



MONTHLY TEAM NEWSLETTER

START HERE.
THRIVE EVERYWHERE: THE PURPOSE BEHIND THE PROCESS

PROGRESSION & PRECISION

Within our gymnastics program, there is a purpose behind every progression. Skills are taught in carefully planned steps so athletes can develop the strength, body awareness, and technique needed before moving forward. Following these progressions isn't about slowing an athlete down—it's about preparing them to move ahead safely and successfully. Skipping steps can create gaps that eventually lead to frustration or stalled progress, while a strong foundation gives athletes more tools to build upon as skills become increasingly difficult.

Just as important is how a skill is performed. Straight legs, pointed toes, tight body positions, and precise technique aren't simply finishing touches—they are an essential part of learning the skill correctly. Proper form promotes safety, creates consistency, and makes future skills easier to develop. That's why our coaches emphasize quality from the very beginning, from our youngest Pre-Team athletes through our experienced competitors.

And when competition season arrives, that attention to detail becomes one of an athlete's greatest strengths. Clean, confident gymnastics can set an athlete apart and directly impact her scores. There is something incredibly rewarding about seeing the details practiced day after day show up in a routine—and realizing that the process is what created the progress.

25TH ANNUAL JINGLE BELL ROCK HOLIDAY SHOWCASE

It's time to start planning for the Jingle Bell Rock Holiday Showcase! This will be the first performance opportunity of the season for pre team members and we can't wait to see them in action!

Please carefully read through all information pertaining to your athlete's level.

Hot Shots, Hot Shots 1, Hot Shots 2 and Bronze athletes will perform in the Saturday show (details below). You must your athlete through the main office, participation is complementary for pre team members. Spectator tickets are \$7 per guest.

Gold Team members will participate in a group performance at the end of each show both Saturday and Sunday (times below). We will have additional mandatory practices for the group routine choreography. Details will be distributed in the upcoming weeks. Snacks and meals will be provided for the Gold gymnasts between shows.

PRE TEAM SHOW SATURDAY, DEC. 5TH

HOT SHOTS & HOT SHOTS 1
12:00-1:15PM

HOT SHOTS 2 & BRONZE TEAM
1:45-3:00PM

GOLD TEAM SATURDAY, DEC. 5TH 11:15AM-6:30PM

SUNDAY, DEC. 6TH
11:00AM-2:45PM

*Gold Athletes will perform in 6 shows. Parents do NOT need to purchase tickets to watch their athlete in the group performance

UPCOMING EVENTS & PRACTICE CHANGES

UPCOMING SILVER & GOLD CLINICS

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

Thurs. Oct. 8th 7-7:45pm
Aerial Clinic

Friday, Oct. 16th 6:30-7:45pm
Choreography Polish & Presentation

SKILL CLINIC BUNDLE DISCOUNT CLINICS - \$3 FOR \$59

Skill clinics are a great way to work on technique, perfect and build confidence within small-group setting.

Back walkover clinics are recommended for Hot Shots & Hot Shots 1 then back handspring clinics for Hot Shots 2 and Bronze members. The full clinic schedule is available on the website.

SILVER & GOLD HALLOWEEN PARTY

save the date for the annual competitive team costume party Thursday, October 29th 7-8:30pm. Wear a costume and bring your spooky spirit!

POWERFUL WORD OF THE MONTH: TRUSTWORTHINESS

"Trustworthiness is built over time. Trust isn't claimed. It's earned. Choice by choice," says Dr. Robyn Silverman, creator of Powerful Words Character Development program.

We love sharing the word of the month with and the weekly discussions that go along with it. The purpose is to help athletes learn attributes related to strong character while they are learning skills to build a strong body.

We send home the Powerful Project week #3 each month encouraging athletes to further explore the word of the month at home.



POWERFUL WORDS

CHARACTER DEVELOPMENT

PARENTS PERCH

Young students: "You can count on me!"

Older students/teens/adults: "Deserving of someone's complete faith, belief, and confidence."

Week 1 Trustworthiness defined: What does trustworthiness mean?

