



# Monthly Team Newsletter

## 2026 Summer 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/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

### MAY

- Closed May 23rd-25th: Memorial weekend
- NO PRACTICE Silver/Gold/Platinum May 27th due to championships banquet

### JUNE

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





## 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 & Bronze have received summer placements and evaluations will go out in late May.

Current competitive team members will receive summer information, placement letters and evaluations in late May.

## 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 we head into the off-season, May is all about recovery and rebuilding for our gymnasts. After a long competitive season, this is the perfect time to rest, reset, and focus on proper nutrition to help the body heal. The right foods play a big role in reducing inflammation, repairing muscles, and supporting joint health.

Key nutrients like omega-3 fats, protein, whole carbohydrates, and colorful fruits and vegetables help athletes recover stronger and prepare for summer training. Vitamins and protein are especially important for bone strength, muscle repair, and overall health.

## WORD OF THE MONTH

**KINDNESS:** showing care, concern and consideration for others without expecting anything in return.

Example: Kindness in gymnastics can look like cheering for your teammates during practice. If a teammate is nervous to try a new skill, you might say, "You've got this!" or give them a high-five after they go—just to support them, not because you expect anything back. It's all about helping your teammates feel confident, included, and supported.

# KINDNESS

MAY 2026



# POWERFUL WORDS

## CHARACTER DEVELOPMENT

## PARENTS PERCH

**Young students:** "Caring words, kind actions!"

**Older students/teens/adults:** Showing care, concern and consideration for others without expecting anything in return.

- WEEK 1** Kindness defined: What is kindness & how do I show it?
- WEEK 2** Kind opportunities: Where and when can I show kind actions?
- WEEK 3** Rewards & consequences: What happens when I am kind vs mean?
- WEEK 4** Kind people: How can we celebrate and appreciate those who help us?

Dear Family,

This month we will focus on the powerful word, kindness.

Kindness is shown through caring words and thoughtful actions that let others know they matter. Kind people notice how others are feeling. They show empathy, offer help, and look for ways to make life a little better for someone else.

When children choose kindness, they help create a more caring, respectful world for everyone around them.

Kindness is an important part of friendship, leadership, and strong relationships. It is also a vital life skill that helps children connect well with others in school, at home, and in their communities. Even at a young age, children can often recognize when someone needs help, comfort, or

encouragement, and many truly want to respond.

Research continues to show that children who are helpful, caring, and cooperative, are better equipped for long-term success. Academic skills matter, of course, but so do empathy, communication, and the ability to get along with others.

As part of kindness month, we'd love to encourage our students to think of meaningful ways to show kindness every day. Could your child complete 10 acts of kindness this month? 25? 50?

Acts of kindness do not need to take a long time or cost money. Holding the door for someone, helping clean up, including another child, using respectful words, writing a kind note or apologizing sincerely, are all ways children can practice kindness.

One of the most important lessons we can teach our children is that kindness is not just something we talk about. It is something we do. Encourage your child to practice one, two, or even three acts of kindness each day. Small actions add up. Talking about those moments at mealtime, in the car, or before bed can help kindness become part of everyday life.

Thank you for your support. You play an important role in helping us become one of the best personal development centers in the world.

Best regards,

Your Motivated and Dedicated  
Instructors

### UPCOMING POWERFUL WORDS

<b>JUNE</b>	SELF-RELIANCE
<b>JULY</b>	COMMITMENT
<b>AUGUST</b>	SPORTSMANSHIP

# You're Cordially Invited

AN EVENING DEDICATED TO THE COMPETITIVE GYMNASTS  
RECOGNIZING THEIR EFFORTS ALONG WITH A CELEBRATION  
OF A FANTASTIC COMPETITIVE SEASON!



SATURDAY  
MAY  
30TH

FOUNTAINS IN CLARKSTON  
6060 Maybee Rd.  
Clarkston MI, 48346

START  
6:00 PM

**WHO IS INVITED:** COMPETITIVE TEAM MEMBERS AND THEIR FAMILIES (SILVER, GOLD, AND PLATINUM).

**COST:** \$39 PER GUEST, INCLUDES DINNER, DESSERTS, PHOTO BOOTH AND FUN!

**REGISTRATION:** BEGINS NOW! FAMILIES CAN ONLY REGISTER THROUGH THE BUSINESS OFFICE OVER THE PHONE, TEXT MESSAGE AT 248-971-7440 OR IN PERSON (ONLINE REGISTRATION IS NOT POSSIBLE FOR THIS EVENT).

**TEAM SLEEPOVER:** THE SLEEPOVER WILL FOLLOW THE BANQUET INCLUDING ALL COMPETITIVE GYMNASTS. DROP OFF WILL BE DIRECTLY AFTER THE BANQUET. PICK UP WILL BE THE FOLLOWING MORNING AT 9AM.





# Grand Finale

# FUN MEET

FRIDAY JUNE 26TH

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★ **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!**

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★ **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.



