

# STARS & STRIPES TEAM NEWS



May 2024



## Summer News

**PRE TEAM CAMP:** Hot Shots, Hot Shots 1, Hot Shots 2 & Xcel Bronze  
July 15th-18th, TIME 1:00-4:00PM

**XCEL TEAM CAMP:** Xcel Silver, Gold, Platinum  
July 29th-August 1st, TIME 9:00-12:00PM

### SUMMER SCHEDULE:

- We are currently in the process of finalizing the summer schedule for ALL pre team, Xcel and Development team. This will be released mid to late May.
- NO PRACTICE JULY 1ST-JULY 5TH for ALL levels due to 4th of July break.
- Summer schedule will start for pre team the week of July 8th (once we return from 4th of July break).

**SUMMER PLACEMENT PRE TEAM:** All Hot shots levels, level 3 and Xcel Bronze will be receiving evaluations and information regarding summer placement mid to late May.

### LAST DAY OF SCHOOL YEAR SCHEDULE FOR PRE TEAM:

Wednesday, June 26th: Hot Shots & Hot Shots 2  
Thursday, June 27th: Hot Shots 1  
Friday, June 28th: Xcel Bronze  
Saturday, June 29th: Level 3

## WORD OF THE MONTH:

# COMPOSURE

"Keeping calm, steady and in control while under pressure or stress." It doesn't mean that those who show composure don't feel stress but rather, that they employ techniques that allow them to manage it.

## PRACTICE CHANGES:

### MAY

- NO PRACTICE LEVEL 4-7 May 17th: team banquet
- NO PRACTICE LEVEL 3 May 18th: fun meet
- NO PRACTICE ALL LEVELS Saturday May 25th through Monday May 27th: Memorial day weekend

### JUNE

- Thursday June, 6th Level 5 2:00-5:00 (Clarkston 1/2 day)
- NO PRACTICE LEVEL 4/5 Friday, June 7th: last day of school

## BETSY BOOTCAMP: Monthly Nutrition

This month Betsy focuses on a very important part of end-of-season- recovery which is insuring proper protein intake.

# Fun Meet

## MAY 18TH

### AT STARS & STRIPES

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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.

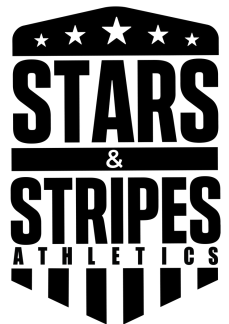
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## ARRIVAL

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.





# Betsy Bootcamp May News

Time For Healing, Recovery and Celebrating in Betsy's Kitchen!

You made it! The end of the competitive gymnastics season! Whether it turned out the way you wanted or you fell short of your goals, there is one thing for sure, I am positive your body is ready for some healing and down time!

And I am also POSITIVE that it is time to celebrate your wins, big or small! This issue of Betsy's Kitchen will focus on foods that help with recovery and healing. In our kitchen we make FUNCTIONAL food a priority and we will focus our May eating on repair, healing and immunity building too while we celebrate the end of the season and new beginnings! Let's go!



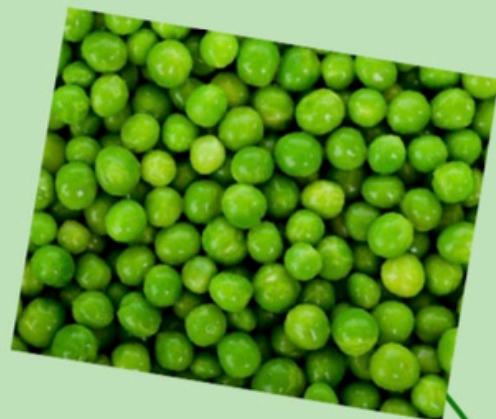


# HEALTHY FATS AND PROTEINS FOR RECOVERY.



A VERY important part of end-of-season-recovery is insuring proper PROTEIN intake!

Of course we often think of animal based proteins like chicken, fish, meat and eggs, which are all great sources of protein, but don't forget all of the amazing proteins and healthy fats found in plant foods! Especially nuts, seeds, legumes and grains!

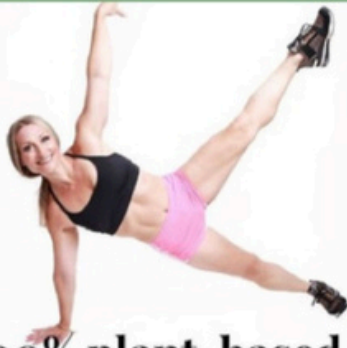


Healthy fat will help calm inflammation and protein will help to rebuild those tissues!





