



MONTHLY TEAM NEWSLETTER

START HERE.
THRIVE EVERYWHERE: THE PURPOSE BEHIND THE PROCESS

STRUCTURE, ROUTINE & DISCIPLINE

At the beginning of every practice, our athletes follow a consistent warm-up, and throughout the gym, each event has its own exercises and complexes. While the details may vary, the purpose remains the same: repetition builds strong basics, prepares the body for training, and creates a familiar structure that allows athletes to focus and work with purpose.

Consistency often works quietly. An athlete may repeat the same warm-up, conditioning, handstand, or basic skill day after day without immediately seeing a difference—until one day, the strength is there, the skill feels easier, or the progress becomes visible. That's one of the most valuable lessons gymnastics can teach: success is rarely the result of one great day. It is built through small, disciplined efforts repeated over time.

As a new school year begins, that lesson extends well beyond the gym. Consistent sleep, good nutrition, school routines, and arriving at practice rested and ready all contribute to an athlete's ability to learn, train, and enjoy the experience. Whether an athlete is five or fifteen, these everyday habits matter. Ultimately, the structure we create in the gym is about more than becoming a better gymnast. We want our athletes to learn that discipline isn't simply following rules—it's developing habits that help them succeed. Trust the routine, stay consistent, and give the progress time to show. Those are lessons they can carry from the gym into the classroom and wherever life takes them.

UNIFORM DISTRIBUTION & TEAM SPIRITWEAR

Uniforms are now in production for all levels. Please note all of the uniform items are custom and take several weeks to process. Uniforms will be distributed in late November to early December for the Jingle Bell Rock holiday performance.

Any spirit wear items that were ordered should be delivered to Stars & Stripes by September 15th. Another spiritwear order will be available in November with delivery in time for holiday gifts.

2026-2027 COMPETITION SCHEDULE

The Fun Meet schedule for Pre Team and the Competitive Team were in the August newsletter and in this newsletter again for your convenience. Reminder, the exact date and time of meets will not be available until approximately 2-4 weeks from the meet weekend. Competitions can be on Friday, Saturday or Sunday.

FUELING THE BODY OF GROWING ATHLETES

Each newsletter contains meal and snack ideas for growing athletes from Betsy the gymnastics nutritionist. Proper nourishment can go a long way! Details in the upcoming pages.

POWERFUL WORD OF THE MONTH: ATTITUDE

Our September Powerful Word is Attitude—an especially meaningful focus as we prepare for the next phase in training. Attitude shapes how we approach challenges, respond to coaching, support our teammates, and continue working when things don't come easily. Throughout the month, coaches will incorporate Powerful Words, a character development program created by Dr. Robyn Silverman, into practices to help athletes grow beyond their gymnastics skills. During the third week, athletes will receive a Powerful Project to complete at home. Completed projects can be returned to the front office to be entered into our monthly drawing. Our goal is simple: to help develop not only strong athletes, but strong character along the way.

UPCOMING EVENTS & PRACTICE CHANGES

NEW SILVER TEAM MEMBERS FLOOR CHOREOGRAPHY CLINICS

New Silver members will be having 2 special sessions for learning their floor routine. This is a very exciting and important part of preparing for the competitive season.

Thurs. Sept. 17th 7-7:45pm
Thurs. Sept. 24th 7-7:45pm

SKILL CLINIC BUNDLE SALE FOR REGULAR CLINICS - \$3 FOR \$59

The back to school clinic bundle discount for pre team members expires September 19th. Stock up on your skill clinics now! 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. More details to come!

4

Gymnast friendly Breakfast Options to simplify your morning school routine

WHAT Gymnasts can EAT BEFORE SCHOOL SETS THE TONE FOR THEIR DAY

A balanced breakfast:

- Gives them **energy** for learning and play
- Helps with **focus and concentration** in the classroom and gym
- Provides opportunities to **include protein, complex carbohydrates, vegetables, and fruit**

NO.1

OVERNIGHT OATS

PREP ONCE, ENJOY ALL WEEK

Overnight oats are an easy make-ahead option for any morning, especially busy ones.

Try combining:

- Rolled oats
- Milk or fortified soy milk
- Greek yogurt
- Fruit of choice
- Chia seeds (optional)

Store in the refrigerator overnight and grab it on your way out the door.

NO.2

Smoothies

A QUICK BREAKFAST WHEN TIME IS TIGHT

Smoothies can be a convenient way to include several food groups in one meal.

Try blending:

- Fruit
- Leafy greens
- Milk or fortified soy milk
- Greek yogurt
- Nut butter or seeds

Adding protein and fiber can help keep kids satisfied throughout the morning.