# NUTRITION NEWS FOR GYMNASTS

## BETSY BOOTCAMP

### MAY EDITION



## IT'S RECOVERY TIME!



The competitive season is over. For many gymnasts, May is a time to breathe, reset, and begin preparing for the next phase of training. But recovery isn't just about taking time off. Recovery is also about nutrition. The right foods can help joints heal, muscles rebuild, and energy return after a long season.

If you finished the season, you already achieved something meaningful!!

Here are four ways to celebrate yourself:

1. Reflect on your progress this season
2. Write down three skills you improved on!
3. Thank a teammate or coach who helped you :)
4. Spend time doing something fun outside the gym with friends and family

### In this letter you will learn:

- \*Five ways to help your joints recover after the season
- \*The recovery vitamin trio you must have this off season!

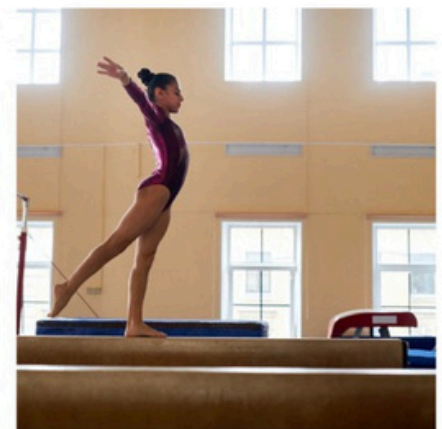
### You will also learn...

- \*How to celebrate your season with anti-inflammatory foods.

## TIME TO HEAL



*Time For Healing. It's been a long season. How you take care of your body in May will show up in your summer training. Read more for tips!*





After months of pounding, landings, and impact, joints need support.

Certain nutrients help repair tissue and reduce inflammation.

### 1) Omega-3 fats-

Found in salmon, walnuts, and chia seeds. These fats help calm inflammation in joints and **tissues.**

### 2) Collagen-supporting foods-

Bone broth, eggs, and protein help support connective tissue.

### 3) Colorful fruits and vegetables-

Blueberries, cherries, and leafy greens provide antioxidants that help repair damaged cells.

## Five Ways Food Helps Your Joints Recover

### 4) Whole carbohydrates-

Carbs restore glycogen and reduce muscle breakdown. Grains, potatoes, beans, pasta.

### 5) Adequate protein-

Protein provides the building blocks for tissue repair and muscle rebuilding: fish, chicken, soy, legumes.

*These are my top five ways to help your joints! Do NOT forget about vitamin C dense foods as well like citrus, cruciferous veggies and tons of green foods. Vitamin c and protein together build COLLAGEN which is the strongest tissue in our bodies.*



# The Recovery Vitamin Trio

## Vitamin D

Vitamin D supports bone health, muscle strength, and immune function.

Many athletes are low in Vitamin D, especially after winter.



Foods include:

- salmon
- egg yolks
- fortified milk
- sunlight exposure

*You can't go wrong with these **THREE** vitamins for recovery of bones, brain, skin and tendons*



**PROTEIN** Essential for tissue and bone growth

- eggs
- chicken
- fish
- yogurt
- beans
- tofu



## Vitamin K

It works with Vitamin D to support bone health and proper calcium use.

Foods rich in Vitamin K include:

- spinach
- kale
- broccoli
- Brussels sprouts

These foods are simple but powerful for skeletal health.



## How Much Protein Should An Athlete Take in?

**1.2-2.0 grams per kg of bodyweight each day**

# CELEBRATE THE SEASON WITH FUN PARTY SNACKS!

The end of the season always comes in the spring, just in time for banquets and graduations! One thing I always remind athletes: Don't rush past your accomplishments! Celebrate every win especially with good food.

Gymnastics is hard!

If you finished the season, you already achieved something meaningful. YOU DID IT! Now it's time to celebrate!



## RECOVERY PARTY SNACKS

- \*Greek yogurt fruit parfaits
- \*Hummus with pita and vegetables
- \*Turkey roll-ups
- \*Guacamole and tortilla chips
- \*Smoothie bowls
- \*Trail Mix with Nuts and Dried Fruit



\*Caprese skewers (tomato, mozzarella, basil)

\* Mini egg muffins

\*Fresh fruit platters

\*Dark chocolate covered almonds

These snacks provide protein, healthy fats, and antioxidants to help the body recover.



# A Message from Betsy

**RECOVER SO YOU  
CAN BUILD AGAIN**

One of the most important lessons in athletics is learning when to push and when to recover. Great athletes don't just train hard. They also take care of their bodies between seasons.

May is a great time to reset your nutrition habits, rebuild strength, and prepare for the next phase of training. Celebrate what you accomplished this season.

Then take care of your body so it's ready for what comes next. Summer Training! And I promise, it will be here before you know it.

Fuel well, recover well, and remember:  
You can't flip on empty.

— Betsy

