

Monthly Team Newsletter

Summer News

COMPETITIVE & PRE TEAM: UNIFORM SIZING

At your athlete's assigned time you will come in the gym to size your athlete. Sample sizes will be provided. You will be in charge of filling out a uniform order form and signing that you confirm the sizes are correct, so please come in with your athlete when sizing. There are additional items you can add to your order if you wish to purchase them.

Hot Shots: Monday, August 4th @5:25pm

Hot Shots 1: Tuesday, August 5th @5:25pm

Hot Shots 2: Monday, August 4th @6:25pm

Gold/Platinum: Monday, August 4th @12:00pm

Silver: Monday, August 4th @3:30pm

Bronze: Tuesday, August 5th @3:00pm

All uniform sizing needs to be completed by Monday, August 11th.

Pre Team uniforms will arrive in October. Competitive members will receive their entire uniform package in December.



Practice Changes

AUGUST

- School Year Schedule begins August 25th

SEPTEMBER

- Closed Friday August 29th through Monday September 1st- Labor day break





COMPETITIVE TEAM: FLOOR ROUTINE CHOREOGRAPHY

Silver/Gold/Platinum athletes receive a new floor routines every 2 years. Floor routine choreography usually takes place between early August and late October.

WORD OF THE MONTH

CHARITY: helping people who need it. It can be giving food, clothes, money, or time to those who are poor, sick, or in trouble. People do charity to be kind and make the world a better place.

SCHOOL YEAR SCHEDULE

Hot Shots Monday/Wednesday 4:25–5:25pm

Hot Shots 1 Tuesday/Thursday 4:25–5:25pm

Hot Shots 2 Monday/Wednesday 4:25–6:25pm

Bronze Tuesday 6:15–8:15pm & Friday 4:30–6:30pm

Silver Tuesday/Thursday 4:30–7:00pm & Extra Practice Friday 4:30–6:30pm

G/P Monday/Wednesday 5:25–8:25pm & Extra Practice Thursday 5:25–8:25pm

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 wrap up the summer strong, Betsy focuses on the importance of hydration and the many ways you can pack in electrolytes and good vitamins and mineral.

This month Betsy provides four different hydration drink recipes and a “Chunky Monkey” rice cake bar, give them a try!

TEAM COMMUNICATION

TEAM WEBSITE/CALENDAR

Parent information is emailed and also posted on the competitive team page of the Stars & Stripes website. Additionally, on the team page there is a button for the team calendar. The school-year schedule is posted on the calendar and it reflects holidays and gym closings.

TEAM FACBOOK PAGE

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!



2025-2026 Competition Schedule

DATES	COMPETITION	LOCATION	LEVELS ATTENDING
January 9th-11th	PG Memorial	Livonia Athletic District Livonia, MI	Silver through Platinum
January 23rd-25th	Athlete Warrior	Macomb Community College Warren, MI	Silver through Platinum
January 30th- February 1st	Grand Rapids Classic	MSA Sports Spot, Grand Rapids, MI	Silver through Platinum
February 13th-15th	Presidential Classic *Optional travel meet*	ESPN Wide World of Sports at Walt Disney, Orlando, FL	Silver through Platinum
February 20th-22nd	Cereal City	Kellogg Arena Battle Creek, MI	Silver through Platinum
March 6th-8th	Silver State Championships	TBD	Silver
March 20th-22nd	Gold State Championships	TBD	Gold
March 27th-29th	Platinum State Championships	TBD	Platinum
April 24th-26th	Regional Championships *qualification required*	Location TBD Held in Kentucky	Gold and Platinum

*Subject to change

The exact date and times for competitions will be provided by the competition host club approximately 10-14 days before the competition weekend. Once we receive this information we will send it out via email.

Regional Championship: competitive team members at the Gold level and above have the opportunity to qualify to Regional championships via state meet. Regional championships are an additional fee and are typically held out of state (Michigan, Illinois Indiana, Ohio, and Kentucky).

