

Monthly Team Newsletter

2026 Summer Schedule- Starts July 6th



Hot Shots Monday/Wednesday 4:25-5:25pm
 Hot Shots 1 Tuesday/Thursday 4:25-5:25pm
 Hot Shots 2 Monday/Wednesday 4:25-6:10pm
 Bronze Tuesday/Thursday 1:00-3:00pm
 Silver Tuesday/Thursday 4:15-6:45pm, Extra
 Practice Friday 11:30-1:30pm
 Gold/Platinum Monday/Wednesday 5:25-8:25pm,
 Extra Practice Friday 9:00-11:30am
 *Subject to change

Summer Camp Dates

Team Camp July 27th-30th, 9:00-12:00 (Silver, Gold, Platinum)
 Pre Team Camp August 3rd-6th, 1:00-4:00 (All Hot Shots levels and Bronze)
 *Summer camp replaces normal practice for the week

Practice Changes

JUNE

- Competitive team June practice changes on next page
- NO bronze practice Friday, June 26th due to fun meet

JULY

- 4th of July Break- June 29th through through Sunday, July 5th (ALL pre team levels)
- 4th of July Break- Wednesday, July 1st through Sunday, July 5th (Silver/Gold/Plat.)





LAST DAY OF SCHOOL YEAR

PRACTICE SCHEDULE:

Bronze- Tuesday, June 23rd
Hot Shots- Wednesday, June 24th
Hot Shots 2- Wednesday, June 24th
Hot Shots 1- Thursday, June 25th
Gold & Platinum- Monday, June 29th
Silver- Tuesday, June 30th

SUMMER PLACEMENTS & EVALUATIONS

All Hot shots levels & competitive team members have received summer placements and summer information.

All Hot Shots levels & competitive team members will receive end of the season evaluations in June.

COMPETITIVE TEAM: JUNE

PRACTICE CHANGES

Week of June 14th-19th

- No practice for Silver, Gold, or Platinum due to Flip Fest.

Week of June 22nd

- Monday 6/22, Tuesday 6/23 and Wednesday 6/24: Practice will run on the normal schedule for all levels.
- Thursday 6/25:
 - Silver: normal practice 4:30-7:00
 - Gold, and Platinum: NO extra practice (moved to Friday)
- Friday 6/26: Silver, Gold, and Platinum: Optional extra practice 2:00-4:00pm

Week of June 29th- we added practice!

- Monday 6/29: Gold and Platinum 5:25-8:25pm
- Tuesday 6/30: Silver 4:30-7:00pm

4th of July Break

- We will be closed Wednesday, July 1st through Sunday, July 5th

MONTHLY NUTRITION

As summer training begins, focus on the basics that have the biggest impact on performance: maintain a consistent sleep schedule with 8-10 hours of sleep each night, prioritize protein at every meal to support muscle growth and recovery, and stay hydrated throughout the day by drinking plenty of water and including natural electrolytes from foods like fruit, vegetables, dairy, and a pinch of sea salt.

Small, consistent habits will help you stay healthy, recover better, and get stronger all summer long.

WORD OF THE MONTH

SELF-RELIANCE: Self trust, relying on your own judgements, powers or abilities to get things done

Example:

- A gymnast independently completes her conditioning assignments and stretching routine without being reminded.
- A gymnast checks her grips, equipment, and warm-up routine before practice, taking responsibility for being prepared and ready to train.



Grand Finale

FUN MEET

FRIDAY JUNE 26TH



★ **TIMES:**

Hot shots & Hot Shots 2- 5:00-6:00pm
Hot Shots 1 & Bronze- 6:15-7:15pm

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.

**PRACTICE CHANGE: NO BRONZE PRACTICE
FRIDAY, JUNE 26TH DUE TO THE FUN MEET
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.



JUNE Newsletter

Summer Starts Now!

Build the Foundation:
Why June Matters More Than You Think

Hello Summer Strong Families,

June is where everything begins. Upgrades, no routines and no pressure. Time to have fun but also build toward bigger skills and your future seasons! After a long season, a reset is what you need! What you do in June will determine how strong, energized and prepared you feel by the preseason.





Betsy's Point of View: What I'm Seeing Right Now

Gymnasts are:

- Sleeping inconsistently
- Skipping meals
- Grazing instead of eating
- Drinking less water than they think
- Saying "I'm not hungry" but feeling exhausted

Sound familiar?

This is normal but it's also where we lose progress if we don't tighten things up.



YOUR JUNE PRIORITIES (KEEP IT SIMPLE)

1

- Sleep is your secret weapon
- Summer is not a free-for-all.
- You should still aim for 8-10 hours consistently. Try to keep the same bedtime. Same wake time (within reason).

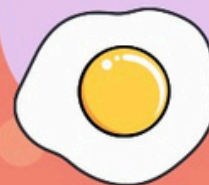


2

- Protein = Muscle Building Season
- This is when we actually BUILD after training with The Summer Strong program.

Here are your protein go-tos:

- Eggs
- Greek yogurt
- Chicken
- Beef
- Protein smoothies
- Green Leafy Veggies (yes they have protein)
- Legumes/Nuts or Seeds if vegetable protein is your preference
- Every meal should have protein. Not just dinner.

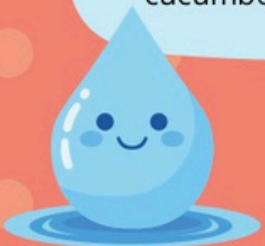


3

- Hydration is not optional
- Most gymnasts are walking around dehydrated. Hydration should be your fifth event especially in the summer

Goal:

- Drink water all day, 3/4 of your body weight in ounces.
- Add real food electrolytes not just electrolyte drinks (pink sea salt, fruit like melons and vegetables like cucumbers, dairy foods like yogurt and cheese)



Summer Strong Hydration Recipes

Two Easy Summer Hydration Drinks:

These are simple, effective and way better than sports drinks.

2. Watermelon Cooler

- Blended Cup of fresh watermelon (use a bullet or vitamix if possible)
- Splash of lime juice
- Pinch of salt
- Drink!

1. Citrus Salt Refresher

- 10 ounces of water
- 1/4 cup of Fresh lemon and fresh orange juice
- Pinch of sea salt
- Drizzle of honey
- Blend it together!



4 Tips for Getting Into a Summer Routine

The summer schedule change can be overwhelming. Start small and build on these simple, easy to follow tips:

- Wake up within the same 1-hour window daily

- Eat breakfast within 30 minutes of waking

- Plan 2-3 structured meals each day around your training schedule (not just snacks)

- Set a "wind-down" time at night and keep fun activities part of your summer life. Enjoy time with friends and family but remember your training is also important.

