

STARS & STRIPES TEAM NEWS



January 2024



Pre-Season Meetings

These pre-season meetings will be held at Stars & Stripes and Buck Shots (noted below). The focus of the meeting will include all necessary information regarding all aspects of competitions and how to have a successful season!

Level 4-7 (Parents & Athletes)

Wednesday, January 10th @7:30pm

Held at Buck Shots

*Level 4 practice will start at early 4:15-7:15

Level 3 (Parents only)

Thursday, January 11th @7:00pm

Held at Stars & Stripes

Xcel Bronze (Parents only)

Tuesday, January 9th @7:30pm

Held at Stars & Stripes

Follow us on Facebook

It is strongly encourage that you follow us on Facebook by joining the Stars & Stripes Competitive team group page. This page is updated with important information such as practice changes, closures, meet information and other reminders. Pictures and videos of practice and events are also posted. It a great way to stay in the loop!

WORD OF THE MONTH:

CONFIDENCE

YOU CAN'T PRAISE SOMEONE'S WAY INTO CONFIDENCE. CONFIDENCE IS GAINED THROUGH HARD-EARNED COMPETENCE - IT'S TRYING, FAILING, LEARNING, ADJUSTING, SUCCEEDING AND REPLICATION OF THAT TRIUMPH. NO ONE ELSE'S "YOU CAN!" CAN BE A COMPARABLE SUBSTITUTE FOR ONE' OWN "I CAN!"

- DR. ROBYN SILVERMAN

PRACTICE CHANGES:

JANUARY

- Level 4-7 NO PRACTICE January 1st
- Level 4 PRACTICE 4:15-7:15 Wednesday January 10th (Due to parent meeting)
- Level 5/7 Practice 2:00-5:00 January 18th & 19th (Clarkston 1/2 day)
- Level 4-7 NO PRACTICE Monday January 29th

FEBRUARY

- Level 3 NO PRACTICE February 3rd- In house fun meet

STARS & STRIPES TEAM NEWS



Skill Clinics

Athletes have the opportunity to accelerate progress and hone in a specific skill and/or skill set with the variety of skill clinics offered. Clinics provide athletes with repetition of basic components, drills and strength exercises

Check out the Stars & Stripes website to see a full list of all the skill clinic dates in the new year.

TRAVEL TEAM CAMP: Flip Fest Update!

As we had a great experience at Flip Fest, the team will be taking a year off from traveling to any camp. If your athlete still is interested in attending a camp, which is not required, we recommend attending The University of Michigan commuter camp for a fun camp experience that is local.

SAVE THE DATE

TEAM PICTURE DAY

Thursday, February 1st.
More details to come in the upcoming months



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!

This month Betsy gives tips on how to balance a busy lifestyle while still serving up fast, functional and balanced meals that the whole family can enjoy. The dinner bar is a “buffet” style set up that has an assortment of choices for all family members, read below to find out more about the family dinner bars.

GUIDING PRINCIPLES FOR ATHLETES

- 1. Trust the Process:** Respect the necessary steps toward achieving skills, level promotion and overall progress.
- 2. Quality Over Quantity:** Mindful, intentional efforts and attempts.
- 3. Be Coachable:** Ready and willing to receive feedback along with making necessary adjustments and improvements.
- 4. My Body is My Machine:** Take care of the mental and physical body with adequate rest, proper nutrition, conditioning and time management
- 5. You Have the Power (accountability):** Take responsibility for words and actions. Ultimately YOU are in control – take charge, solve problems and create solutions.
- 6. Be Proud:** Always maintain perspective and appreciate how far you have come.



CONFIDENCE

JANUARY 2024



POWERFUL WORDS

CHARACTER DEVELOPMENT

PARENTS PERCH

Young students: "I believe in me and you!"

Older students/teens/adults: Belief and trust in oneself, others or the situation.

- Week 1** Confidence defined: What is it? How does it feel? What does it look like?
- Week 2** Confidence and what it allows us to do: Take positive risks, try new things.
- Week 3** Supports: What/who helps us feel confident in our bodies and brains?
- Week 4** Potential confidence barriers: How does bullying and failure influence us?

Dear Family,

This month we will focus on the character concept, "confidence."

Confidence is a combination of trust, conviction and assuredness. Confident people embody a feeling of inner certainty that problems and challenges will work out as envisioned. They believe in themselves, their abilities, and in those they trust.

