

Monthly Team Newsletter



Pre-Team Fun Meet Date Change

Please note that the Pre-Team Fun Meet originally scheduled for May 16th has been moved to June. Specific dates, times, and details will be announced soon. Thank you for your flexibility!

Practice Changes

FEBRUARY

- NO gold/platinum extra practice Thursday February 12th
- NO silver practice on Thursday February 12th and Friday February 13th
- NO bronze or silver practice Friday, February 20th
- NO bronze practice Friday, February 27th

MARCH

- SPRING BREAK March 30th – April 5th: CLOSED for all practices





TEAM: FLIP FEST

WHEN:

- Week 2, June 14th-19th

WHO:

- Bronze, Silver, Gold and Platinum athletes

REGISTRATION:

- Parents must go online to register their athlete (flipfest.com)

PAYMENT:

- Early bird cost- \$1099 UNTIL FEBRUARY 14th
- Cost after February 14th- \$1299
- Full tuition must be paid by MAY 1st
- You have the option to pay in full or set up a monthly installment plan with Flip Fest

MORE DETAILS

- Air fair and other travel related fees and information will be secured in the upcoming months
- Flip Fest prides itself on being a tech-free camp that limits phone use
- More details will continue to come regarding camp

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: COMPETITIVE TEAM BANQUET

The competitive team banquet will be held on Saturday May 30th at 6:00pm for Silver, Gold and Platinum athletes. More information to come! The team sleepover will follow.

MONTHLY NUTRITION

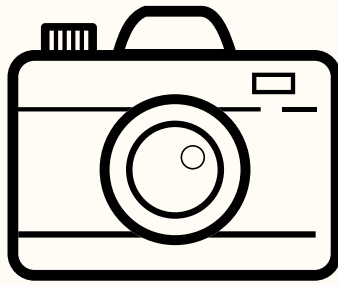
Each month the team newsletter contains nutritional tips, recipes and valuable information from sports nutritionist Betsy McNally Laouar - the best part, all of the information is specific to gymnasts!

Check out the recipe of the month: Chocolate-Dipped Strawberry Energy Bites, YUM!! This newsletter also provides great examples of meet day snacks that will fuel your athlete for competition day!

WORD OF THE MONTH

Fairness- means treating everyone kindly and equally, and following the rules so everyone gets a chance.

Example- If everyone in practice gets the same amount of time on the beam and the coach gives each gymnast a turn, that's being fair. Everyone gets a chance to learn and improve!



TEAM PICTURE DAY

Friday, February 6th

Hot Shots 4:25–4:55pm

Hot Shots 1 4:55–5:35pm

Hot Shots 2 5:35–6:15pm

Bronze 6:15–6:55pm —————→

Bronze athletes: we will end practice early for picture day, athletes need to come to practice with hair done and fun meet leotard on

Silver 6:55–7:35pm

G/P 7:35–8:15pm —————→

Platinum athletes ONLY: can wear their hair down. Keep it clean and neat (curled or straightened)

PLEASE ARRIVE 5 minutes prior to your scheduled start time, with hair done, leotard on and lined up ready to go!

WHAT TO WEAR:

Competitive team athletes need to wear their 2026–2026 long sleeve competition leotard with their meet hair do and silver scrunchie.

Pre team athletes need to wear their 2025–2026 team leotard with their fun meet hair do and silver scrunchie.



George Stewart Photography will be taking pictures of the athletes. After the athletes are done taking photos, they will be available for purchase on site.



PLATINUM

Saturday, February 14th

BLUE GYM, Session B08

Check-in @12:30pm

Competition Begins @1:00pm

Awards to directly follow

SILVER

Saturday, February 14th

BLUE GYM, Session B09

Check-In @3:30pm

Competition Begins @4:00pm

Awards to directly follow

GOLD

Saturday, February 14th

BLUE GYM, Session B10

Check-In @6:00pm

Competition Begins @6:30pm

Awards to directly follow

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NOTES FROM THE MEET DIRECTOR:

- The meet holds the right to start 30min before competition start time listed above, PLEASE arrive ON TIME to ensure a smooth meet experience
- ****ALLOW AMPLE TIME FOR ARRIVAL**** Anticipate busy sports traffic leading into the complex and parking lot, a considerable walk to the venues and athlete/coach check in

PRACTICE CHANGES:

- NO gold/platinum extra practice Thursday, February 12th
 - NO Silver Practice Thursday February 12th and Extra Practice on Friday, February 13th
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LOCATION

ESPN Wide World of Sports
at Walt Disney World
Orlando, Florida

ADMISSION

*Tickets need to be pre purchased
online using the link below. You can
purchase a single day event ticket
\$40.74 | 10+
\$30.42 | Child (3-9)



Cereal City Classic

A tradition of excellence

Gold

Friday, February 20th

Gym B, Session #4

Check-in @12:15pm

Competition Begins @12:45pm

Awards to directly follow

Platinum

Saturday, February 21st

Gym A, Session #9

Check-In @12:30pm

Competition Begins @1:00pm

Awards to directly follow

Silver

Saturday, February 21st

Gym B, Session #10

Check-In @ 11:30am

Competition Begins @ 12:00pm

Awards to directly follow

PRACTICE CHANGES:

There will be NO SILVER extra practice Friday, February 20th.

