# MONTHLY TEAM NEWSLETTER



## START HERE, THRIVE EVERYWHERE: THE PURPOSE BEHIND THE PROCESS

### FROM SKILLS TO ROUTINES

As we approach competition season, our training focus shifts toward bringing everything together—turning individual skills into polished, confident routines.

For Pre-Team athletes, preparing for Jingle Bell Rock provides valuable experience in learning, memorizing, and performing a routine. It's an important stepping stone toward competitive gymnastics, teaching athletes how to connect skills, follow choreography, and perform with confidence.

For competitive gymnasts, this stage of training looks a little different depending on their experience. New team members are learning and refining routines, while returning athletes are fine-tuning technique, improving precision, and incorporating appropriate skill upgrades. Whether preparing for a first competition or another season, the goal is the same: clean, confident and consistent gymnastics that reflects the work put in throughout training.

Routine preparation requires patience, discipline and plenty of repetition. Practicing the same movements over and over may not always be the most exciting part of gymnastics, but it's where consistency, confidence, and attention to detail are developed. The reward comes when athletes step onto the competition floor or perform in front of an audience and see their hard work come together. That's the purpose behind the process—preparing athletes not just to perform their skills, but to perform them well.

## 25TH ANNUAL JINGLE BELL ROCK HOLIDAY SHOWCASE

Attention Pre Team Members! Did you register for the Jingle Bell Rock yet?!?! If not, register now and purchase spectator tickets so friends and family can see athletes in action!

Pre Team:
Hot Shots, Hot Shots 1, Hot Shots 2 and Bronze athletes will perform Saturday, December 5th - Hot Shots & Hot Shots 1 12-1:15pm (arrive by 11:45am for warm up). Hot Shots 2 & Bronze 1:45-3:00pm (arrive by 1:30pm for warm up). Athlete participation is included in monthly fees for pre team gymnasts. Spectator tickets are $7 per ticket.

Gold Team Members: The Gold Team will participate in a group performance at the end of each show both Saturday (11:15am-6:30pm) and Sunday (11am-2:45pm). Additional, mandatory practices for the group routine choreography will be held Tues. Nov 10th 7-8:30pm, Tues Nov 17th 7-8:30pm and Thurs. Dec 3rd 7-8:30pm. Snacks and meals will be provided for the Gold gymnasts between shows.

## POWERFUL WORD OF THE MONTH: DEPENDABILITY

The Powerful Word for November is dependability. Dr. Robyn Silverman, creator of the Powerful Words Character Development System explains, "Dependability is tested after you say, 'I will.' Anyone can make a promise. Dependable people follow through."

Coaches will be discussing the word of the month with athletes each week providing examples of dependability in the gym, at school and in daily life. We believe strong character is a fundamental component of building a strong foundation in athletes. Powerful Words serves as a great tool toward that goal.

## TEAM SPIRIT STORE - LOOK OUT FOR A LINK LATER THIS MONTH!

We will be opening an exclusive gymnastics team at the spirit store this month just in time for holiday delivery. The link will be sent via email and posted on the team Facebook group page. Stay tuned!

## UPCOMING EVENTS & PRACTICE CHANGES

### UPCOMING SILVER & GOLD CLINICS

Register through the main office via phone, text or in person.

Friday, November 6th
6:30-7:45pm
Floor/Beam Dance & Choreography

Thursday, November 19th
7:00-7:45pm
Casting (bars) Clinic

### GOLD JINGLE BELL ROCK GROUP ROUTINE EXTRA PRACITCES

Tues. Nov. 10th 7-8:30pm
Tues. Nov. 17th 7-8:30pm
Thurs. Dec. 3rd 7-8:30pm

### THANKSGIIVNG BREAK

Wednesday, November 25th - Friday, November 27th

## SILVER & GOLD TRAVEL COMPETITION TEAM HOTEL BOOKING

Information was released last month regarding The Windy City Invitational Hotel Information and tentative session information. The session schedule will not be finalized until December 1st .