When speaking to children, it's important to delineate the difference between confidence and cockiness or conceit. Confident people are aware of their strengths but don't feel they need to brag about them for validation. They can admit their weaknesses in a productive way that helps them to reach out for help, strengthen their skills and connect with others.

When it comes to goals and goal-setting, confident people follow their passion and try new activities. They are open to meeting new people and are comfortable

embracing their own identity even if they're different from others. They have faith in themselves and their ability to succeed.

In Dr. Robyn Silverman's book, *How to Talk to Kids about Anything*, she focuses on confidence-building in Chapter 2. In it, Dr. Robyn reminds us that self-confidence:

- is a strong predictor of learning and future success.
- helps set and go after goals
- assists in overcoming adversity
- urges us to engage in novel experiences
- protects against loneliness & fear

How can we support our children's development of confidence? Research tells us that it's not through lavish, inflated praise. Dr. Robyn, again, reminds us, that "confidence comes from competence!" It's important that we provide kids with responsibilities, allowing them to make mistakes and recover from them and putting them in situations where they gain

competence and self-reliance.

Dr. Robyn recommends highlighting successes by saying, for example, "you studied so hard and got extra help- that's what I call persistence!" instead of "You're so smart so you got an A!"

We are also huge proponents of helping kids see their strengths. What do they like about themselves? What do they appreciate in themselves? And a "double whammy"- how can their strengths be of service to others?

We 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 Instructors

UPCOMING POWERFUL WORDS

FEBRUARY
MARCH
APRIL

COMPASSION
RESPONSIBILITY
TENACITY

Fun Meet

FEBRUARY 3RD

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.

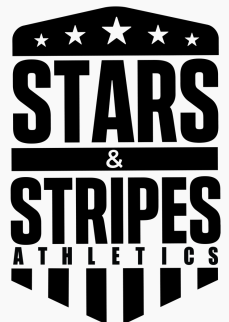
ARRIVAL

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.

HAIR TUTORIAL'S LINKED BELOW



Battle of Champions

JANUARY 12-14, 2024

- Parking -

Port Lawrence Parking Garage

227 St. Clair St.

St. Toledo, OH

SEAGATE CONVENTION CENTER

401 JEFFERSON AVE.

TOLEDO, OH 43604

Connected walkway by a sky bridge to

GCC & Huntington Center

Xcel Platinum

Friday Jan 12

Check in @7:45am

Gym A Session 1

Level 4

Friday Jan 12

Check in @11:15am

Gym B Session 2

Level 5 & Xcel Gold

Saturday Jan 13

Check in @11:15am

Gym A Session 6

Level 7

Saturday Jan 13

Check in @ 5:30pm

Gym A Session 8

Xcel Silver

Sunday Jan 14

Check in @ 11:00am

Gym B Session 10

Wolverine Classic

Level 7

Saturday, January 20th

Session 6; Flight B

Check-In @ 4:50pm

Warm-up/ stretch @ 5:05pm

Competition Begins @ 5:25pm

Awards @8:21pm

Level 4 & 5

Sunday, January 21st

Session 7; Flight A

Check-In @ 7:45am

Warm-up/ stretch @ 8:00am

Competition Begins @ 8:20am

Awards @ 11:44am

Admissions

Adults – \$15
Seniors – \$10
Children – \$5
(Cash only)

Location:

American One Credit Union Event Center
128 W. Ganson St.,
Jackson, MI 49301



**Macomb Community College
Sports & Expo Center
14500 E 12 Mile Rd, Warren,
Mi 48088**

Level 4

Sunday, January 28th

Black Gym

Check-In @ 7:45am

Warm-up/ stretch @ 8:00am

Competition Begins @ 8:00am

Awards to directly follow

Xcel Silver

Sunday, January 28th

Red Gym

Check-In @ 6:00pm

Warm-up/ stretch @ 6:15pm

Competition Begins @ 6:30pm

Awards to directly follow

Level 5

Friday, January 26th

Black Gym

Check-In @ 6:00pm

Warm-up/ stretch @ 6:15pm

Competition Begins @ 6:30pm

Awards to directly follow

Xcel Gold

Saturday, January 27th

Red Gym

Check-in @ 6:00pm

Warm-up/ stretch @ 6:15pm

Competition Begins @ 6:30pm

Awards to directly follow

Level 7

Friday, January 26th

Black Gym

Check-In @ 2:30pm

Warm-up/ stretch @ 2:45pm

Competition Begins @ 3:00pm

Awards to directly follow

Xcel Platinum

Sunday, January 28th

Black Gym

Check-In @ 11:00am

Warm-up/ stretch @ 11:15am

Competition Begins @ 11:30am

Awards to directly follow

**Admissions will be through digital
sales only and prices will be as
follows:**

FREE admission:

All Competing gymnasts

*****No cash entry*****

Daily Wristband:

\$20 | Adults 18 & Over

\$15 | Seniors/Youth*

\$35 | Weekend Wristband

***Senior (62 & older), Military & Youth**

(6-17)

Grand Rapids Classic

February 9-11, 2024

Xcel Platinum

Friday, February 9, 2024
Blue Bridge Gym
Session 1 - Flight B
Check-in @ 7:45am
Warm-up/ stretch @ 8:00am
Competition Begins @ 8:25am

Level 5

Friday, February 9, 2024
Blue Bridge Gym
Session 1 - Flight A
Check-in @ 7:45am
Warm-up/ stretch @ 8:00am
Competition Begins @ 8:25am

Level 4

Saturday, February 10, 2024
Blue Bridge Gym
Session 4 - Flight B
Check-in @ 7:45am
Warm-up/ stretch @ 8:00am
Competition Begins @ 8:25am

Xcel Silver

Saturday, February 10, 2024
Blue Bridge Gym
Session 5 - Flight B
Check-in @ 12:00pm
Warm-up/ stretch @ 12:30pm
Competition Begins @ 12:55pm

Level 7

Saturday, February 10, 2024
Blue Bridge Gym
Session 6 - Flight A
Check-in @ 4:30pm
Warm-up/ stretch @ 5:00pm
Competition Begins @ 5:25pm

Xcel Gold

Sunday, February 11, 2024
Blue Bridge Gym
Session 7 - Flight A
Check-in @ 7:45am
Warm-up/ stretch @ 8:00am
Competition Begins @ 8:25am

Location

MSA Sports Spot
3701 32nd St SE
Grand Rapids, MI 49512

Elevate the Stage - Toledo

Level 4

Saturday, February 17th

Gym B Session: B04

Check-In @ 7:45am

Warm-up/ stretch @ 8:00am

Competition Begins @ 8:20am

Awards @ 11:00am

Level 5

Sunday, February 18th

Gym A Session: A09

Check-In @ 11:05am

Warm-up/ stretch @ 11:20am

Competition Begins @ 11:40am

Awards @ 2:05pm

Level 7

Saturday, February 17th

Gym A Session: A07

Check-In @ 6:00pm

Warm-up/ stretch @ 6:15pm

Competition Begins @ 6:35pm

Awards @ 9:35pm

Location:

Glass City Center
401 Jefferson Ave
Toledo, OH 43604

Entry Fee:
TBD

HAPPY NEW YEAR

From Betsy's Kitchen



Well, it's finally here, a new year, which means lots of competitions, cold weather, it's getting darker earlier and everyone is BUSY! Each year in my January edition, I have normally focused on a "competition Snack Bag" which is great, and I may revisit that in February's newsletter.

However, this month I want to shake it up a bit, and focus on something else: Since it's the new year, it's time to revisit new, healthy habits and establish balance for the entire family! This is very important for two reasons in January.

First, as I said, January is a busy time of year. The competitive season is in full gear and your other family members are back to school, parents are "back to work" after the holidays and life is in full swing again. Oftentimes athletes and families can become pulled into so many directions that things can get extreme.

Secondly, when too many activities are crowding the family's schedule, oftentimes meals are placed on the back burner, snacks forgotten and dinner is a frozen pizza, fast food or take out.

The mission of this month's newsletter is to help the gymnast find their balance with their food and develop new habits, and also help parents create fun, dinners where everyone can enjoy functional foods together!

First: How Can a Gymnast Develop the habit of BALANCE in Nutrition?

