

Monthly Team Newsletter

PRE TEAM NEWS!

PRE TEAM: FUN MEET

We are thrilled to kick off the competition season for our pre team members! Our athletes have been training hard all summer, and they are ready to showcase their skills. The fun meet details and times are posted below.

PRE TEAM: HALLOWEEN COSTUME WEEK!

All pre team athletes are invited to wear their Halloween costume to practice starting Friday, October 24th through Thursday, October 30th. Have athletes wear their leotard under their costume.

PRE TEAM: EXCLUSIVE EVENT!!

All pre team athletes are invited to an exclusive pre team event Saturday November 1st 6:00-8:00pm. The night will be filled with games, open play and popsicles with their teammates and coaches! This is a drop off event, no registration required.

HALLOWEEN CLOSURE

HAPPY HALLOWEEN! Stars & Stripes will be closed Friday, October 31st for all practices.



Practice Changes

OCTOBER

- Closed Friday October 31st - Halloween
- Thursday October 30th Halloween party 6:30-8:00pm for Silver/Gold/Platinum

NOVEMBER

- Closed Wednesday 26th through Friday 28th- Thanksgiving break





UNIFORM PACKAGES

TEAM: You will receive your whole uniform package in December.

PRE TEAM: You will receive your leotard for the first fun meet in November. Bronze will receive their entire uniform package by the end of December.

TEAM CALENDAR

The team calendar has been updated with all gym closings, competition dates and fun meets.

SAVE THE DATE: PICTURE DAY

Team picture day will be Friday, February 6th. More details to come.

WORD OF THE MONTH

LEGACY: means something special a person leaves behind for others to remember them by, even after they are gone or have stopped doing something. It can be memories, achievements, or the way they inspired others.

EXAMPLE: A gymnast who works hard, is kind to her teammates, and always shows great sportsmanship leaves a legacy. Even after she graduates and stops competing, younger gymnasts will remember how she encouraged them, and they'll want to act the same way.

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!

October brings some amazing signature foods, lots of delicious gourds, chili, fruits and veggies.

Check out the recipe of the months: Apple pie morning shake and Jack-O-Lantern stuffed peppers.

PRE TEAM: SAVE THE DATE

JINGLE BELL ROCK HOLIDAY SHOWCASE REGISTRATION STARTS OCTOBER 6TH.

DETAILS:

Athlete registration FREE.
Spectator tickets are \$7, required for entry at the door.

SHOW TIMES:

Saturday, December 6th
Hot Shots/Hot Shots 1- 12:00-1:15pm
Hot Shots 2/Bronze- 1:45-3:00pm

Pre Team FUN MEET

★ NOVEMBER 1ST ★



TIMES:

Hot shots & Hot Shots 1- 12:45-1:45pm
Hot Shots 2 & 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.





2025-2026 Competition Schedule

DATES	COMPETITION	LOCATION	LEVELS ATTENDING
January 9th-11th	PG Memorial	Livonia Athletic District Livonia, MI	Silver through Platinum
January 23rd-25th	Athlete Warrior	Oakland Expo Center, Waterford MI	Silver through Platinum
January 30th- February 1st	Grand Rapids Classic	MSA Sports Spot, Grand Rapids, MI	Silver through Platinum
February 13th-15th	Presidential Classic *Optional travel meet*	ESPN Wide World of Sports at Walt Disney, Orlando, FL	Silver through Platinum
February 20th-22nd	Cereal City	Kellogg Arena Battle Creek, MI	Silver through Platinum
March 6th-8th	Silver State Championships	Ypsilanti	Silver
March 20th-22nd	Gold State Championships	Livonia	Gold
March 27th-29th	Platinum State Championships	Washington Twp	Platinum
April 24th-26th	Regional Championships *qualification required*	Location TBD Held in Kentucky	Gold and Platinum

*Subject to change

The exact date and times for competitions will be provided by the competition host club approximately 10-14 days before the competition weekend. Once we receive this information we will send it out via email.

Regional Championship: competitive team members at the Gold level and above have the opportunity to qualify to Regional championships via state meet. Regional championships are an additional fee and are typically held out of state (Michigan, Illinois Indiana, Ohio, and Kentucky).

Optional Travel Meet: this is an optional, additional meet for Team members. Please register by September 15th however, your account will not be charged until Nov 15th. The additional cost is \$229, register online through the parent portal (listed under 2025-2026 special event season) or call/text our business office.