LOCATION

Kellogg Arena
Battle Creek, MI

ADMISSION

Cash & Credit Card (4% fee)
\$20 | Senior(60+) & Military w/ ID
\$25 | Adult (18-59)
\$15 | Child (5-17)
Children 4 & under Free



BRONZE

Friday, February 27th

Check-in @3:45pm

Competition Begins @4:15pm

Awards to directly follow

PRACTICE CHANGES:

NO Bronze practice due to competition on
Friday February 27th

LOCATION

Harvey Kern Community Pavilion
599 Weiss St
Frankenmuth, MI 48734

ADMISSION

\$20 | Adult (11+)
\$15 | Military/Senior 60+
\$10 | Child (4-10)

Pre Team FUN MEET

★ FEBRUARY 7TH ★

TIMES:

Hot shots & Hot Shots 2- 12:45-1:45pm
Hot Shots 1 & Bronze- 2:00-3:00pm

Each fun meet will last approximately 30-60 minutes. The gymnasts will showcase their skills on all 4 events and receive an award at the end of their performance.

ARRIVAL:

- Please have your gymnast arrive **15 minutes** prior to their start time and line up at the check-in table.
- Upon arrival, gymnasts and spectators need to enter through the middle door of the building. The athletes will get checked in and the spectators can find seating.
- Athletes should wear their 2025-26 team leotard and scrunchie with their hair in a bun for the fun meet.



The Love Month!

February Betsy Bootcamp Nutrition News

NEWSLETTER FOR BETSY BOOTCAMP THE FIFTH EVENT!

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INSIDE THIS MONTH'S ISSUE:

**Energy Drinks
& Gymnasts:
What's Really
Happening**

**Foods That
Support Focus
and
Confidence**

**In-Season
Snacks**

Welcome February!

Energy drinks don't create energy. They stimulate the nervous system. And that is not the same thing.

FOR GYMNASTS THIS LOOKS LIKE:

JITTERY WARM-UPS

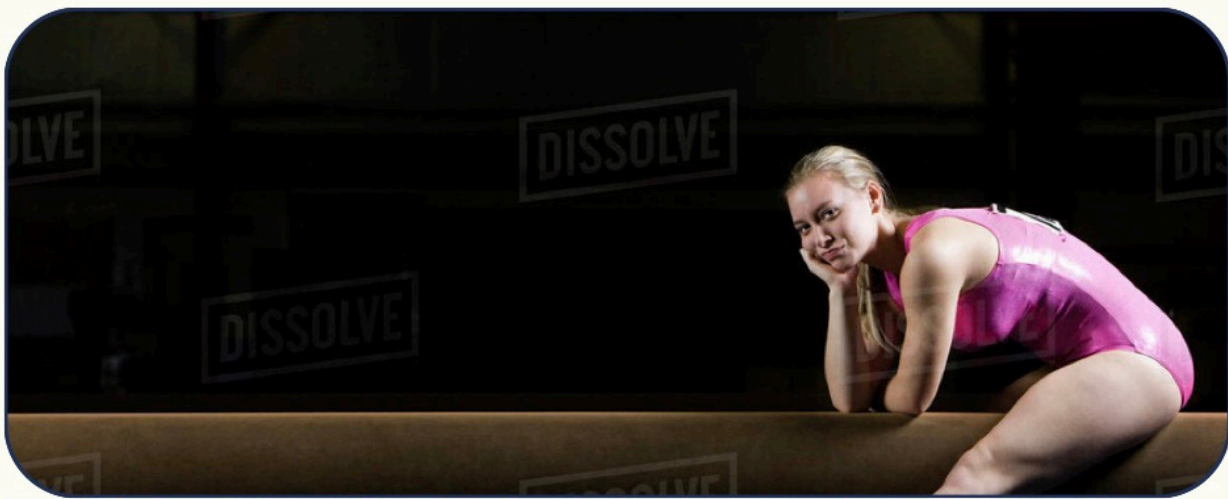
INCREASED ANXIETY

TROUBLE FOCUSING ON DETAILS

UPS AND DOWNS IN ENERGY MID-MEET

**POOR SLEEP-POOR RECOVERY-LOWER
CONFIDENCE**





The Issues with Energy Drinks

Sometimes athletes need a quick pick me up at the end of a school day. They may turn to a quick energy drink or caffeine dense option to get them “over the hump.”

