

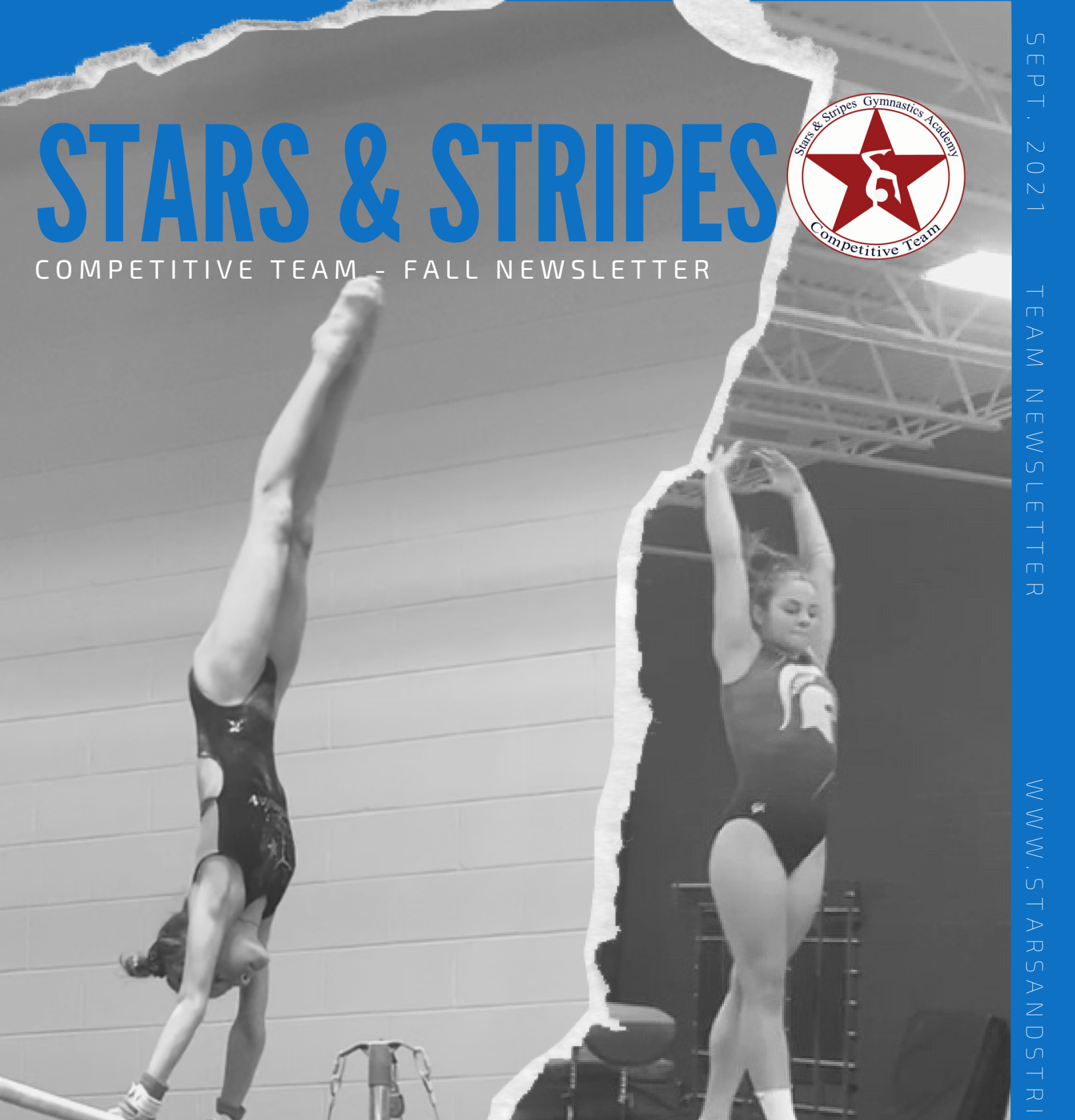
# STARS & STRIPES

COMPETITIVE TEAM - FALL NEWSLETTER



SEPT. 2021 TEAM NEWSLETTER

WWW.STARSANDSTRIPESKIDS.COM



Pre Season Mindset:

## WE GROW THROUGH WHAT WE GO THROUGH

Preparing for the season, competiion schedule, Gymnast Breakfast Tips

## OCTOBER PRACTICE ADJUSTMENTS:

Level 4 & 5:  
Monday - new  
end time 7pm,  
(begins Monday  
9/27).

Level 7 - 10:  
Saturday 9am-  
10:30 October 2nd  
through October  
24th .

Conditioning  
only, wear  
athletic clothing  
and shoes.

## HOLIDAY PRACTICE ADJUSTMENTS:

Thanksgiving

\*No practice Nov.  
24th-26th.

\*Sat. Nov. 27th:  
Level 4-10  
9am-1pm

Christmas

\*No practice Dec.  
23rd-27th

\*Dec. 28th, 29th &  
30th:

Levels 4-10  
9am-1pm

\*No practice Dec.  
31st through Jan.  
2nd



These first few months back to school are tough as the kids transition back to reality of gymnastics AND academics; additionally, with the meet season being just around the corner it is crunch time, possibly adding stress for athletes.