Week 2 Promises & Secrets: When do I keep them? Is there a time when I shouldn't?

Week 3 Cheating and stealing: How do these actions break trust?

Week 4 Rules and Accountability: How do I abide by rules and deal with mistakes?

Dear Family,

This month we will focus on the powerful word, "trustworthiness."

"Trust" is right there in the word itself. Someone who is trustworthy is "worthy" or deserving of another person's trust or confidence. While the definition is simple, becoming trustworthy takes time. Trust must be earned.

We earn trustworthiness by:

1. Consistently telling the truth
2. Keeping promises and commitments
3. Maintaining confidentiality,
4. Refraining from stealing or cheating,
5. Choosing to do the right thing
6. Taking responsibility for our mistakes.

Children begin making judgments about those they can trust at a surprisingly young age. Research has shown that even preschool-aged children pay attention to whether people have

been accurate and reliable when deciding whom to believe.

There's also encouraging news for parents and teachers. A 2024 study published in Nature Human Behaviour found that kindergarteners who were explicitly trusted by an adult to help with a task were less likely to cheat afterward. In other words, teaching trustworthiness isn't only about telling children to be trustworthy. Giving them meaningful opportunities to demonstrate that we trust them may help encourage honest behavior as well.

That matters because our children are surrounded by examples of both trustworthiness and its opposite. They see people online, in sports, entertainment, school and public life who keep their word—and others who lie, cheat, break promises or refuse to take responsibility.

Our job is to help children recognize the difference.

The more we talk about trustworthiness, model it ourselves and give children opportunities to practice it, the more clearly they understand what we expect of them—and what they should expect from us.

We want young people to know that trust is earned over time, strengthened through our choices and actions, and must be treated with great respect.

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

Best Regards,

—Your Motivated and Dedicated Teachers & Administrators

UPCOMING POWERFUL WORDS

NOVEMBER
DECEMBER
JANUARY

DEPENDABILITY
GENEROSITY
HEALTH



2026-2027 COMPETITION SCHEDULE

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

benefits of freezing for busy athlete families

- Long shelf life
- Less waste- thaw just what you need
- Access to produce outside of regular growing season
- Minimally processed
- Time saving for busy parents and athletes.
- Just as nutritious as fresh counterparts-crucial for gymnast recovery
- Can lead to quicker, healthier dinner, which helps performance
- Reduces your stress in the kitchen-you have enough going on!



starches/grains

- Brown Rice
- Wild Rice
- Quinoa
- GF bread and whole-grain breads
- Corn tortillas



Did you know breads should not be refrigerated?

Breads go stale when refrigerated but maintain their integrity when frozen.

In the refrigerator, the water evaporates from the bread making it dry and tough.

vegetables

- Peppers (chopped, sliced, etc.)
- Butternut squash
- Onions (chopped, sliced, etc.)
- Spinach/Kale
- Cauliflower (riced, florets, etc.)
- Broccoli (florets)
- Edamame (shelled)
- Green beans
- Peas
- Corn
- Mixed bags



herbs/seasonings

- Ginger
- Garlic
- Basil
- Parsley
- Cilantro



proteins

- Chicken (ground, whole pieces, etc.)
- Turkey (ground, breast, whole)
- Shrimp
- Fish
- Beans

