

STARS & STRIPES TEAM NEWS



October 2023



Wear your halloween costume to practice!

HOT SHOTS: Wednesday 25th & Monday 30th
HOTS SHOTS 1: Tuesday 24th & Thursday 26th
HOTS SHOTS 2: Wednesday 25th & Monday 30th
LEVEL 3: Thursday 26th
XCEL BRONZE: Friday 27th

Please wear a leotard under your costume, costumes will be worn for warm up.



Team Calendar & Parent Information

Parent information is emailed and also posted on the competitive team page of the Stars & Stripes website. Additionally, on the team page there is a button for the team calendar. The school-year schedule is posted on the calendar but it does not yet reflect holidays, gym closings, 1/2 days of school, etc.

WORD OF THE MONTH: TRUSTWORTHINESS

This month we will focus on the the word trustworthiness. Trustworthiness declares it's definition in the word itself. One who is trustworthy is "worthy" or deserving of "trust" or confidence. While straight forward, trustworthiness is not easily achieved. Trust must be earned. Instructors will discuss what trustworthiness is, why it's important and how we all can focus on being trustworthy.

PRACTICE CHANGES:

OCTOBER

- Friday, October 21st (Clarkston 1/2 day): 2:00-5:00 Level 5-7
- NO PRACTICE for LEVEL 3 Saturday October 21st: Fun Meet
- NO PRACTICE for LEVEL 4-7 Monday October 30th: Halloween Party
- NO PRACTICE for ALL TEAMS Tuesday October 31st: Halloween

NOVEMBER

- Monday, November 20th: 2:45-6:00 Level 5-7 & 4:15-7:15 Level 4
- NO PRACTICE LEVEL 3 Tuesday, November 21st
- NO PRACTICE for ALL TEAMS Wednesday, November 22nd - Friday, November 24th: Thanksgiving Break

STARS & STRIPES TEAM NEWS



BETSY BOOTCAMP: 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!

In this month's newsletter, Betsy highlights foods that will keep energy levels high as well as nourishing the athletes bodies against common colds and other viruses that will be creeping up. Take a look at the recipe of the month and give to a try!

2023–2024 Competition Schedule

The competition schedules are attached to this newsletter for all teams.

Uniform Packages

XCEL: You will receive your entire uniform package late November to early December.

DEVELOPMENTAL: You will receive your entire uniform package by end of December.

PRE TEAM: You will receive your leotard for the first October fun meet. Level 3 and Xcel Bronze will receive their entire uniform package by the end of December.

MINDSET MATTERS

Maintaining a productive mindset can be challenging, especially when faced with adversity. It is much easier to stay positive when everything is going your way, the test is when it is NOT going your way or how one may hoped for. In the sport of gymnastics some of the most common obstacles include fear of a skill, frustration due to lack of physical and/or mental preparation and impatience with the (sometimes lengthy) process of learning/perfecting skills.

Awareness when the mindset, attitude and/or effort level may need adjustments can be viewed as an empowering tool for athletes to use. Coaches and parents need to be there each step of the way helping the athlete cultivate a healthy awareness of their mindset (or mental approach).

Ultimately athletes are in control of their mindset and having a keen, honest assessment of the mindset and the ability to "reset" when necessary will create a proactive, productive approach to challenges that may arise in sports and in life.



COMPETITION SCHEDULE



DEVELOPMENTAL TEAM 2023-2024

Dates	Competition	Location	Levels Attending
January 12 th -14 th	Battle of Champions	Glass City Center 401 Jefferson Ave. Toledo, OH	Level 4 through 7
January 19 th -21 st	Wolverine Classic	American 1 Credit Union Event Center Jackson, MI	Level 4 through 7
January 26 th -28 th	Athlete Warrior	Macomb Community College Sports & Expo Center Warren, MI	Level 4 through 7
February 9 th -11 th	Grand Rapids Classic	MSA Sports Spot Grand Rapids, MI	Level 4 through 7
February 16 th - 18 th	Elevate the Stage	Huntington Center Arena Toledo, OH	Level 4 through 7
February 22 nd -25 th	Drop it Like it's Hot with Katelyn Ohashi	Lansing Center Lansing, MI	Level 4 through 7
March 9 th -10 th	Level 4 & 5 State Championships	Huntington Place Detroit, MI	Level 4 & 5
March 23 rd -24 th	Level 7 State Championships	Kellogg Arena Battle Creek, MI	Level 7
April 19 th -21 st	Level 7 Regional Championships	TBD	Level 7

**schedule subject to change*

EXACT DAYS & TIMES:

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.