Optional Travel Meet: this is an optional, additional meet for Team members. Please register by September 15th however, your account will not be charged until Nov 15th. The additional cost is \$229, register online through the parent portal (listed under 2025-2026 special event season) or call/text our business office.





2025-2026 Fun Meet Schedule

DATES	COMPETITION	LOCATION	LEVELS ATTENDING
November 1st	In House Fun Meet	Stars & Stripes Athletics	Hot Shots, Hot Shots 1, Hots Shots 2 & Bronze
December 6th & 7th	In House Fun Meet Jingle Bell Rock	Stars & Stripes Athletics	Hot Shots, Hot Shots 1, Hots Shots 2 & Bronze
January 23rd-25th	Athlete Warrior Challenge *Travel Fun Meet*	Oakland Expo Center, Waterford MI	Bronze
February 7th	In House Fun Meet	Stars & Stripes Athletics	Hot Shots, Hot Shots 1, Hots Shots 2 & Bronze
TBD	*Travel Fun Meet*	Stars & Stripes Athletics	Bronze
May 16th	In House Fun Meet	Stars & Stripes Athletics	Hot Shots, Hot Shots 1, Hots Shots 2 & Bronze

*Subject to change

Travel Fun Meets: The exact date and times for competitions will be provided by the competition host club approximately 10-14 days before the competition weekend. Once we receive this information we will send it out via email.



BETSY BOOTCAMP NUTRITION

Summer Strong August

AUGUST: The Final Stretch – Fuel and Hydration for Smart for Strong Finishes!

🦋 It's almost time to head back to school, but summer training isn't over yet! August is about staying consistent, refining your nutrition habits, and making sure you enter the competition season feeling strong and ready! This is also the HOTTEST month for most of the country so staying hydrated is CRUCIAL this month!

🔥 End-of-Summer Nutrition Focus:

🥑 Healthy Fats for brainpower and muscle recovery! (Avocados, nuts, olive oil)

🍠 Complex Carbs to fuel long workouts! (Sweet potatoes, whole grains, beans)

💧 Hydration! If you're sweating, you're losing electrolytes—so drink up!



AUGUST CHALLENGE: HYDRATE LIKE A PRO!

This month's focus will be on HYDRATION and the many ways you can pack in hydration, important electrolytes, vitamins and minerals into your game plan. Let's start with a recipe pack of amazing hydration recipes!





Citrus Electrolyte Drink

SERVINGS: 2

PREPPING TIME: 5

TOTAL TIME: 5 MIN

Ingredients

- 2 cups of water
- 1/4 cup of freshly squeezed orange juice
- 1/4 cup of freshly squeezed lemon juice
- 2 tablespoons of honey or maple syrup
- 1/8 teaspoon of sea salt

Directions

Make

- Mix all the ingredients in a pitcher.
- Stir well until the honey or maple syrup and salt are fully dissolved.
- Chill in the refrigerator or serve over ice.

This drink provides a good balance of electrolytes and natural sugars to help with hydration and energy.





Coconut Pineapple Electrolyte Drink

SERVINGS: 2

PREPPING TIME: 5 MIN

TOTAL: 5 MIN

Ingredients

- 2 cups of coconut water
- 1/2 cup of pineapple juice
- 1/4 teaspoon of sea salt
- 1 tablespoon of lime juice

Directions

- Combine all ingredients in a bottle or pitcher.
- Shake or stir until the salt is completely dissolved.
- Serve chilled.

Coconut water is naturally rich in potassium and, when combined with a bit of salt, helps replenish sodium lost through sweat.





Berry Electrolyte Drink

SERVINGS: 2

PREPPING TIME: 10 MIN

TOTAL TIME: 10 MIN

Ingredients

- 2 cups of water
- 1/2 cup of fresh or frozen mixed berries (such as strawberries, blueberries, and raspberries)
- 1 tablespoon of honey
- 1/8 teaspoon of sea salt
- 1/2 teaspoon of lemon juice

Directions

- In a blender, combine the water and berries.
- Blend until smooth.
- Strain the mixture through a fine mesh sieve to remove seeds, if desired.
- Stir in the honey, sea salt, and lemon juice until dissolved.
- Serve over ice or refrigerate until cold.