Emotions are high and the athletes are exhausted by the end of the week. Learning the discipline of managing a challenging schedule and thriving through the “grind” is definitely a skill the athletes are learning and can continue to improve upon by pushing through the tired, hard days... **THAT IS WHEN ATHLETES GROW AND GET STRONGER BOTH MENTALLY AND PHYSICALLY.**

The bold letters were necessary because without conquering the hard times athletes will NEVER truly learn what they are capable of and gain the confidence to face challenge after challenge (in this sport and beyond). Our coaching philosophy is very intuitive, as we realize this time is challenging and have compassion for the athletes. We recognize the need for some lenience to a certain extent, and it is provided; however, we also have a responsibility to prepare these young ladies with the necessary tools re-

quired to be successful in the sport. We know there is a need for balancing when to push and when to pull back. This is GO time.

Gymnasts need to be focused on putting skills into routines which is a much different dynamic than isolated skills. The expectations in regard to form and technique have been raised as the athletes have had ample time and repetition of skills. This is hard, but it is also part of the sport and the goal is that athletes grow stronger and wiser with each new season. You grow through what you go through.

### Monthly Nutrition Tips

Training requires a lot both physically and mentally. Gymnasts can really gain an advantage with adequate rest and quality calories. Information will be provided monthly on the topic of sports nutrition specific to gymnasts by Betsy McNally Laouar, sports nutritionist. Betsy provides a monthly food guide for gymnasts with recipes, ideas and tips to help gymnasts fuel their workouts and properly recover. Her newsletter will be shared monthly. Proper nutrition can provide the advantage of increased energy and overall better performance.



# COMPETITION SCHEDULE



XCEL & DEVELOPMENTAL TEAM 2021-2022

Date	Competition	Location	Levels Attending
December 10 <sup>th</sup> – 12 <sup>th</sup>	MEGA Magic Classic	St. Joe's Mercy Elite Sports Center 18600 Haggerty Rd. Livonia, MI	Levels 4 through 10 Xcel Silver through Gold
December 18 <sup>th</sup> – 19 <sup>th</sup>	Holiday Show	Stars & Stripes	All Pre Team and Competitive Team
January 14 <sup>th</sup> – 16 <sup>th</sup>	Peter Goerguivev Classic	Thurston High School Redford, MI	Levels 4 through 10 Xcel Silver and Gold
January 28 <sup>th</sup> – 30 <sup>th</sup>	Athlete Warrior	Macomb Community College Sports & Expo Center Warren, MI	Levels 3 through 10 Xcel Bronze, Silver & Gold
February 4 <sup>th</sup> – 6 <sup>th</sup>	Grand Rapids Classic	Delta Plex Arena Grand Rapids, MI	Levels 4 through 10
February 18 <sup>th</sup> – 20 <sup>th</sup>	Cereal City Classic	Kellogg Arena Battle Creek, MI	Levels 4 through 10
March 4 <sup>th</sup> – 6 <sup>th</sup>	Clover City Classic	Brighton, MI (venue TBD)	Xcel Silver and Gold
March 4 <sup>th</sup> – 6 <sup>th</sup>	Tim Rand Invite	Broward County Convention Center Fort Lauderdale, FL	Level 9 & 10
March 10 <sup>th</sup> – 13 <sup>th</sup>	Luau Invite	Kalahari Sandusky, OH	Level 4 through 8 Optional for Xcel Silver and Gold, additional fees
March 25 <sup>th</sup> – 27 <sup>th</sup>	Level 9 & 10 State Championships	TBD	Level 9 & 10
April 8 <sup>th</sup> – 10 <sup>th</sup>	Level 7 & 8 State Championships	TBD	Level 7 & 8
April 21 <sup>st</sup> – 24 <sup>th</sup>	Level 9 & 10 Regional Championships	TBD	Level 9 & 10 <i>*additional fees apply</i>
April 22 <sup>nd</sup> – 24 <sup>th</sup>	Xcel Silver & Gold State Championships	TBD	Xcel Silver & Gold
April 29 <sup>th</sup> – May 1 <sup>st</sup>	Level 4 & 5 State Championships	TBD	Level 4 & 5
April 29 <sup>th</sup> – May 1 <sup>st</sup>	Level 7 & 8 Regional Championships	TBD	Level 7 & 8 <i>*additional fees apply</i>
May 5 <sup>th</sup> – 9 <sup>th</sup>	Level 9 National Championships	Rochester, NY	Level 9 <i>*additional fees apply</i>
May 6 <sup>th</sup> – 8 <sup>th</sup>	Xcel Gold Regional Championships	TBD	Xcel Gold – participation is optional <i>*additional fees apply</i>
May 12 <sup>th</sup> – 15 <sup>th</sup>	Level 10 National Championships	TBD	Level 10

*\* schedule subject to change*