Here are some amazing plant options that contain both protein and healthy fat for repair:



## Betsy's Top Plant-Based Sources of Protein

**100% plant-based eating can meet required daily protein needs**

Protein is important because it builds and repairs tissues, helps produce enzymes and hormones, maintains electrolyte and fluid balance, and helps build strong bones, muscles, cartilage, and skin for our gymnasts! Especially at the end of a long season!!



3 Tbsp  
Sesame seeds  
4.8 g protein



3 Tbsp  
Pumpkin seeds  
2 g protein



3 Tbsp  
Chia seeds  
7 g protein



3 Tbsp  
Flaxseeds  
5.7 g protein



1 ounce  
Cashews  
5 g protein



1 ounce  
Almonds  
6 g protein



1 ounce  
Walnuts  
4.3 g protein



1 ounce  
Pecans  
2.6 g protein



6 ounces  
Tempeh  
32 g protein



6 ounces  
Tofu  
11 g protein



1/2 cup  
Quinoa, cooked  
4 g protein



1/2 cup  
Chickpeas, canned  
6 g protein



# **GREAT RECOVERY FOODS DURING SEASON'S END: HERE ARE MY TOP RECOVERY FOODS FOR MAY EATING!**

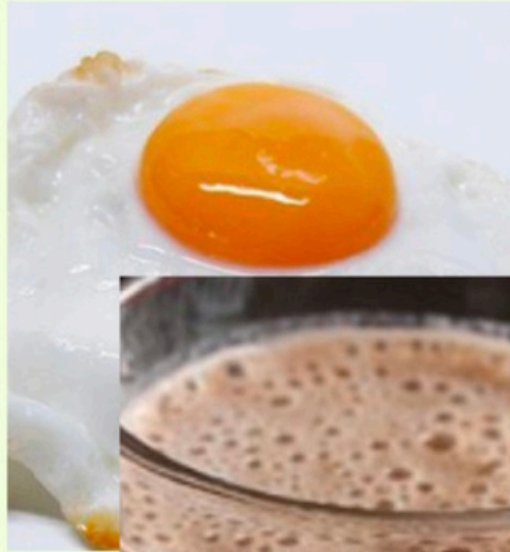
Vitamin C and Protein In Combination to build collagen for strong skin, muscles and bones.

- Red peppers
- Oranges
- Broccoli
- Herbs like parsley
- Strawberries
- Apricots
- Artichokes
- Asparagus
- Cherries
- Mango
- Green Beans

## **PROTEIN RICH FOODS:**

- Lentils/Beans/legumes
- Peas
- Peanut Butter
- Eggs
- Fish
- Beef
- Chicken
- Yogurt
- Soy
- Cheese

## **RECOVERY SHAKES**





**MINTY MANGO BERRY  
RECOVERY SHAKE:  
HERE IS AN AMAZING  
RECOVERY SHAKE  
PACKED WITH VITAMIN C,  
PROTEIN, PROBIOTICS  
AND IT IS DELICIOUS!  
1 CUP OF COCONUT  
WATER  
1/2 CUP GREEK YOGURT  
1 CUP OF MANGO CHUNKS  
(FROZEN OPTIONAL)  
1 CUP OF STRAWBERRIES (FROZEN  
OPTIONAL)  
1 TABLESPOON OF HONEY  
ADD A SPRIG OF FRESH MINT  
FROM YOUR HERB GARDEN AND  
BLEND!**



**THE SPINACH RECOVERY  
SHAKE YOUR KID WILL  
LOVE (FROM GYMNACHEF)**

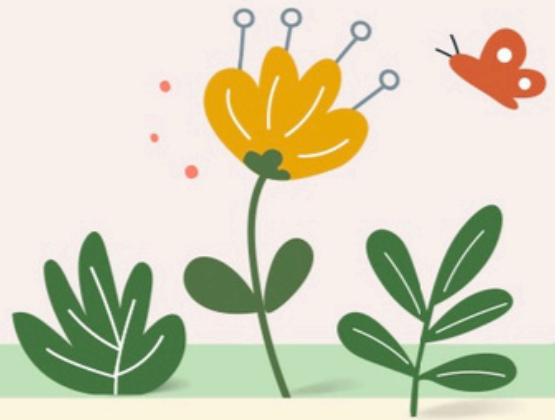
**2 CUPS SPINACH  
1/2 BANANA  
1 TABLESPOON DARK COCOA  
POWDER  
1 TEASPOON HONEY  
1 SCOOP VEGETABLE OR ORGANIC  
WHEY PROTEIN  
1 TABLESPOON NATURAL PEANUT  
BUTTER  
1 1/4 CUP ALMOND MILK  
1 CUP OF ICE**