I was a gymnast too, just like you! Unfortunately I was “out of balance” when it came to my nutrition. I developed some pretty bad eating habits. Here are the top three bad habits I developed as a young level 10 athlete:



1. I skipped breakfast, grabbed fries or pizza for lunch and was eating four bowls of cereal before practice. Talk about a stomach ache! Skipping breakfast made me miss out on important calories my brain needed for school! And it only made me ravenous before practice. SO then I would overeat before I went to the gym, which gave me a stomach ache and I couldn't perform at my best! This type of restriction and overeating is not good for an athlete. But here's the thing- It's ok to eat pizza and fries, but not everyday for lunch! As gymnasts and human beings we need to understand that balance means eating everything and enjoying everything together in moderation and that includes treats.
2. I didn't understand the difference between a protein, carb, or fat. My meals were not good combinations of these major food groups. For instance, I would eat pasta with bread and that's it. No green vegetables or healthy fats or fruits to accompany my dinner. My lunches would include french fries and a cookie.
3. I didn't prepare or make food a priority, or even think about it really. And because of this I was always tired, sore, getting injured or having low confidence. I really wish I would have taken time to prepare, get educated on nutrition and eat a balance of healthy foods. I know this would have extended my gymnastics career!



2024



So, do any of those scenarios sound familiar? If so, how do we break the cycle of bad habits and create new ones?

Here are my top tips for making new habits:

1. Get educated and have a balanced plate (which includes treats)

All food is not "good or bad". We just need to understand the differences between functional foods (foods that will help us) and processed or junk foods/fast foods. Having treats and processed foods is going to happen and perfectly ok in moderation, however eating a balanced array of fruits, vegetables, complex carbs, protein and healthy fats are essential!

NOTE: Be sure you understand the difference between a carb, fat and protein and have an equal balance of them on your plate for each meal. If you don't know here is a quick explanation:

CARB: your energy food, found in fruits, vegetables, grains, natural sugars (40 percent of your plate)

PROTEIN: your building block macronutrient used for tissue repair -fish, chicken, beef, dairy, legumes and plants all included here (40 percent of your plate)

HEALTHY FAT: your nutrient which is needed for brain, skin and heart health and is your secondary source of energy -found in nuts, seeds, oils, avocados, fish and berries (20 percent of your plate)

2) Eat a balanced breakfast, lunch, Pre-workout snack, mid-workout snack and dinner EVERY DAY! Stay hydrated. You know the macronutrients (stated above) so be sure your plate has all of these food groups represented at each meal, and don't forget to have your treats in moderation and fun pizza night when appropriate!



3) **PREPARE, PREPARE, PREPARE!** To avoid overeating, under-eating, not snacking, over-snacking, be sure you take time to think about your weekly meals, snacks and dinners. And don't forget hydration as well! Water water and more water for everyone!

HABITS



And Here are my top tips to finding “BALANCE in your food”

THE TRICK TO GAIN “BALANCE” IN GYMNAST NUTRITION

The trick to Balance is minimizing food extremes and sticking to the sensible center.



Extreme views of food, such as labeling foods as good or bad and healthy or toxic, can confuse children and oftentimes gymnasts, and cause an unhealthy relationship with food.



Instead of the extremes, try the sensible center. You can have sugar, salt, and fat or any other indulgence in a balanced fashion by neither gorging on it nor eliminating it all together. BALANCE!



MAIN CATERGORIES FOR THE GYMNASTS' DINNER

BAR

Protein



Fruit



Vegetables



Grains



Dairy



Healthy Fats



Part Two:

Hey Mom and Dad: feeling a little out of balance yourself??

As a parent and small business owner, I truly can understand your busy lifestyle. So I know sometimes it is CHALLENGING to serve up fast, functional, balanced and family friendly meals!

That is why I am recommending the GYMNAST DINNER BAR!

The Dinner bar is a “buffet” style set up, however, the set up is a little different. Its a round table, and has an assortment of choices for all of your family members. Now, I know some of us have picky eaters, so try to have a little bit of everything for Everyone.

First. Let's get the basics out of the way, what foods groups need to be on this Dinner Bar?

Next, Let's Learn About WHY The Dinner Bar is so important for your whole family

THE GYMNASTS' DINNER BAR

So, what exactly is the Dinner Bar and why should you have one?



The Dinner Bar is a variety of deconstructed food, assembled on a table



It offers a variety of ingredients for the family to "build their own" entree for dinner



Meals are easy to prepare and are based on simple, uncomplicated ingredients that are functional

The Dinner Bar allows children and gymnasts to prepare their own meals



THE GYMNAST'S DINNER BAR

So, what exactly is the Gymnasts' Dinner Bar and why should you have one?

It allows for variability in appetite and promotes a child's capability to choose which foods, and how much, they wish to eat

It offers simple, healthy, fun, and varied solutions to your crazy, busy life.