Hotel information, the booking link and the tentative schedule available on the next page. Updates on all competitions will always be emailed as soon as available.

WINDY CITY INVITATIONAL
JANUARY 15TH - 17TH

# STARS & STRIPES TEAM HOTEL INFORMATION

## CHICAGO MARRIOTT DOWNTOWN MAGNIFICENT MILE
## 540 N. MICHIGAN AVE CHICAGO, ILLINOIS

TOTAL ROOM RATE: $135 + $30 destination fee = $185/NIGHT + TAX

*Thedestination fee includesa$15food andbeveragecredit (per night) at the Rush Street Pantry (in hotel lobby).

HOTEL PARKING:

SELF PARK: $62/DAY

VALET: $80/DAY

***TENTATIVE COMPETITION SCHEDULE***

Silver: Saturday, January 16th

Gold: Sunday, January 17th

We recommend reservingThursday-Monday untilexactsession dates/times areconfirmed,whichwillbe laterthismonth.

Must reserve your room by December 24th . Any cancellations or changes need to be made by January 9th to avoid charges.

## ✈FLIGHT RECOMMENDATIONS

PARKING CANADD UPINTHECITY(HOTEL& NAVY PIER). AMERICAN AIRLINES IS CURRENTLY OFFERING GREAT RATES FROM FLINT TO CHICAGO (O'HARE)GHTS FROM FLINT-CHICAGO. ADDITIONAL OPTIONS ON DELTA FROM DETROIT TO MIDWAY OR O'HARE.

USE THIS LINK TO BOOK THE GROUP RATE:
https://book.passkey.com/event/51353226/owner/1361/home?utm_campaign=301813402

# DEPENDABILITY

NOVEMBER 2026

# POWERFUL WORDS
## CHARACTER DEVELOPMENT

## PARENTS PERCH

**Young students:** "When I say I'll do it, I do it!"
**Older students/teens/adults:** "The ability to show others that they can rely on you to follow through."

**Week 1** Dependability defined: What does dependability mean and how do I show it?
**Week 2** Promises and commitments: How can I follow through?
**Week 3** Priorities/Perspective: Who do I depend on and who depends on me?
**Week 4** Mistakes and making it right: How can I be accountable?

Dear Family,

The Powerful Word of the month for February is dependability.

Dependability is closely connected to responsibility, accountability and trustworthiness. Dependable people:

- keep their promises,
- show up for those who rely on them,
- complete jobs and tasks,
- keep their word,
- follow through on commitments,
- do their best,
- take responsibility for mistakes, and
- contribute to their family, school and community.

It's important for children to understand that being dependable isn't always convenient. Sometimes following through means making a sacrifice. Completing a chore might mean waiting to play with friends. Keeping a commitment to a family member might mean missing something else you would rather do. Being dependable doesn't always feel easy—but that's part of what makes it meaningful.

There's also a great deal to gain from becoming someone others can count on. Dependable people are often trusted with more responsibility because others know they will show up, follow through and do what they said they would do. Over time, that reliability can lead to greater trust, opportunities and leadership.

Research reinforces just how valuable these skills can be. A study of more than 9,000 young workers found that dependability—including showing up on time, taking instruction and being responsible—was among the skills supervisors valued most. Other research suggests that giving children age-appropriate responsibilities at home can help develop responsibility, confidence and problem-solving skills.

That's an important reminder for us as adults. It can be tempting to take responsibilities off children's plates when they are busy. But appropriate chores, jobs and commitments give children opportunities to practice being needed, following through and discovering, "People can count on me."

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

Here's to your success!

