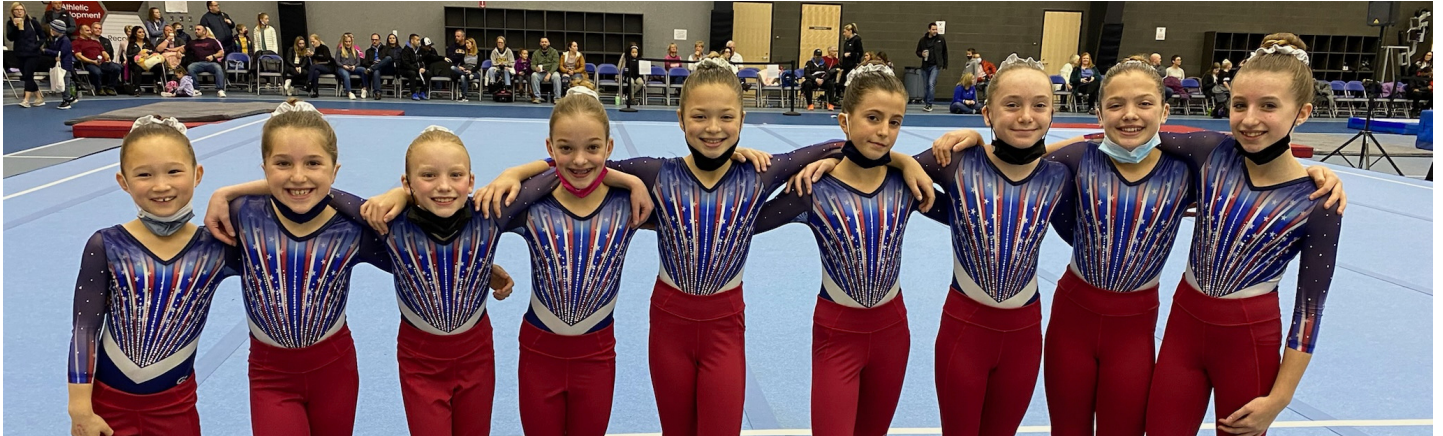
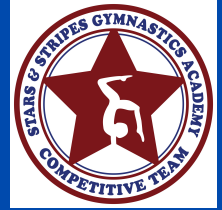


# STARS & STRIPES

Competitive Team News: January 2022



## Practice Changes: January

Reminder, the practice schedule can be found on the team page of the Stars & Stripes website [www.starsandstripeskids.com](http://www.starsandstripeskids.com). All 1/2 days have been updated for the school-year. The only changes that could still take place are meet weekends and spring break practices have not been confirmed.

### January: School 1/2 Days -

Thursday, January 13th

Level 4 through 10 12-4pm

Friday, January 14th

Level 4 through 10 12-4pm

Saturday, January 15th

NO PRACTICE LEVEL 4

Monday, January 17th

Level 4 through 10 9am-1pm

PG MEMORIAL CLASSIC - JAN 15 & 16

Thurston High School

26255 Schoolcraft Ave

Redford Charter Twp, MI 48239

### Admissions (cash only)

Adults \$15, Children (6-17) \$8, Seniors (65+) \$5.00

Kids Under 5 - FREE, 2-day Pass - \$25.00

### Saturday, Jan. 15th

**Xcel Silver** - Check in: 7:45am, Warm up: 8am

Introduction: 8:30am, Awards: 11:30am

**Level 4** - Check in: 11:15am, Warm up: 11:45am,

Introduction: 12:15pm, Awards: 3pm

**Xcel Gold** - Check in: 6pm, Warm up: 6:30pm,

Introduction 7pm, Awards: 9:30pm

### Sunday, Jan. 16th

**Level 7** - Check in: 7:45am, Warm up: 8am

Introduction: 8:30am, Awards: 11:30am

**Level 9/10** - Check in: 11:30am, Warm up: 12

Introduction: 12:30pm, Awards 2:30pm

**Level 5** - Check in: 6pm, Warm up: 6:30pm,

Introduction 7pm, Awards: 9pm

# STARS & STRIPES TEAM NEWS

JANUARY 2022



## WELCOME COACH DANIEL

We are preparing for a fantastic competitive season after our inaugural meet last month. We hope everyone had an opportunity to rest and relax over the break, and now it's time to get back down to business!

The last few months we have had a new coach in the gym working with levels 3 through 10 as we transition into competing. While he is new to our gym, Daniel McCarty is definitely not new to the sport of gymnastics. Daniel comes with decades of experience developing athletes from the beginning levels all the way to the elite level. He has spent the last 5 years traveling to gyms around the country working with both athletes and coaches in the areas of skill development, foundational basics and helping gymnastics programs implement systems to improve productivity of training. Daniel will be working with the team for the remainder of the competitive season on a consistent basis. Daniel's style and philosophy align with what we already do at Stars & Stripes so we are finding that he is fitting right in and his presence will be very beneficial for the athletes.

Daniel's expertise specifically lay in his detailed attention to technique, ability to simplify intricate skills and light-hearted delivery of instruction. We welcome Daniel into our program and look forward to a great season with this addition!