The Dinner Bar is a "healthy smorgasbord", offered in a "build it yourself" atmosphere

The Dinner Bar is a healthy alternative to dining out, for those busy family evenings.



So now you know how to plan it, here are my top three Dinner Bars for Gymnasts:

1. The Vegetarian Taco Bar: (Great for Dinner or Lunch)

Whole Grain Tortillas
Guacamole
Pico De Gallo
Salsa or Cherry Tomatoes
Beans
Greek Yogurt
Cheese
Refried Beans
Lettuce

2) The Protein Salad Bar: (Great for Dinner)

Spinach or Kale/Lettuce
Shredded Carrots
Broccoli Crowns
Green, Red or yellow peppers
Sunflower Seeds
Raisins or dried cherries
Tuna, Chicken, Salmon, (meat of choice)
Edamame beans
Olive oil and Vinegar
Parmesan cheese
Hemp Seeds
Cooked Quinoa

3) The Baked Potato Bar (Great for Lunch or dinner)

Large Sweet or regular baked potatoes
Chicken or Beef (small shreds or cubes)
Coconut Oil
Butter
Greek Yogurt or Sour Cream
Chives
Shredded Cheddar
Spinach
Sides of Fruit (berries, mango slices are good)

4) The Yogurt Bar (good for breakfast)

Greek Yogurt
Honey
Peanut Butter
Granola
Pomegranate seeds
All Berries
Walnuts
Chia Seeds
Dry Oatmeal

5) The Rainbow Bar (Great for Dinner)

RED- apple slices
ORANGE- steamed carrots
YELLOW- whole grain pasta with olive oil
GREEN- steamed green beans
BLUE- blueberries
INDIGO- grapes
VIOLET- chopped purple onions
WHITE: Choice of cooked white fish, chicken or lamb/seafood seasoned with garlic and olive oil



POMEGRANATES!



One of my favorite snacks for gymnasts and they are **IN SEASON** and **EVERYWHERE** in stores now!

Why are they so good for gymnasts???

- **Fiber: 7 grams (DIGESTION)**
- **Protein: 3 grams (MUSCLES)**
- **Vitamin C: 30% of the RDI (IMMUNITY!)**
- **Vitamin K: 36% of the RDI (BLOOD FLOW!)**
- **Folate: 16% of the RDI (BONES!)**
- **Potassium: 12% of the RDI (IMPORTANT ELECTROLYTE)**

They are also filled with powerful fatty acids to help with inflammation, powerful antioxidants to fend off free radicals and they are delicious!

1. Sprinkle them over yogurt
2. Sprinkle them on salads (see my recipe below)
3. Add to smoothies and Shakes
4. Eat them by themselves they are delicious!

Pear and Pomegranate Salad:

Ingredients:

- 1 head of cabbage shredded
- 1 cup of pecans
- 1 pomegranate, seeded (To seed your pomegranate, slice it open carefully, immerse in a large pot of water, and with your hands inside the pot to avoid getting the red juice everywhere, carefully pick out the seeds. Then place all of the water in a strainer and pick out the skin)
- 1 Pear, skin on, chopped

Dressing;

- 4 tablespoons of olive oil
- 1 tablespoon of fresh lime juice
- 1 tablespoon of honey
- 1 teaspoon of cracked pepper

Directions: Shred your cabbage and add the pecans, pomegranates and pear. Place in a large bowl top with the dressing and toss well until coated. Great Holiday Salad and healthy too!

Coaches' Message From Betsy:

Go Out And ROCK THE COMPETITION SEASON!



Yeah, that's me visiting you at YOUR competition this January! So, I probably won't be able to make it to ALL of your competition's this season, BUT, just know that I am well aware of all of the time, effort and resources YOU, your coaches and your families have put into the sport!

But the truth is that it IS time to get FOCUSED! I want to encourage you to really take the steps I have laid out for you in this newsletter and APPLY THEM ALL, especially the part about eating breakfast, staying hydrated and eating a BALANCE of all food groups. I promise you, if I could go back again as a gymnast, I would have made nutrition the FIFTH event in my training. Hear me out, as a (much) older, wiser version of YOURSELF. I know I could have had a much longer and successful gymnastics career if I would have had a balanced approach to my nutritional habits.

Remember, I'm pulling for you and cheering for you this competitive season! You have the "food tools," now run, leap and STICK with it!

Good Luck and I'm cheering LOUD!

Betsy