Best Regards,

—Your Motivated and Dedicated Instructors

### UPCOMING POWERFUL WORDS

| | |
|---|---|
| DECEMBER | GENEROSITY |
| JANUARY | HEALTH |
| FEBRUARY | FRIENDSHIP |

For more Powerful parenting information, go to www.DrRobynSilverman.com
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# Power Snacks: How to Build a Healthy Snack for Gymnasts

## carbs



asparagus
broccoli
carrots
cauliflower
celery
cucumber
edamame
green beans
peppers
radishes
snap peas
apple
banana
berries
grapefruit
orange
kiwi
peach
pineapple

+

## fats

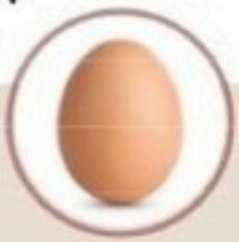


avocado
hemp seeds
flax meal
pumpkin seeds
high-quality oils
coconut milk
nut butters
tahini
hummus

nuts:
walnuts
pecans
macadamia
hazelnuts
almonds
pistachios
peanuts

+

## proteins



quinoa
chia seeds
flax seeds
hemp seeds
sunflower seeds
pumpkin seeds
sesame seeds

beans:
black beans
lentils
chickpeas
pinto beans
white beans

animal proteins:
hard boiled eggs
cheese sticks
yogurt
milk

## putting it together

Be creative with your combinations!

Raw or roasted vegetables + dips:

- cucumbers + hummus
- roasted cauliflower + salsa
- carrots + tahini sauce
- peppers + black bean dip

Raw fruits or vegetables + nut or seed butter: + topping:

- apple slice + nut butter + flax meal
- celery + almond butter + sunflower seeds

Smoothies [1/3 fruit + 2/3 vegetable and liquid]

Chia pudding + fruit + seeds

Hard boiled egg + guacamole/mashed avocado

Cooked quinoa + fruit + milk of choice

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WWW.STARSANDSTRIPES-ATHLETICS.COM 4630 WHITE LAKE RD CLARKSTON 248-971-7440 FIND US ON AND

# 2026-2027 COMPETITION SCHEDULE

| DATE | EVENT | TEAMS ATTENDING |
|---|---|---|
| DECEMBER 5TH & 6TH | JINGLE BELL ROCK HOLIDAY SHOWCASE | HOT SHOTS, HOT SHOTS 1, HOT SHOTS 2 & BRONZE GROUP PERFORMANCE - GOLD |
| JANUARY 8TH - 10TH | BORN TO FLY MICHIGAN STARS SPORTS CENTER WASHINGTON TWP. MI | SILVER & GOLD |
| JANUARY 15TH - 17TH | WINDY CITY INVITATIONAL (OPTIONAL TRAVEL MEET) CHICAGO, IL | SILVER & GOLD |
| JANUARY 29TH - 31ST | EPIC BLIZZARD BASH DORT FINANCIAL CENTER - FLINT, MI | SILVER & GOLD |
| FEBRUARY 12TH - 14TH | GIRL POWER INVITATIONAL VIBE CREDIT UNION - NOVI, MI | BRONZE, SILVER & GOLD |
| FEBRUARY 26TH - 28TH | SCHOLARSHIP SPECTACULAR FRANKENMUTH, MI | BRONZE, SILVER & GOLD |
| MARCH 12TH - 14TH | SILVER STATE MEET DEVOS CONVENTION CETNER GRAND RAPIDS, MI | SILVER |
| MARCH 19TH | STARS & STRIPES PRE TEAM FUN MEET | HOT SHOTS, HOTS 1, HOT SHOTS 2 & BRONZE |
| APRIL 2ND - 4TH | GOLD STATE MEET DEVOS CONVENTION CENTER GRAND RAPIDS, MI | GOLD |
| APRIL 29TH - MAY 2ND | XCEL GOLD REGIONAL 5 CHAMPIONSHIPS LOCATION TBD (OPTIONAL MEET) | GOLD |
| JUNE 25TH | SUMMER SHOWCASE FUN MEET AT STARS & STRIPES | HOT SHOTS, HOT SHOTS 1, HOTS 2 & BRONZE |