Berries add natural sweetness and antioxidants, making this drink both tasty and beneficial.





Watermelon Mint Hydration Drink

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients

- 2 cups of fresh watermelon chunks (seedless, if possible)
- 1 cup of water
- 1 tablespoon of lime juice
- 1/8 teaspoon of sea salt
- 4–5 fresh mint leaves (optional, for added freshness)

Directions

- Blend the watermelon chunks and water until smooth.
- Strain the mixture through a fine mesh sieve to remove any pulp (optional).
- Stir in lime juice and sea salt until fully dissolved.
- Add mint leaves for an optional refreshing twist.
- Serve chilled over ice or refrigerate until ready to drink.

Watermelon, with 92% water content, is a great natural hydrator and rich in potassium to balance electrolytes and reduce cramps. Lime juice adds vitamin C and flavor, sea salt replenishes sodium lost through sweat, and mint aids digestion



RECIPE OF THE MONTH:

Betsy Bootcamp Rice Cake Bar – “Chunky Monkey” Edition! 🍌🍫

Ingredients:

A fun, quick snack with carbs, protein, and healthy fats to keep you going!

- 1 plain rice cake
- 1 tablespoon almond, peanut, or sunflower butter
- 5-6 banana slices 🍌
- 1 tablespoon dark chocolate chips 🍫
- Drizzle of honey 🍯
- Sprinkle of chia seeds



Instructions:

Spread nut butter on the rice cake.

Layer banana slices on top.

Sprinkle with chocolate chips, honey, and chia seeds.

Enjoy the perfect pre- or post-workout snack!





SUMMER STRONG WRAP-UP: HERE IS WHAT YOU LEARNED AND DID THIS SUMMER!



June - Hydrate & set summer goals!



July - Build muscle with protein!



August - Stay consistent & finish strong!



Remember: Every rep, every meal, every choice adds up! Stay focused, stay fueled, and have FUN!



Keep working hard, gymnasts—you got this!

AUGUST TIPS: GET MENTALLY READY FOR BACK-TO-SCHOOL WHILE STAYING STRONG!

Ease Back Into Structure – Summer has been all about fun and freedom, but now's the time to gradually reintroduce routines. Start going to bed and waking up earlier to match your school schedule. Plan out your meals and snacks ahead of time, just like you would during the season, so your body (and brain!) are ready for the shift.

Plan Your "Grab & Go" Meals – Mornings will get busier, so start prepping easy, nutritious breakfasts and snacks that fuel you for the gym and school. Try overnight oats, smoothie prep bags, or hard-boiled eggs and fruit for a quick energy boost. Sticking to good nutrition habits now makes the school transition seamless and stress-free!

Soak Up the Last Weeks of Summer—But Stay Consistent! – You can enjoy summer fun while still staying on top of training and fueling your body. Plan one last beach day, sleepover, or family BBQ—but don't let lazy habits creep in. Stick to hydration, protein, and smart fueling so you start the school year feeling strong, not sluggish!

🏆 **Final Reminder:** A little planning now will make your back-to-school and season prep so much easier. Enjoy these last weeks, stay consistent, and step into fall feeling powerful, fueled, and ready to crush it! 🚀







MESSAGE FROM BETSY: THE PROMISE




Dear Gymnasts,

Wow, can you believe you survived the summer? All of the new conditioning, trying new foods and also having a ton of fun while doing it all. After all that hard work and dedication to training this summer, can you make me a promise? It would mean the world to me.




Here it is...will you promise me that you will continue to put forth 100 percent effort in your training and nutrition? I know, you are going to have bad days, and I want you to give yourself grace on those days, you can't be perfect. But if you can,,dig a little deeper this season. Think back to all of the hard work you put into your conditioning and EMBRACE the journey and hard work.



I promise you, your hard work WILL pay off hugely in new skills and confidence. I believe in you. Now, can you promise??

I know one thing, I promise to be here as a resource for you and your coaches and the whole gymnastics community! As long as you will have me.



Remember, live the FIFTH!

Betsy

