



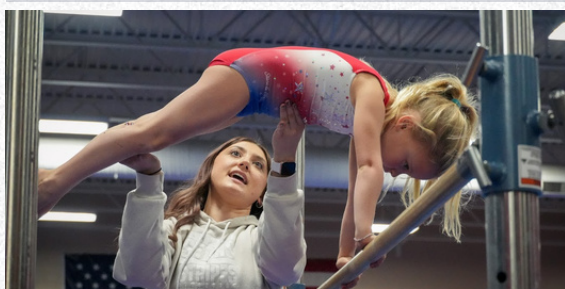
MONTHLY TEAM NEWSLETTER

START HERE, THRIVE EVERYWHERE: THE PURPOSE BEHIND THE PROCESS

As we begin a new season, our focus is on building the foundation that makes every future skill possible. Summer is our opportunity to strengthen the basics—refining body shapes, improving technique, developing strength, and reinforcing proper form. While new skills are certainly on the horizon, lasting progress begins with mastering the fundamentals.

For our newest Pre Team athletes, this may mean transitioning from recreational classes into the precision and consistency expected in competitive gymnastics. For our returning team athletes, it's the time to strengthen the foundation needed for upgrades throughout the season. Strong basics, quality movement, and purposeful conditioning are what allow athletes to safely and confidently progress to more advanced skills.

In gymnastics, the fundamentals never become less important. The athletes who continue to improve year after year aren't simply the ones who learn the most skills—they're the ones who continually refine the basics along with prioritizing strength and flexibility. A strong foundation doesn't just support the next skill; it supports every skill that follows.



USA GYMNASTICS 2026-2027 MEMBERSHIP BRONZE TEAM MEMBERS & UP

Athletes who have USA Gymnastics memberships from the 2025-2026 season will receive an email from USA Gymnastics will renewal instructions - please complete the renewal no later than July 31st.

New team members will receive an email directly from USA Gymnastics with a membership invite. It is important to complete all necessary steps payment no later than July 31st.

All team members at the Bronze level and above are must have a USA Gymnastics membership to be eligible to participate in USA Gymnastics sanctioned competitions.

POWERFUL WORD OF THE MONTH: COMMITMENT

As Dr. Robyn Silverman (creator of Powerful Words Character Development) says, "Commitment turns goals into action, practice into progress, and promise into trust."

Commitment is what helps athletes stay consistent, work through challenges and continue improving—even when progress takes time. It's a skill that builds success not only in sports, but in school, at home, and throughout life. Coaches will incorporate this word during practice.

Athletes will receive a Powerful Project to complete at home each month (optional). Completed projects are entered into our monthly prize drawing, reinforcing the lessons learned both in and out of the gym.

UPCOMING EVENTS & PRACTICE CHANGES

COMPETITIVE TEAM CAMP
JULY 27TH - 30TH
9AM-12PM

Regular practice does NOT take place the week of team camp.

PRE TEAM CAMP
AUGUST 3RD - 6TH
1-4:00PM

Gymnasts bring a water bottle and healthy snack each day. Regular practice does NOT take place the week of pre team camp.



TEAM FACEBOOK GROUP

Join the Stars & Stripes Competitive Team Facebook page - another great way to stay in the loop. Information is posted here (in addition to being emailed). Photos are also shared here from practices, camps and meets.

COMMITMENT

JULY 2026



POWERFUL WORDS

CHARACTER DEVELOPMENT

PARENTS PERCH

Young students: "I make a promise...and keep it!" ("And I finish...what I start!")

Older students/teens/adults: Following through with our promises even when it's tough or we don't feel like it.

- WEEK 1** Commitment defined: What commitments have we made?
WEEK 2 Strengths and challenges: How do they affect my commitment level?
WEEK 3 Making and breaking commitments: How do our actions affect people?
WEEK 4 Don't give up! How do we regroup, start over, or keep going?

Dear Family,

This month, we will focus on the character word commitment. Our Power-Chat discussions and activities will help children understand the importance of committing to goals and following through on promises, even when it's challenging. We will also encourage children to put commitment into action at home, at school, and in the community.

Commitment is a promise to do something now or in the future. It lets others know, "You can count on me," and it reminds us not to give up before the commitment is complete.

Teaching children to make and keep commitments can be challenging, especially when their interests and desires change quickly. Still, practicing commitment early helps children learn how to

honor their promises later in life. Each time they commit and follow through, they build perseverance, responsibility, and dedication.

Research reminds us that successful people are not always the most talented; often, they are the most committed. They have the grit to finish the task at hand and keep going when things get tough.

We can help children build commitment by encouraging them not to quit when something is difficult, not to shrink away from challenges, and not to let failure or criticism define them. Children also learn commitment by watching trusted adults keep their word and by being encouraged to follow through themselves.

As always, one of the best ways to reinforce Powerful Words is by modeling strength

of character ourselves. Share with your children the ways you have shown commitment, even when you felt frustrated, tired, or tempted to quit.

Ask your family;

- How have you shown commitment recently?
- What's one way you can show commitment this month?

Thank you for your support. You are pivotal in helping to make our school one of the best personal development centers in the world.

Best regards,
Your Motivated and Dedicated
Instructors

UPCOMING POWERFUL WORDS

AUGUST
SEPTEMBER
OCTOBER

SPORTSMANSHIP
ATTITUDE
TRUSTWORTHINESS

Betsy's Summer Strong Edition

JULY NUTRITION NEWS

BY BETSY MCNALLY, AUTHOR OF YOU CAN'T FLIP ON EMPTY

Halfway
Through...
Just Getting
Started!



Can you believe we're already halfway through summer?

While it may feel like the season is flying by, you still have weeks of training ahead. Every practice, every meal, and every good choice you make now is helping prepare you for a stronger competition season this fall.

