

## **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





### UNIFROM 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



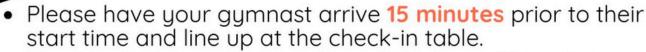


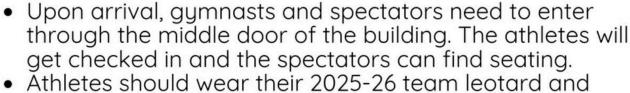
Hot shots & Hot Shots 1- 12:45-1:45pm Hot Shots 2 & Bronze- 2:00-3:00pm

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:**





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

<sup>\*</sup>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.

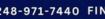
Regional Championship: competitive team members at the Gold level and above have the opportunity to qualify to Regional championships via state meet. Regional championships are an additional fee and are typically held out of state (Michigan, Illinois Indiana, Ohio, and Kentucky).

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
Febuary 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.





## 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

### REMINDER:



## 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-6 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









### 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!











### 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**

Is there a difference? A Betsy Bootcamp Tutorial for Gymnasts





WHAT ARE THEY?

**SHELL TALK** 

**NUTS** 

**SEEDS** 

**NUTS** 

**SEEDS** 









A type of fruit with one seed inside.

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

Hard shell that doesn't usually split open.

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

**HOW THEY GROW** 

**COMMON EXAMPLES** 

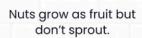
**NUTS** 

**SEEDS** 

**NUTS** 

**SEEDS** 







Seeds are meant to sprout and become a new plant.



Almonds Cashews Hazelnuts Peanuts



Chia Flax Sesame Pumpkin Sunflower Hemp

Recipe of the Month:

## THE Apple Pie Morning Shake



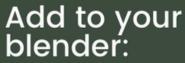
As mentioned in Gymnachef, this recipe came as a mistake! I left oats in my blender and added the rest of the contents of this shake. The result? An amazing breakfast meal, packed with complex carbs, healthy fats, natural sugars. Have this shake in the morning and you will be feeling great, satisfied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



### YOU NEED:

A Blender

An Apple Corer (not mandatory)



2 cups of ice

1 cup of almond Milk

1/2 CUP dried oatmeal

I 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!