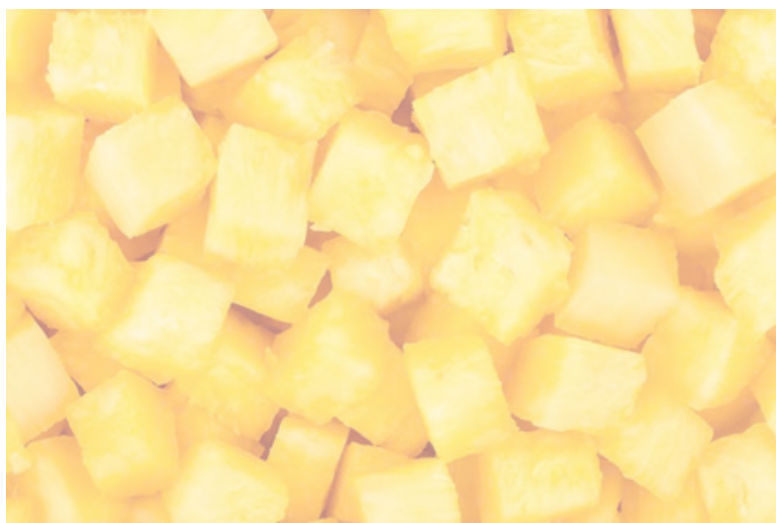


other

- Frozen and minimally processed prepared foods (meatballs, pastas, etc. to use as a base in a pinch)
- Sauces (watch the sodium content)
- Fruit pops
- chocolate-covered frozen bananas
- leftover whole-grain pancakes and waffles

fruits

- Bananas (peeled)
- Strawberries
- Blueberries
- Raspberries
- Pineapple
- Avocado
- Mixed bags



best practices

be sure to...

- Season with your favorite herbs and spices
- Utilize a wide variety of frozen ingredients to create delicious stir fries, soups, smoothies, and more!
- Combine your frozen foods with pantry and refrigerator staples
- Keep extra bags of frozen products around for when you find yourself in a pinch with time
- Use multiple textures when creating recipes - consider an ingredient's post-frozen state [i.e broccoli will be soft, while rice will remain firm]

avoid...

- Steaming a bag of plain veggies and serving
- Putting frozen fruits and vegetables directly onto salads
- Ignoring proper time required to defrost frozen items, especially meats, fish, and seafood
- Purchasing pre-seasoned frozen items as they can be very high in sodium
- Using ingredients that all have a soft texture after cooking -i.e broccoli + cauliflower + squash. This works with puréed soups and mashes but not other recipes.



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DIY | freeze your own foods

- Vacuum sealing is a fantastic way to lock in freshness
- Glass mason jars are terrific vessels for freezing liquids just be sure to leave 25% space at top to consider expansion when freezing
- You can freeze items you won't typically find in the grocery store
 - Scallions, good for 18 months
 - Fresh herbs, good for 12 months
 - Cooked grains and beans, good for 6 months
 - Homemade stock (water + veggie scraps + aromatics), good for 2-3 months
 - Homemade sauces (great way to utilize basil, parsley, or cilantro that is starting to turn), good for 2-3 months
 - Homemade soups (made from other freezer staples), good for 2-3 months
 - Bread (ends of loaves, stale pieces, etc.- great for breadcrumbs or bread pudding), 3 months
 - Roasted vegetables, good for 3 months
 - Raw vegetables, good for 6 months
 - Fruits (make sure to peel apples, bananas, etc. before freezing), good for 6 months

How to keep foods separated when freezing: For individual items and foods like cooked grains, spread on a parchment-lined baking sheet first and freeze for about 2 hours. Remove from pan and refreeze - this will prevent clumping.



Gymnasts' Favorite *Edamame Ginger Dip*

recipes

ingredients

- 12 oz Edamame, shelled, frozen
- 1 tsp Garlic, frozen, minced
- 2 tsp Ginger, frozen, minced
- 1 Tbs Olive Oil
- 1 Lemon, large, juiced and zested
- 2 tsp Cilantro, frozen (2 Cubes)
- 1/2 Avocado (or 1/4 Cup frozen avocado, defrosted)
- Salt and Pepper
- 2 Celery Stalks, sliced
- 2 Carrots, peeled and sliced



Prep Time: 5 mins

Total Time: 15 mins

Meal Type: Lunch,Dinner,Snack,Side

Servings: 4

directions

Prep

1. Wash and slice celery and carrots into pieces big enough for dipping
2. Let frozen garlic, ginger, and cilantro sit out to soften a bit.

Make

1. In the bowl of a food processor add the edamame, frozen garlic, frozen ginger, olive oil, lemon juice and zest, and frozen cilantro. Process until combined. Add the avocado and process again until smooth and creamy. Season to taste with salt and pepper to taste.
2. Serve with celery and carrots or other sliced vegetables.