COMPETITION SCHEDULE



XCEL TEAM 2023-2024

Dates	Competition	Location	Levels Attending
December 8 th -10 th	MEGA Magic Classic	High Velocity Sports Canton, MI	Xcel Silver, Gold & Platinum
January 12 th -14 th	Battle of Champions *Optional Travel Meet*	Glass City Center 401 Jefferson Ave. Toledo, OH	Xcel Silver, Gold & Platinum
January 26 th -28 th	Athlete Warrior	Macomb Community College Sports & Expo Center Warren, MI	Xcel Silver, Gold & Platinum
February 9 th -11 th	Grand Rapids Classic	MSA Sports Spot Grand Rapids, MI	Xcel Silver, Gold & Platinum
February 22 nd -25 th	Drop it Like it's Hot with Katelyn Ohashi	Lansing Center Lansing, MI	Xcel Silver, Gold & Platinum
March 2 nd – 3 rd	Xcel Silver State Championships	Dort Financial Center Lapeer Rd, Flint MI	Xcel Silver
March 16 th -17 th	Xcel Platinum State Championships	Morey Courts Rec Center Mount Pleasant, MI	Xcel Platinum
March 23 rd – 24 th	Xcel Gold State Championships	Kellogg Arena Battle Creek, MI	Xcel Gold
April 26 th - 28 th	Xcel Regional Championships	TBD	Xcel Gold & Platinum

**schedule subject to change*

XCEL TRAVEL MEET: Battle of Champions: Location – Glass City Center Toledo, OH

This is an optional, additional meet for Xcel team members. Please register by October 1st, however your account will not be charged until Nov. 1st. The additional cost is \$189, register online (listed under special events 2023) or through our business office.

PRE TEAM COMPETITION SCHEDULE 2023-2024



HOT SHOTS, HOT SHOTS 1, HOT SHOTS 2, LEVEL 3 & XCEL BRONZE

Dates	Competition	Location	Levels Attending
October 21 st	In House Fun Meet	Stars & Stripes Athletics	All Hot Shots levels, level 3 & Xcel Bronze
December 2 nd -3 rd	Jingle Bell Rock Holiday Performance	Stars & Stripes Athletics	All Hot Shots levels, level 3 & Xcel Bronze
January 26 th -28 th	Athlete Warrior (Travel Fun Meet)	Macomb Community College	Level 3 & Xcel Bronze
February 3 rd	In House Fun Meet	Stars & Stripes Athletics	All Hot Shots levels, level 3 & Xcel Bronze
*March 15 th -17 th	Level 3 & Xcel Bronze Fun State Meet (Travel Fun Meet)	TBD	Level 3 & Xcel Bronze
*March 24 th	The Flipping Flamingos Fun Meet (Travel Fun Meet)	Gym America Ann Arbor, MI	Level 3 & Xcel Bronze
May 18 th	In House Fun Meet	Stars & Stripes Athletics	All Hot Shots levels, level 3 & Xcel Bronze

**schedule subject to change*

EXACT DAYS & TIMES: TRAVEL FUN MEETS

The exact date and times for travel fun meets (level 3 and Xcel Bronze only) will be provided by the competition host club approximately 10-14 days before the competition weekend. Once we receive this information we will send out an email.

*March Travel Fun Meet: We are still waiting on the location for the Level 3 & Xcel Bronze Fun State meet. Once that is determined we will have a finalized second travel meet for level 3 & Xcel Bronze. We try to keep our travel fun meets within reasonable driving distance. NOTE we are either doing the Level 3 & Xcel Bronze Fun State meet or The Flipping Flamingos Fun meet, NOT both.

