

STARS & STRIPES

JUNIOR OLYMPIC TEAM NEWSLETTER

2021-2022 Competition Schedule & USA Gymnastics Membership

The competition schedule will be finalized and distributed in mid to late September. Please make sure your athlete's membership is registered or renewed with USA Gymnastics. We cannot reserve our spot at competitions until everyone has an updated membership.



School-Year Schedule

The school-year schedule will begin the week of August 30th, please note, no practice Friday, Sept. 3rd, through Monday, Sept. 6th.

The first day of school is August 30th, and it is a 1/2 day, therefore practice will be 12pm-4pm for level 4 through 10.

Level 4 - Mon. 3-6:30pm, Tues/Thurs. 3-7pm, Fri. 3-6:30pm, Sat. 9am-1pm ***Saturday practice begins in October with additionally fees of \$29/monthly for increased overall hours.

Level 5 - Mon. 3-6:30pm, Tues. 3-7pm, Wed. 2-6pm, Thurs. 3-7pm, Fri 3-6:30pm ***additionally fees of \$29 montly begin in Septmeber for increased days/hours.

Level 7/8/9/10 - Monday through Friday 2-6pm

Uniforms & Fees

We will be sizing and ordering uniforms in mid August. Each piece of the uniform is a custom design, therefore the entire uniform will not arrive until later November. Uniform fees are divided into 3 equal payments, first payment was due August 1st, the second payment is due September 1st, and final payment on October 1st.

Team Calendar & Parent Information

Team parent information is emailed and also posted on the competitive team page of the Stars & Stripes website (parent handout button). Additionally, on the team page there is a button for the team calendar.

The school-year schedule is posted on the calendar but it does not yet reflect holidays, gym closings, 1/2 days of school, etc. The calendar will be completely updated by the end of August.



End of Summer Evaluations

During the last week of August gymnasts will receive a brief evaluation outlining where they stand at the end of summer training. This will provide an accurate assessment of where their skills are at the end of the summer and what they need to accomplish during "pre season" training (September, October and November) to be fully prepared for the upcoming 2021-2022 competition season. If you are interested in setting up a meeting to discuss your child's progress and/or future plans please get in touch, cassie@starsandstripeskids.com or starsandstripesnathan@gmail.com.

Meals & Snacks During the School-Year

Properly fueling the body is a MUST for young gymnasts and can become very challenging during the school-year when coming directly from school. It is also important for athletes to consume adequate, quality calories to provide energy for the hours they train and provide support for building and repairing the body.

Gymnasts are welcome to use the refrigerator (in the lobby) to place snacks/meals for the week when they get off the bus. They can also keep emergency snacks in their cubby at the gym. If your child is struggling to maintain energy during practice it is advised to have snack handy if needed (fruit, string cheese, peanut butter with whole grain crackers, etc.)



New Compulsory Routines

The level 3, 4 and 5 compulsory routines have been completely updated and changed for the 2022 to 2030 competitive cycle. The Stars & Stripes competitive team coaches attended a virtual training clinic in June to learn the new choreography as well as the new skill-set for the routines.

Level 4 and 5 gymnasts will learn the new routines this month and have already touched on a few new and/or changed skills. The process of learning the routines will take approximately 4-6 weeks. It is expected that it will take another 6-10 weeks to really fine-tune and perfect the routines (for competition).

There are some really neat changes that will benefit the gymnasts' progress and long-term preparation. We are excited to get started!

Junior Olympic Program is now... The DEVELOPMENTAL PROGRAM

During the 2020-2021 season USA Gymnastics appointed a new name for the Junior Olympic Program; it is now officially called the Developmental Program. We will transition to this name over the course of the next month. This is the last newsletter/information you will see with the name "Junior Olympic".