NO.3

PROTEIN-PACKED MUFFINS

GRAB-AND-GO BREAKFAST

Muffins can contain fruit, protein, and whole-food ingredients baked into a convenient, portable breakfast.

Made with:

- Eggs
- Cashew butter (or alternative)
- Protein powder
- Fruit
- Chocolate chips

Bake a batch of your favorite muffins ahead of time and keep them on hand for quick mornings.

NO.4

Egg Muffins

A PROTEIN-PACKED BREAKFAST

Whisk eggs with your favorite vegetables and bake in a muffin tin.

Try:

- Spinach
- Bell peppers
- Mushrooms
- Sausage
- Cheese (optional)

Store in the refrigerator and reheat for a quick breakfast during the week.

BACK TO SCHOOL SNACKS

AND WHY
GYMNASTS
NEED THESE

2.

VEGGIE STICKS & HUMMUS

Crunchy veggie sticks with hummus are perfect for keeping your energy levels up. Try carrots, cucumbers, and bell peppers!

Gymnast Why? Building a strong foundation requires protein, hydration and minerals

1.

NUT BUTTER & FRUIT

Pair a favorite nut butter or alternative with fresh fruits like apples or bananas for a quick and satisfying snack!

GYMNAST WHY?
Gymnasts need both satiety and energy during long days!

3.

GREEK YOGURT & BERRIES

Greek yogurt topped with fresh berries makes for a creamy, protein-packed snack. Add a drizzle of honey for extra sweetness! Top with "sprinkles" of hemp seeds.

GYMNAST WHY? Berries have omega 3's for brain health powering them through long school and practice days

4.

WHOLE GRAIN CRACKERS & CHEESE

Whole grain crackers with cheese slices are a great combo of carbs and protein to keep you full and focused!

Gymnast WHY? Cheese releases serotonin the mood boosting hormone, perfect for long school days

5.

ENERGY BITES

Homemade energy bites are easy to make and packed with nutrients. Mix oats, peanut butter, honey, and some chocolate chips!

Gymnast Why? Oats are a complex carb that will give you long lasting energy without a crash!





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



POWERFUL WORDS

CHARACTER DEVELOPMENT

PARENTS PERCH

Young students: "How I think, feel and act makes a difference!"

Older students/teens/adults: "Internal mindset; the way a person thinks, feels, and acts toward someone or something."

- Week 1** Attitude defined: Positive attitude vs. negative attitude
Week 2 Happy thoughts & hopeful hearts: How my thoughts & feelings affect attitude
Week 3 Attitude & actions: How a positive or negative attitude affects how we act
Week 4 Choosing my attitude: Becoming more positive, hopeful & grateful

Dear Family,

This month our Powerful Words program will focus on teaching "Attitude."

Attitude is the way we think, feel and act in response to the people and situations around us. Our attitude can be positive or negative, and while we don't always get to choose what happens to us, we get to choose what happens next—because we can choose our attitude.

People with a positive attitude:

- Look for the good.
- Focus on possibilities.
- Believe they can work through challenges.
- Use encouraging self-talk.
- Show hope, confidence and gratitude.

We will be discussing how our attitude can be found in what we think, feel, say and do. Children will learn that changing the way they think can often help change the way they respond.

For example, they can begin changing the script inside their heads from "I can't," "I'm not good enough" or "this is terrible!" to "I can try," "I can get better with effort and time," and "I can look for the good" even if it's small.

We'll also talk about becoming "good-finders." Good-finders intentionally notice what is going well, what they can learn, what possibilities still exist and what they have to appreciate. This doesn't mean pretending everything is perfect. Children can feel disappointed, frustrated or upset and still choose a positive next step.

There is a growing body of research showing that positive thinking and optimism can have meaningful benefits. Studies have linked a positive outlook with greater resilience, stronger coping skills and a greater willingness to persist when facing challenges.

Scientists have even found that attitude can affect learning. A Stanford University School of

Medicine study found that children who had a more positive attitude toward math showed stronger achievement, memory and problem-solving abilities. In other words, the way children think about learning can influence how effectively they learn.

Please keep us posted on how your children are applying what they are learning about attitude this month. Are they becoming better "good-finders?" Are they noticing negative self-talk and changing the script? We are thrilled to be your partners in the success and well-being of your children.

Here's to your success!

Best Regards,

—Your Motivated and Dedicated Instructors

UPCOMING POWERFUL WORDS

OCTOBER
NOVEMBER
DECEMBER

TRUSTWORTHINESS
DEPENDABILITY
GENEROSITY