

Monthly Team Newsletter

WINTER NEWS!

JINGLE BELL ROCK HOLIDAY

We are so excited to see our amazing gymnasts perform in the Jingle Bell Rock this weekend! We can't wait to watch all their hard work and dedication come to life in such a fun and festive event. 🎄✨

TEAM: PRE SEASON MEETINGS

The focus of the meeting will include all necessary information regarding all aspects of competitions and how to have a successful season!

NEW Bronze Parents

Friday, January 16th @6:00pm held at Stars & Stripes

NEW Silver & Gold parents

NO Meeting, a slideshow will be sent via email within the month.

TEAM: FLIP FEST

SAVE THE DATE!! We will be attending Flip Fest Summer Gymnastics camp week 2- June 14th through 19th. This camp is located in Crossville TN! Bronze and up can participate. More details to come within the upcoming weeks!



Practice Changes

DECEMBER/JANUARY

- NO PRACTICE Gold & Platinum Monday, December 8th
- Tuesday December 23rd through Thursday January 1st: Holiday Break

FEBRUARY

- To be determined for the team travel meet





PRE TEAM: PAJAMA WEEK!

All pre team athletes are invited to wear their Pajamas to practice starting Tuesday December 16th through Monday December 22nd. Have athletes wear their leotard under their pajamas.

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!

SAVE THE DATE: PICTURE DAY

Team picture day will be Friday, February 6th. More details to come.

SAVE THE DATE: COMPETITIVE TEAM BANQUET

The competitive team banquet will be held on Friday, May 15th at 6:00pm for Silver, Gold and Platinum athletes. More information to come! The team sleepover will follow.

PRE TEAM: 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 our website for more information regarding clinics!

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.

WORD OF THE MONTH

Patience: waiting without complaining for what you want or need

Example: When you're learning a new skill –like a back handspring–you might want to get it right away. Patience is practicing it step by step, listening to your coach, and not getting frustrated if it takes time.



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	Oakland Expo Center, Waterford 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	Ypsilanti	Silver
March 20th-22nd	Gold State Championships	Livonia	Gold
March 27th-29th	Platinum State Championships	Washington Twp	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
February 27th - March 1st	Showtime Scholarship Spectacular *Travel Fun Meet*	Harvey Kern Community Pavilion	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.



MEET HOTEL

Information

GRAND RAPIDS CLASSIC

JAN 23RD-
FEB 1ST

GRAND
RAPIDS, MI

Once this information is made available, I will send an updated list.

CEREAL CITY

FEBRUARY
14TH-16TH

BATTLE
CREEK, MI

- DoubleTree by Hilton- 50 Capital Ave. SW
Battle Creek, MI

Newly renovated DoubleTree is attached to Kellogg Arena for your convenience and serves as the host hotel for Cereal City.

GROUP CODE when booking: CDTCCB

REMINDERS: #1. Specific competition session information will not be made available until approximately 2-4 weeks before the competition. It is possible athletes compete on Friday, Saturday or Sunday. It is advised to reserve rooms for the entire weekend, then make needed adjustments when the details are made available. Always check host hotel deadlines for cancellation and changes to avoid unnecessary changes.

#2. Please expect potential practice adjustment surrounding competition weekends. These arrangements will be distributed when session information is distributed.

Gymnasts Notes: WHAT IS INFLAMMATION?

- Inflammation is a normal healing response to short-term injuries.
- When it sticks around, it can block recovery and reduce gym performance.
- It's tied to many long-term diseases and it makes you feel **SORE**, have cloudy brain and tired!
- Lower your risk with good sleep, smart training and recovery, and an eating pattern that cuts processed foods while boosting fiber, healthy fats, omega-3s, and antioxidants.



- Build meals around whole plant foods and complex carbs; keep animal proteins moderate (greens and beans have protein!)
- Favor healthy fats and omega-3s: olive oil, walnuts, chia, avocado, salmon, sardines, shrimp.
- Swap processed foods for colorful, fiber-rich choices to calm inflammation and boost training.



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

CAROTENOIDS



POLYPHENOLS



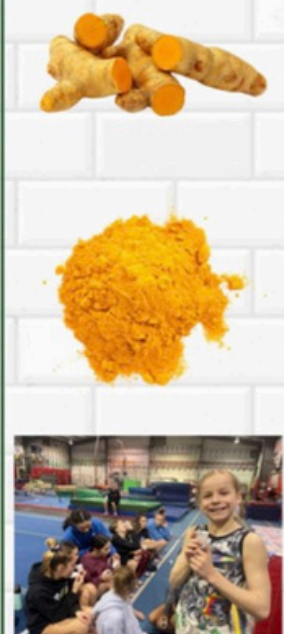
INDOLES



LIGNANS



CURCUMINOIDS



Anti-Inflammatory Breakdown: What helps, what hurts?

So now we know what inflammation it 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!

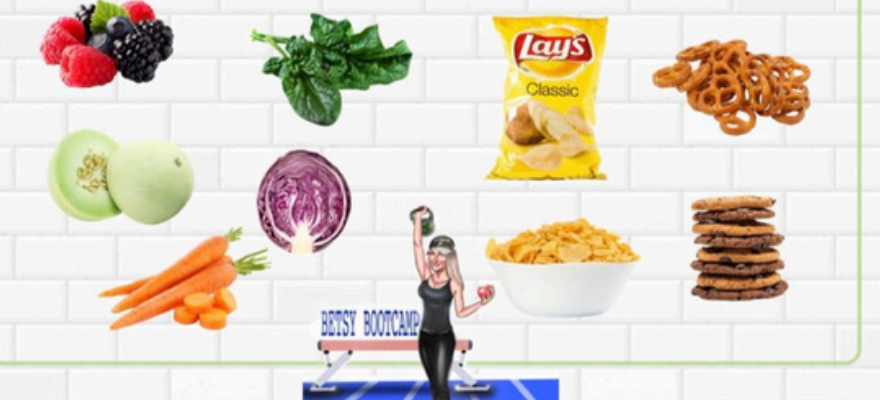
SATURATED FATS AND TRANS FATS (OMEGA 6'S) HURT!



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! 3 Tips to Remember!

Holiday treats are everywhere—sweets, pies, and processed snacks!!

Aim for more foods that calm inflammation; add them to your plate first!!

Enjoy a little, don't chase perfect. For more energy and less soreness, see the list 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

VEGETABLES

Broccoli

Carrots

Zucchini

Bok choy

Butternut
squash

Kale
Green Beans

5

STARCHES

Quinoa

Chickpeas

Sweet potato

Whole-grain
pasta

Brown Rice

Peas

4

FRUITS

Apples

Grapes

Blueberries

Oranges

Clementines

Kiwis

Bananas

Convenience items:

Jarred tomato sauce

Instant oatmeal

hummus

Frozen cauliflower rice

3

PROTEINS

Chicken

Beef

Shrimp

Salmon

Turkey

Tofu

2

FATS

Sesame seeds

Avocado

Walnuts

Pecans

Almonds

Olive oil

1

SEASONINGS

Lemon-Garlic

Turmeric

Cumin

Herbs De

Provence

Cinnamon

Suggested Meal Pairings

Breakfast: Oatmeal, bananas and
cinnamon

Lunch: Salmon, broccoli, quinoa

Dinner: Shrimp, whole grain pasta,
Kale salad

Betsy's Classic, Anti-Inflammatory 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!