2025-2026 Fun Meet Schedule

DATES	COMPETITION	LOCATION	LEVELS ATTENDING
November 1st	In House Fun Meet	Stars & Stripes Athletics	Hot Shots, Hot Shots 1, Hots Shots 2 & Bronze
December 6th & 7th	In House Fun Meet Jingle Bell Rock	Stars & Stripes Athletics	Hot Shots, Hot Shots 1, Hots Shots 2 & Bronze
January 23rd-25th	Athlete Warrior Challenge *Travel Fun Meet*	Oakland Expo Center, Waterford MI	Bronze
February 7th	In House Fun Meet	Stars & Stripes Athletics	Hot Shots, Hot Shots 1, Hots Shots 2 & Bronze
February 27th - March 1st	Showtime Scholarship Spectacular *Travel Fun Meet*	Harvey Kern Community Pavilion	Bronze
May 16th	In House Fun Meet	Stars & Stripes Athletics	Hot Shots, Hot Shots 1, Hots Shots 2 & Bronze

*Subject to change

Travel Fun Meets: The exact date and times for competitions will be provided by the competition host club approximately 10-14 days before the competition weekend. Once we receive this information we will send it out via email.





**WEAR YOUR HALLOWEEN
COSTUME TO PRACTICE!**

SCHEDULE:

Hot Shots	Monday 27th & Wednesday 29th
Hot Shots 1	Tuesday 28th & Thursday 30th
Hot Shots 2	Monday 27th & Wednesday 29th
Bronze	Friday 24th & Tuesday 28th

HAVE YOUR ATHLETES WEAR THEIR LEOTARD UNDER THEIR COSTUME. THEY CAN CHOOSE TO WEAR THEIR COSTUME ONE OR BOTH DAYS!

REMINDER:

THERE IS NO PRACTICE FOR ALL LEVELS ON FRIDAY OCTOBER 31ST.

TEAM HALLOWEEN PARTY!



OCTOBER 30TH 6:30-8:00PM
SILVER, GOLD & PLATINUM ATHLETES

 **COSTUME PARADE, BONFIRE, PIZZA, MUSIC, GAMES AND A NIGHT FULL OF FUN.**

 **GET YOUR COSTUME ON AND JOIN US FOR THIS SPOOKTACULAR NIGHT!**

 **TEAM ATHLETES ALREADY AT EXTRA PRACTICE OR SILVER PRACTICE: AT 6:30PM ATHLETES WILL CHANGE INTO THEIR COSTUMES. ATHLETES COMING IN: PLEASE ARRIVE AROUND 6:30PM AND HEAD UPSTAIRS TO THE CUBBIES.**

 **MAKE SURE TO BRING WEATHER-APPROPRIATE CLOTHING AS THIS EVENT WILL TAKE PLACE OUTSIDE.**



OCTOBER NUTRITION NEWS

HAPPY FALL FROM BETSY BOOTCAMP!



Yes, Its that time of year again! Caramel apples and pumpkin spiced lattes, not to mention Halloween candy and trick or treating! This is a wonderful time of year with lots of delicious fruits, spices, gourds and of course, candy! Everyone deserves a little sugar of course, and...

YES you need sugar, but the right kinds! Eating too much added and refined sugars are not a good idea for any person, but specifically for competitive athletes. Although sugar will make you feel awesome in the short term too much of it is linked to negative health. Most foods loaded with these added sugars are lacking fiber, water, antioxidants and other healthy compounds.



Examples of Added Sugars:



Candy (all kinds) think everything from licorice, to hard candy and more...

Milk chocolate bars and sauces

Fruit Juices (not freshly squeezed or juiced)

Soda

Caramel

Chocolate powders

Some energy bars and energy drinks

Cookies

Cakes

Coffee drinks

Processed snack cakes, bars and bites -like gummy bears and pop tarts





SO WHAT'S A BETTER SOURCE OF SUGAR?



NATURAL SUGAR IS THE ANSWER!

Natural Sugars are found in fruit as fructose and also in dairy products and some other carbohydrates and grains/vegetables. These sugars are found naturally in food. What are some of the benefits of eating natural sugars over processed and added?

Benefits of Natural Sugar:

- Help maintain blood sugar for consistent energy
- Provide antioxidants for strong cells, immunity and brain health
- Help with inflammation, aide in muscle soreness and recovery
- Are usually water, minerals, vitamin and nutrient dense, helping muscle contraction and function
- Contain fiber, helping the digestive track stay health

Examples of Natural Sugars:

- Strawberries, blueberries, raspberries, blackberries, Apples, peaches, pears, Grapes, Mangoes, Cherries, Honey, Maple Syrup, Agave, Dates, Applesauce, Milk/Cheese/Yogurt, Bananas, Sweet potatoes
 - Whole grain products -NOTE- some whole grain breads have a small amount of added sugars, but the benefits of eating them for their folate, fiber, iron and magnesium, far outweigh the negatives.
 - The Skinny on Sugar? Everything in moderation! Eat treats on occasion but do your best to fill your plate with natural sugars that will help you not only in the gym, but will keep you healthy, energized and fighting off the dangerous toxins of our environments!
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Fall Foods That Are Critical For A Gymnast

October brings some amazing signature foods, lots of delicious gourds, chili, fruits and veggies too! Here are my top October foods for gymnasts!

Beans: Beans, such as black beans, kidney beans, and chickpeas, are rich in plant-based protein, fiber, and complex carbohydrates, making them perfect for sustained energy throughout the day. They're also high in essential minerals like iron and magnesium, which are key for muscle growth and recovery. Beans are a seasonal staple that gymnasts can rely on for both energy and muscle repair.