Fun Meet

OCTOBER 21ST

AT STARS & STRIPES



LEVEL 3 & XCEL BRONZE AT 12:30PM
HOT SHOTS & HOT SHOTS 2 AT 1:30PM
HOT SHOTS 1 AT 2:30PM

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.

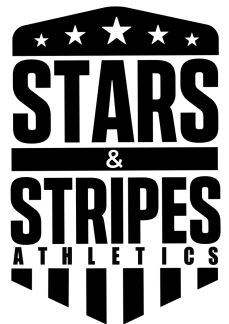
ARRIVAL

Please have your gymnast arrive **15 minutes** prior to their start time.

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 2023-24 team leotard and scrunchie with their hair in a bun for the fun meet.



YOU'RE INVITED TO AN EXCLUSIVE PRE TEAM NIGHT OUT!



**A NIGHT FILLED WITH
OPEN PLAY AND GROUP
GAMES WITH ALL THEIR
TEAMMATES AND
COACHES!**

SATURDAY OCTOBER 21st 6:30-8:30pm



This is a
drop off
event.

Pizza and
beverages
will be
provided.

NO
registration
needed for
this event.



**THIS EVENT IS FOR
HOT SHOTS, HOT SHOTS 1,
HOT SHOTS 2, LEVEL 3
& XCEL BRONZE**



HALLOWEEN PARTY

MONDAY

30

OCTOBER

FROM 6:30-8:00PM

LEVEL 4 THROUGH 7 AND XCEL SILVER, GOLD & PLATINUM ARE INVITED TO THE HALLOWEEN COSTUME PARTY. JOIN US FOR A COSTUME PARADE, BONFIRE, PIZZA, MUSIC AND GAMES!

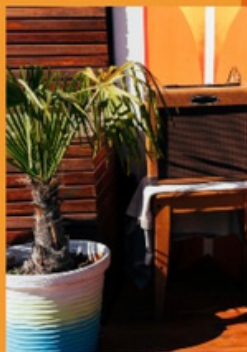
XCEL ATHLETES ALREADY AT PRACTICE: AT 6:30 ATHLETES WILL CHANGE INTO THEIR COSTUMES. MAKE SURE TO BRING WEATHER-APPROPRIATE CLOTHING AS THIS EVENT WILL TAKE PLACE OUTSIDE.
LEVEL 4 THROUGH 7: UPON ARRIVAL MEET AT THE PICNIC TABLES BY THE TURF.

PICK-UP WILL BE AT 8:00 PM FOR ALL LEVELS OUTSIDE AT THE TURF.



BETSY BOOTCAMP

OCTOBER NUTRITION NEWS



EATING FOR ENERGY AND IMMUNITY

It's October! It's harvest time, pumpkins and apples everywhere and your gymnast is putting in full day of school, then practice. Time to talk about foods that keep energy levels high as well as nourishing our bodies against the common cold and other viruses that will be creeping up!



Your gymnast is putting together pieces of her floor routine, beam and bar routines and that vault is finally about to go on a hard mat. This can also be a "tense" time of the year as coaches start to get a little more nervous about what their team will "look like" this season. The preseason jitters are very common for athletes and coaches. It's very important that athletes continue to feed themselves the proper nutrients and take advantage of the amazing foods in season, specifically apples, gourds like pumpkins, squash and don't forget those all important green foods like asparagus, and our favorite black and blueberries. Read on to learn more about energy and immunity in the news!

Fun Fact: Pumpkin is a fruit that has many benefits, many forms, and is widely used for the celebration of an event.





EATING FOR IMMUNITY

I'm a huge advocate for eating for immunity as you all know, and don't get me wrong, eating a diet rich in certain nutrients can optimize the function of your immune system.

However short-term nutrition shifts are not going to keep your athlete free and clear of the flu or any other virus this gymnastics season.