This month, I want you to think beyond muscles.

Gymnastics is a brain sport just as much as it is a physical sport. Every routine requires focus, quick decision making, balance, body awareness, memory, confidence, and reaction time. Your brain is working just as hard as your body every single practice. The good news? You can feed your brain the same way you feed your muscles.



Here are four Brain Boosting Foods to add to your plate this month:

Blueberries

Packed with antioxidants that help protect brain cells and support memory and concentration.



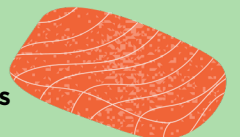
Leafy Greens

Spinach, kale, and other dark greens provide vitamins and nutrients that support learning, focus, and healthy brain function.



Omega 3 Foods

Salmon, tuna, walnuts, chia seeds, and flaxseed contain healthy fats that help your brain communicate quickly and efficiently. They're especially important for concentration and reaction time.



Colorful Fruits and Vegetables

The more colors on your plate, the more vitamins and antioxidants you're giving your brain to help it perform at its best.

Remember...

A strong body can only perform as well as the brain controlling it.

BRAIN BOOSTING BLUEBERRY POWER SMOOTHIE



Ingredients

1 cup milk (or your favorite dairy free milk)

½ cup Greek yogurt

1 cup frozen blueberries

1 handful fresh spinach

½ banana

1 tablespoon ground flaxseed or 2 tbs chia seeds

1 teaspoon honey (optional)

A few ice cubes

CHALLENGE OF THE MONTH: SEE IF YOU CAN EAT ONE BRAIN BOOSTING FOOD EVERY SINGLE DAY IN JULY. YOUR BODY AND YOUR BRAIN WILL THANK YOU!



◆ Directions ◆

Blend until smooth and enjoy before a workout, after practice, or as a healthy snack.

This smoothie is loaded with protein, antioxidants, leafy greens, and Omega 3s to help fuel both your muscles and your mind.

SKIP THE ENERGY DRINKS. FUEL REAL ENERGY INSTEAD!

Summer training is demanding, and it's tempting to reach for an energy drink when you're feeling tired. But for growing athletes, the best source of energy doesn't come from a can.

Recent recommendations from pediatric health experts continue to advise that children and teens avoid energy drinks because of their high caffeine content and added stimulants. Many popular energy drinks contain 200 to 300 mg of caffeine, while experts recommend that teens consume no more than 100 mg per day, and many pediatric organizations recommend avoiding them altogether. The under 10 crowd shouldn't drink caffeine at all according to these studies.

Dehydration of just 2% of your body weight can decrease athletic performance, concentration, reaction time, and coordination. Before reaching for caffeine, ask yourself one question: "Am I actually tired...or am I dehydrated?"

During the summer, gymnasts don't just sweat in the gym. Swimming, playing outside, biking, sports camps, beach days, and vacations all add up. By the time practice begins, many athletes are already behind on fluids.

Three Natural Energy Boosters

1. Hydrate Before You're Thirsty

Don't wait until practice to start drinking. Sip water throughout the day, especially if you've been outside. Add water rich foods like watermelon, strawberries, oranges, cucumbers, grapes, and tomatoes to help replace fluids naturally.



2. Replace the Electrolytes You Sweat Out

Potassium is one of the key minerals lost through sweat. It helps muscles contract properly and supports healthy nerve function. Great choices include bananas, potatoes, Greek yogurt, avocados, beans, and cantaloupe.



3. Choose Food That Gives Lasting Energy

Energy drinks provide a quick spike, but real food provides lasting fuel. Try Greek yogurt with berries, a banana with peanut butter, or whole grain toast with turkey before practice for steady energy that lasts.



Betsy's Summer Challenge

This week, skip the energy drinks and challenge yourself to:

- Carry a water bottle everywhere you go.
- Eat one water rich fruit or vegetable every day.
- Include one potassium rich food after practice.

Remember: The best energy doesn't come from caffeine. It comes from smart nutrition, proper hydration, and fueling your body consistently.

You Can't Flip on Empty.

SUMMER POWER SALAD



Ingredients

- Grilled chicken
- Mixed greens
- Strawberries
- Blueberries
- Cucumber
- Feta cheese
- Balsamic dressing



Why it works:

This meal provides protein for recovery, carbohydrates for energy, and plenty of fluids from the fruits and vegetables.

TROPICAL RECOVERY BOWL



Ingredients

- Rice or quinoa
- Grilled chicken or shrimp
- Mango
- Pineapple
- Avocado
- Red peppers
- Lime juice



Why it works:

Athletes get carbohydrates to refill energy stores, protein for recovery, healthy fats, and potassium rich fruits that support hydration.

ASK BETSY



Have a nutrition question?

Every month I'll answer one athlete question in the newsletter.

Some examples:

- **WHAT SHOULD I EAT BEFORE PRACTICE?**

- **IS BREAKFAST REALLY IMPORTANT?**

- **WHY AM I TIRED DURING WORKOUTS?**

- **WHAT SHOULD I PACK FOR A MEET?**

SEND YOUR QUESTIONS TO YOUR COACH AND MAYBE YOURS WILL BE FEATURED NEXT MONTH!





THE FIFTH EVENT

At every camp I teach, I remind athletes that nutrition is the Fifth Event.

You practice vault.

You practice bars.

You practice beam.

You practice floor.

But the event that supports all four is nutrition.

The athletes who consistently fuel their bodies often have more energy, recover faster, stay healthier, and enjoy the sport more. As you move through the second half of summer, keep showing up, keep working hard, and keep fueling your body.

Your future self will thank you.

Remember:

You Can't Flip on Empty.

Betsy McNally

Sports Nutritionist

Betsy Bootcamp

Author of You Can't Flip on Empty