Notes

Add other spices such as cumin or crushed red pepper flakes (1/4 tsp at a time) if you want to crank up the flavor!



frozen

Post Workout Honey Garlic Shrimp & Broccoli

ingredients

- 1 Tbs Olive Oil
- 1 cup Onion, frozen, chopped
- 2 tsp Garlic, frozen, minced (2 Frozen Cubes)
- 1 tsp Ginger, frozen, grated (1 Frozen Cube)
- 1 1/4 cup Vegetable Broth, low sodium
- 2 cup Brown Rice, frozen
- 12 oz Broccoli, frozen, florets
- 1 lb. Shrimp, frozen, peeled and deveined
- 2 tsp Honey
- 1 1/3 Tbs Soy Sauce, low sodium (Tamari, low sodium)
- Salt and Pepper
- Red Pepper Flakes, Optional



Prep Time: 5 mins

Total Time: 20 mins

Meal Type: Lunch,Dinner,Snack

Servings: 4

directions

- 1.Heat the olive oil in a medium pot over medium heat. Add the frozen onion, cooking until slightly translucent, about 3 minutes. Add the garlic and ginger and cook until aromatic, about 1 minute.
- 2.Pour the vegetable broth into the pot and bring to a boil. Add the frozen rice and shrimp. Reduce heat to a simmer and cover for 10 minutes. The shrimp will be a bright pink color when it is done cooking.
- 3.Add broccoli and simmer until just cooked. remove the pot lid and stir in the honey and soy sauce. Season with salt and pepper and garnish with red pepper flakes [optional].



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Tumbling Along Chicken Gumbo

ingredients

- 1 Tbs Olive Oil
- 2 cup Soup Mix Vegetables, frozen (Mixed frozen carrots, celery, onion, okra)
- 1/2 cup Bell Pepper, frozen, Chopped
- 2 tsp Garlic, frozen, minced
- 1/2 tsp Black Pepper, ground
- 1/4 tsp Cayenne Pepper, ground
- 1/4 tsp Thyme, dry
- 3 cups Vegetable Broth, low sodium
- 1 lb Chicken Breast Tenders, chopped
- 2 1/2 cup Brown Rice, frozen
- Salt and Pepper



Prep Time: 5 mins
Total Time: 50 mins
Meal Type: Lunch, Dinner
Servings: 4

directions

1. Heat the olive oil in a large pot over medium heat. Add the mixed soup vegetables and bell peppers, cooking until soft- about 5 minutes. Add the garlic and cook for an additional minute. Stir in the black pepper, cayenne pepper, and dry thyme.
2. Pour the vegetable broth into the pot and bring to a boil. Reduce to a simmer and cover, allowing the gumbo to cook for 20 minutes. Remove the lid and stir in the chopped chicken, cooking uncovered for another 5 to 10 minutes, or until the chicken is cooked all the way through.
3. While the gumbo is cooking, prepare the frozen brown rice according to package directions. Divide the cooked rice evenly into bowls.
4. When the gumbo is finished cooking, season to taste with salt and pepper. Ladle it over the cooked brown rice and serve immediately.



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Gymnast Muscle Builder: Turkey Cauliflower Taco Bowl

recipes

ingredients

- 1 Tbs Olive Oil
- 1 lb Turkey, 93% lean, ground
- 1 tsp Garlic powder
- 1 tsp Cumin, ground
- 1 tsp Chili powder
- 1 tsp Paprika
- 1/2 tsp Oregano, dry
- 1 cup Onion, frozen, chopped
- 1/2 cup Bell Pepper, frozen, chopped
- 3/4 cup Vegetable Stock, low sodium
- 4 oz Tomato Sauce, low sodium
- 3 cup Cauliflower, frozen, riced
- Salt and Pepper
- 2 cup Coleslaw Blend, unseasoned
- 1 Avocado, sliced, optional
- 1 Lime, sliced into wedges