The key thing to keep in mind is that your child's immunity is linked to a SYSTEM - it is not just one thing or a simple equation of "do this and this will happen." It is so much more complex and involves things outside of your control like genetics, age, lifestyle, environment and so much more.

As an evidence-based practitioner, my advice is more pragmatic. Most importantly - Obviously make sure your gymnast is washing their hands and using sanitizing products. Our gyms, although many are clean, are crawling with bacteria and virus.

With this in mind, here are my top 4 food nutrition guidelines to support your gymnast's immune system to fire on all cylinders in the upcoming months.

- 1 Eat more vitamin C-rich foods [fresh or frozen] citrus fruits, bell peppers, straw berries, raspberries, cauliflower, broccoli, and kiwi
- 2 Keep zinc-rich foods on hand: beans [canned], cashews, shellfish [frozen or fresh], seeds, and whole grains
- 3 Consume more vitamin E: almonds [raw], sunflower seeds, peanut butter [unsweetened, natural]. Also, coconut oil is anti-viral, anti-bacterial and anti-fungal.
- 4 Increase omega-3 intake: salmon, chia seeds, canned fish i.e. sardines, mackerel and clams.

BALANCE OVERALL

Overall, gymnasts should be eating for PERFORMANCE, Recovery, ENERGY and IMMUNITY. If you are focusing on colorful, plant based food to increase the circulation of antioxidants, your gymnasts' immune system will be supported.

As always, I recommend gymnasts are BALANCED! They are kids! However avoiding excessive amounts of processed foods, added sugars will help immunity as well. Do your best to make food the FIFTH EVENT for immunity this pre-season!



BALANCING SUGAR



Halloween is right around the corner. 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.

Negatives associated with eating excessive sugar:

- Fatigue/Tiredness
- Soreness
- Lethargy
- Stiff muscles
- Headaches
- Mood swings
- Lack of Performance

If you are an athlete that wants to maximize your results, have better energy, be less sore, then eating an excess of these foods is not a good idea (A little is fine! Everything in balance)

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!



OCTOBER SUPERFOOD: APPLES



AN APPLE A DAY—IT'S TRUE!!!



As you can see, the theme of this month is ENERGY and IMMUNITY, and the most perfect food for boosting energy and immunity in my opinion is the apple.

Not only do apples improve the skin and provide anti-inflammatory benefits, they also improve brain function and digestive health. All things essential for a gymnast.

Apples also keep skin hydrated and strong and with all of the antioxidants and vitamins, apples PUMP UP immunity. APPLES are bursting with pectin and fiber for digestive health, vitamin C for immunity, as well as vitamin K for cardiovascular and anti-inflammatory benefits.

As Betsy Bootcamp always says... "If it's green it's good!" Green apples have a bit more vitamin K than red for maximum blood flow. Apples contain a significant amount of powerful minerals like calcium, iron and magnesium to help with bone health, vision and blood flow. More energy, less sore muscles!

I know, it's a cliché and we hear over and over that having an apple a day keeps the doctor away, but in this case, it is the truth!

How can gymnasts enjoy apples?

Granny Smiths Sliced up on spinach salads

Sliced and dipped into coconut oil and cinnamon, then lightly baked into chips

In Green smoothies with oatmeal yogurt and honey (Try Gymnast's Apple Pie Morning Shake)

Dried Versions in trail mixes

Try this month's APPLE Nachos!

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)



MESSAGE FROM THE COACH:



It's October and I KNOW it's going to be tempting to eat a ton of goodies that are hanging around the house because of Halloween! And guess what, this is OK! Life is all about balance and that means having a few chocolate bars and candy corns here and there! Just don't go OVERBOARD AND always remember that processed sugar can make you fatigued, sore, grumpy and can actually spike your insulin creating the desire to eat more sugary foods! You are an athlete which means you need to fuel your body properly with lots of yummy fruits and veggies, and October is an amazing time to focus on seasonal yumminess like pumpkin, squash, apples and leafy greens too! So enjoy the holiday but don't forget, NUTRITION is the FIFTH EVENT and you have goals! You Got This!
Betsy