**PLACE IN A BLENDER AND BLEND  
UNTIL SMOOTH AND FROTHY! YUM**





# HERBS

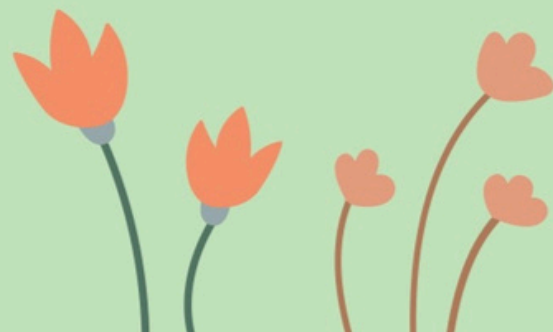


Herbs are also an important part of the healing process! Parsley, cilantro, mint and Rosemary offer not only powerful anti-inflammatory and anti-bacterial properties to aide in soreness, but they can also calm nervous stomachs, boost immunity and provide powerful antioxidants which can help with cell distress. Some of my favorite herbs can also be used in TEAS and are great for healing and recovery in the post season These include but are NOT limited to:

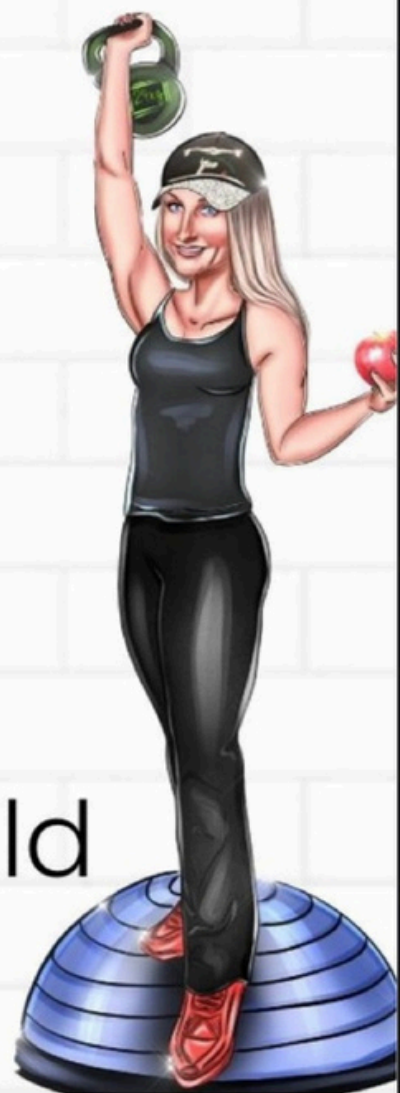
- \* Mint (indigestion, stress)
- \* Chamomile (calming, relaxation)
- \* Elderberry- Immunity and blood pressure (more coming in the next section)
- \* Turmeric (mental clarity and inflammation)
- \* Holy Basil (immunity, high in vitamin a and c)



**Reminder: Be sure to speak with your healthcare practitioner before trying any herbs, teas or supplements.**







What Gymnasts Should  
know about

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# Elderberry

1

# Supports Your Immune System

Elderberries are famous for their ability to strengthen your body's defense against colds and flu. This is because they have lots of vitamin C and antioxidants. Great for post season recovery!





2

# Fights Inflammation

These berries may help reduce swelling and pain in your body, making you feel better after a long gymnastics season!



3

## Good for Heart Health

Eating elderberries might help keep your heart healthy by managing cholesterol and blood sugar levels. Great to sustain energy post season when you are tired!





4

# Rich in Antioxidants

Antioxidants in elderberries help protect your cells from damage by neutralizing free radicals. Needed after a LONG season of training!



# Sources of Elderberry

**Elderberry Syrup:** A popular way to consume elderberries, especially during cold and flu season and in the post season as well.



**Elderberry Tea:** A warm and soothing way to enjoy the benefits of elderberries.



**Elderberry Supplements:** These come in pills or gummies and are a convenient way to get elderberry benefits.



**Elderberry Juice:** A tasty drink, but watch out for added sugars!





# MESSAGE FROM BETSY!



May is a great time of year to reflect on your competitive season and also to begin thinking about the future. What skills do you want to work on? Can you upgrade your current skills and how can you make your existing skill set better? What could you have done better this season? As we move forward with summer training, be sure you are clear on what you need to accomplish! Celebrate those wins of course, but be thinking FOWARD and moving your goals forward! As always, I am proud of you and will be here to support you!