Prep Time: 5 mins

Total Time: 30 mins

Meal Type: Lunch,Dinner, Snack

Servings: 4

directions

- 1.Heat the olive oil in a large skillet over medium heat. Add the frozen onion and frozen pepper and sauté for 5 minutes.
- 2.Add the ground turkey and cook until almost completely cooked. Add the garlic powder, cumin, chili powder, paprika, and oregano to the meat and continue to cook until completely cooked.
- 3.Add the vegetable broth and tomato sauce to the pan. Cover and simmer on low heat for 15 minutes.
- 4.Uncover the pan and stir in the frozen cauliflower rice. Cook for 5 minutes or until rice is warmed through. Season with salt and pepper to taste.
- 5.Prepare bowls with coleslaw blend. Spoon taco rice mixture over the slaw. Garnish with optional sliced avocado and fresh lime juice.



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frozen

Athlete Immunity Boosting Bell Peppers

recipes

ingredients

- 1 Tbs Olive Oil
- 1 cup Onion, frozen, chopped
- 2 cup Bell Pepper, frozen, chopped
- 1 lb Turkey, 93% lean, ground
- 2 tsp Garlic, frozen, minced (2 Cubes)
- 1 tsp Chili Powder
- 1 1/2 tsp Cumin, ground
- 1/4 tsp Cayenne Pepper, ground
- 3 cup Cauliflower, frozen, riced
- 1, 14 oz Can Tomatoes, diced, low sodium, drained
- Salt and Pepper
- 1/4 cup Cilantro, fresh, chopped



Prep Time: 5 mins

Total Time: 25 mins

Meal Type: Lunch,Dinner

Servings: 4

directions

- 1.Heat the olive oil in a large skillet over medium heat. Add the frozen onion and bell peppers and cook until translucent, about 3 minutes. Add the ground turkey to the pan, using a spoon to break up any large pieces.
- 2.When the turkey begins to brown, add the frozen garlic, chili powder, cumin, and cayenne pepper. Continue to cook until the turkey is completely browned the garlic is fragrant.
- 3.Add the frozen cauliflower rice to the skillet and stir to incorporate. Cook for 2 minutes. Add the diced tomatoes and cook for an additional 4 minutes. Season with salt and pepper to taste.
- 4.Garnish with chopped cilantro and serve.



frozen

'Twas The Night Before Competition *Veggie Bolognese with* *Whole-Wheat Pasta*

recipes

ingredients

- 1 Tbs Olive Oil
- 1 cup Onion, frozen, chopped
- 13 oz Mushroom pieces and stems, canned, no salt added, Drained and Rinsed
- 2 tsp Garlic, minced (2 Frozen Cubes)
- 1 tsp Rosemary, dry
- 1 tsp Thyme, dry
- 1/2 tsp Paprika, smoked
- 1/4 tsp Nutmeg, ground
- 1 lb. Tomatoes, canned crushed, no added salt
- 1 cup Vegetable Broth, low sodium
- 1, 15.5 oz can lentils, drained and rinsed
- 8 oz Pasta, whole wheat, pre-cooked
- Salt and Pepper



Prep Time: 5 mins
Total Time: 30 mins
Meal Type: Lunch, Dinner, Side
Servings: 4

directions

Prep

1. Drain and rinse the canned mushrooms and lentils.

Make

1. Heat the olive oil in a large pot over medium heat. Add the onion and cook for 2 minutes. Add the canned mushrooms and continue to cook until they have leached the rest of their liquid and start to stick to the pan. Stir in the garlic, rosemary, thyme, paprika, and nutmeg.
2. Pour the crushed tomatoes and vegetable broth into the pot and bring to a gentle simmer. Cook uncovered for 10 minutes. Stir in the canned lentils and cook uncovered for another 10 minutes.
3. While the sauce is simmering, prepare the whole wheat pasta according to the package directions. Divide evenly among bowls.
4. When the sauce is finished cooking, season to taste with salt and pepper. Serve immediately over the cooked pasta.



frozen