Pumpkin: Packed with antioxidants, fiber, and vitamin A, pumpkin helps with muscle repair and keeps energy levels steady. Pumpkin seeds are also a great source of protein and healthy fats, making them a fantastic snack on the go.

Brussels Sprouts: These are loaded with vitamin C and fiber, which support immune function (especially helpful during travel) and aid in muscle recovery. They also contain a good amount of plant-based protein.

Apples: Apples provide a quick, natural energy boost with their fiber and carbohydrate content. They also contain quercetin, an antioxidant that helps improve endurance and recovery!

Beets: Beets are a great source of natural nitrates, which can improve blood flow and endurance during workouts. They also help reduce inflammation and improve muscle recovery after training sessions.





NUTS VS. SEEDS?



NUTS VS. SEEDS

Is there a difference?
A Betsy Bootcamp Tutorial for
Gymnasts





NUTS VS. SEEDS

WHAT ARE THEY?

NUTS



A type of fruit with one seed inside.

SEEDS



Part of a plant that can grow into a new plant.

NUTS



Hard shell that doesn't usually split open.

SEEDS



May have a soft shell or one that splits open easily.

HOW THEY GROW

NUTS



Nuts grow as fruit but don't sprout.

SEEDS



Seeds are meant to sprout and become a new plant.

NUTS



Almonds
Cashews
Hazelnuts
Peanuts

SEEDS



Chia
Flax
Sesame
Pumpkin
Sunflower
Hemp

Recipe of the Month:

THE Apple Pie Morning Shake



As mentioned in Gymnachef, this recipe came as a mistake! I left oats in my blender and added the rest of the contents of this shake. The result? An amazing breakfast meal, packed with complex carbs, healthy fats, natural sugars. Have this shake in the morning and you will be feeling great, satisfied and energized until lunch. It's also one of my most talked about recipes from Gymnachef!



Add to your blender:

2 cups of ice

1 cup of almond Milk

1/2 CUP dried oatmeal

1 scoop of vanilla protein powder of choice (I like Garden of Life Organic Protein Powders)

1 cored apple (like Granny Smiths, but red apples will do.)

1 teaspoon of cinnamon

BLEND! Add water if you would like a thinner shake! Enjoy!

YOU NEED:

A Blender

An Apple Corer
(not mandatory)



BETSY'S YUMMY GYMNAST RECIPES OF THE MONTH

Feeling like you want to get into the kitchen? As the weather gets cooler, the cooking bug hits us all! Here are three healthy and fun Halloween-themed recipes that are perfect for in-season gymnasts. They are packed with nutrients for energy, recovery, and muscle growth while still keeping the spooky Halloween spirit alive!



Jack-O'-Lantern Stuffed Peppers

These adorable stuffed peppers are packed with lean protein, veggies, and whole grains—perfect for a balanced meal before or after practice.

Ingredients

- 4 orange bell peppers (for the "pumpkin" look)
- 1 cup cooked quinoa or brown rice
- 1/2 pound ground turkey or lean beef
- 1/2 onion, diced
- 1 zucchini, diced
- 1 can (15 oz) black beans, drained and rinsed
- 1/2 cup salsa
- 1 tsp cumin
- 1 tsp chili powder
- Salt and pepper to taste
- Olive oil

Instructions

1. Preheat the oven to 375°F (190°C). Cut the tops off the bell peppers and remove the seeds and membranes. Carve jack-o'-lantern faces on the front of each pepper with a small knife.
2. In a large pan, heat olive oil and sauté onions and zucchini until soft. Add ground turkey, cumin, chili powder, salt, and pepper, and cook until browned.
3. Stir in quinoa (or rice), black beans, and salsa. Cook for 2-3 more minutes.
4. Stuff the mixture into the bell peppers and place them in a baking dish. Put the tops back on and bake for 25-30 minutes until the peppers are tender.



Betsy's Message:

Be A Kid, Have your treats, but anything in excess isn't healthy! Balance is key!

Halloween and harvest time is a wonderful time of year to get in touch with your festive side! Going to fall festivals, eating candy and sweets are all part of this time of year heading into the holiday season. One thing that Betsy Bootcamp always stresses is **BALANCE**. What does this mean? Well, our sport is based on this very simple concept! We do it on all four events! But do we always do it in our **FIFTH EVENT**??? Nutrition???

Having balance in nutrition (**THE FIFTH EVENT**) means going trick or treating and eating a few pieces of candy —but not the whole bag.

It means drinking that caramel Frappacino as a treat once a weekend—but not everyday.

It means baking Halloween cookies or treats and indulging in one or two —but not the whole batch.

Balance can be challenging for many, but really, if you think about it, it's quite simple and as a gymnast who strives for balance on all four events, it should be a goal to strive for as part of your nutrition regime as well!

So, Happy Halloween and Fall Harvest! Enjoy your treats, but don't forget about your **MEETS**!