Gymnastics already demands precision, body awareness, and calm focus. Overstimulating the nervous system works against that. Gymnasts don’t need more stimulation, they need steady FUEL

There are MUCH better options than chugging that Energy Drink!

Try these options instead of grabbing that drink:

1. Chocolate milk and banana: loaded with potassium, magnesium, protein and natural sugar
2. Toast with peanut butter, dark chocolate chips and honey: protein and healthy fat for sharp focus and satiety. Magnesium from cacao for brain connection!
3. Greek yogurt with berries: protein and simple sugars. Provides an excellent preworkout snack.



Fatigued during practice? Try water with a pinch of sea salt and squirt of lime juice



Note From Betsy To Parents

Myth: "They're active, so energy drinks are fine."

Truth: Active kids need better fuel, not stronger stimulants.

If your gymnast seems tired, emotional, or flat this time of year — it's rarely laziness.

They're growing.

They're training hard.

And many are simply under-fueled.

Some are taking in too many energy drinks.

Small nutrition shifts can make a big difference in focus, confidence, and consistency.

This Month's Parent Challenge

Pick one swap with your kid:

- Replace one energy drink with a real snack
- Add one confidence-supporting food this week (more in the next section)
- Practice one competition snack before the next meet (see the last page)

Small changes add up.

Fuel the fifth event — it matters more than most people realize.

— Betsy

Parents Practice the Fifth Event Too!





Need More Focus and Confidence During Competition Season?

FOR MENTAL ACUITY AND FOCUS DURING THE COMPETITION SEASON, GYMNASTS NEED LOTS OF HEALTHY BLOOD FLOW, HEALTHY FATS (OMEGA 3'S) PROTEIN, IRON AND CARBS! HERE ARE MY FAVORITES FOR COMPETITIONS SEASON:

EGGS: BRAIN SIGNALING



OATS: STEADY GLUCOSE



BERRIES: BLOOD FLOW TO THE BRAIN



SALMON/TUNA: OMEGA 3'S

FOR NERVES:

COMPLEX CARBS (FRUITS AND VEGGIES)

MAGNESIUM RICH FOODS LIKE:

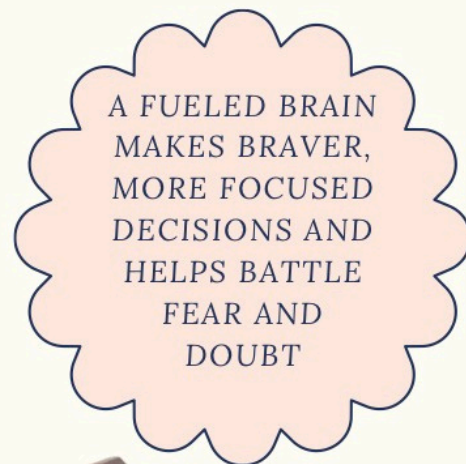
NUTS

SEEDS

DARK CHOCOLATE!



Confidence comes from a brain and body that feels SUPPORTED!



A FUELED BRAIN
MAKES BRAVER,
MORE FOCUSED
DECISIONS AND
HELPS BATTLE
FEAR AND
DOUBT





Valentine's Day Recipe

Chocolate-Dipped Strawberry
Energy Bites

INGREDIENTS:

1 ½ cup ROLLED OATS

**½ cup PEANUT BUTTER OR
SUNFLOWER BUTTER**

⅓ cup HONEY

⅓ cup MINI DARK CHOC CHIPS

**½ CUP FREEZE-DRIED
STRAWBERRIES/CRUSHED**

DIRECTIONS

1. Crush strawberries (if using): Put freeze-dried strawberries in a bag and crush with a rolling pin (or pulse quickly in a blender).
2. Mix: In a bowl, stir together oats, nut/seed butter, honey, chocolate chips, and crushed strawberries (plus salt if using). Mix until it becomes a thick dough that holds together when you squeeze it.
3. Chill (helps a lot): Refrigerate the dough 10–15 minutes so it's easier to shape.
4. Shape: Scoop about 1 tablespoon per bite and roll into balls. For hearts, roll into a ball first, then gently press and pinch the top into a heart shape.
5. Set: Chill the bites 20 minutes so they firm up for packing.





What Should Be In Your Competition Season Snack Bag?



Applesauce



Fig Bars



**Rice Cakes
with Nut
Butter**



Fresh fruit



**Beef, turkey
or salmon
jerkey**



Dried Fruit