

STARS & STRIPES TEAM NEWS



August 2023



School Year Practice Schedule: ALL LEVELS

Xcel Bronze: Tuesday 6-8pm, Friday 4:30-6:30pm

Xcel Silver and up: Monday/Thursday 5:30pm-8:15pm

Xcel Extra Practice (silver and up): Wednesday 6-7:30pm

Hot Shots: Monday/Wednesday 4:25pm-5:25pm

Hot Shots 1: Tuesday/Thursday 4:25pm-5:25pm

Hot Shots 2: Monday/Wednesday 4:25pm-6:25pm

Level 3: Tuesday/Thursday 5:15pm-7:45pm, Saturday 9:30pm-12:30pm

Level 4: Monday/Tuesday 4:15-8pm, Wednesday 5:30-8:30pm, Friday 4:15-7:15pm

Level 5: Monday/Tuesday/Wednesday/Thursday 3-6:30pm, Friday 3-6:30pm

Level 7 through 10: Monday/Tuesday/Wednesday/Thursday 2-6pm, Friday 2-5pm

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. The calendar will be completely updated by the end of August.

WORD OF THE MONTH:

SPORTSMANSHIP

Showing respect for the rules, the participants & the spirit of competition

PRACTICE CHANGES:

AUGUST

- Summer schedule ends Aug. 25th for ALL LEVELS
- School year schedule starts Aug. 28th for ALL LEVELS
- Aug. 28th 1/2 Day practice 12-4pm for level 5-10

SEPTEMBER

- NO PRACTICE for ALL LEVELS Friday Sep. 1st- 4th: Labor day

UNIFORM SIZING

Uniform sizing will take place in later August. Please stay tuned for more information as this process will be slightly different this season. Pre Team uniforms will arrive in late October. Competitive members will receive their entire uniform package in early December.

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2023-2024 Competition Schedule

USA Gymnastics has released state meet dates for 2023-2024 season (see information below). These meets are taking place earlier than years past. To accommodate these changes compulsory (level 4-5) and Xcel will start in December and optional levels (Level 7-10) will start in January. Regionals will be held in April, and Nationals will take place in May. Reminder that the full competition schedule will be available in September.

March 2nd-3rd: Xcel Silver State Championship

March 9th-10th: Level 3-5 State Championship

March 16th-17th: Level 8-10, Platinum & Diamond State Championship

March 23rd-24th: Level 6-7 & Xcel Gold State Championship

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 focuses on end of the summer training and preparing for the school year schedule. This newsletter talks about the superfood of the month, mindset tips for back to school and how to build a gymnastics BENTO box.

New Routines

XCEL SILVER & UP AND DEVELOPMENT TEAM

New Level 4 gymnasts will learn their new routines starting end of July. The process of learning the routines will take approximately 4-6 weeks. It is expected that it will take another 6-10 weeks to really fine-tune and perfect the routines (for competition).

New level 5 gymnasts will begin learning their routines early fall, there are not many changes from level 4 to level 5 so we don't need as much time to make these adjustments.

Optional level athletes (level 7 and above) and Xcel Silver/Gold/Platinum receive a new floor routines every 2 years. Floor routine choreography usually takes place between late August and late October.

MINDSET MATTERS

Of the many advantages gymnasts will gain in the competitive program, learning the power of a productive mindset just may be the most valuable. A productive mindset begins with a positive attitude.

Positive Attitude: An optimistic way to feel, think and act in the face of every day challenges. Focusing on the following key points will promote a positive, productive mindset.

*Attitude is a Choice - choose positive!

*Positive Self-Talk "I can" and "I will" statements

*Mistakes, failures and set-backs are an opportunity to learn and grow.





POWERFUL WORDS

CHARACTER DEVELOPMENT

PARENTS PERCH

Young students: "No matter if we win or lose, we use kind words and follow rules."

Older students/teens/adults: Showing respect for the rules, the participants & the spirit of competition.

Week 1 Sportsmanship defined: How can I win graciously and lose respectfully?

Week 2 Playing by the rules: Being safe, fair and respectful while in competition.

Week 3 Competitors, coaches & spectators: How should we act, speak and cheer?

Week 4 Dealing with the outcome: What can we learn for next time? What does this mean in the larger picture?

Dear Family,

This month the powerful word of the month is sportsmanship.

Sportsmanship is considered "The Golden Rule" of competition. It's usually associated with one's attitude while competing in sports. However, good sportsmanship is important in all types of competition. And, while sportsmanship typically describes how participants act when competing themselves, sportsmanship can also refer to those who are spectating.

In fact, research tells us that how the spectators act at an event can have a profound effect on the players. When spectators are positive, the players act more positively. When the spectators act more negatively, so do the players.

We are all responsible for the spirit of competition. However, many of those who coach and manage sports have all but declared that sportsmanship is on the decline. Some observers say that this

perspective reflects a larger societal problem, specifically of challenged character and poor moral fiber. Some studies show that the level of competition is the culprit while others discuss expectations of aggression or violence and a lack of self-control strategies as the reasons to blame.

When many worry that competition has gotten too intense, comparisons and perfectionism has been on the rise and mental health effects have been brought into question, this seems like the perfect time to reflect upon how we interact, compete, collaborate and work with one another. How can we scaffold our children and bolster their positive character?

Good sportsmanship embodies the written and unwritten rules of a game. When we show good sportsmanship, we follow the known rules like "each competitor must wear the appropriate uniform." But there are also "unwritten" rules that we must follow. For example, good sports know that cheating is wrong

and that grace when losing and kindness when winning is a respectful part of competition.

As key adults in the lives of children, it's important to both talk to our children about good sportsmanship and show them what good sportsmanship looks like. This does not mean that we need to pretend we are happy when we lose or "neutral" when we win, but rather show respect no matter what the outcome.

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

SEPTEMBER	LEADERSHIP
OCTOBER	TRUSTWORTHINESS
NOVEMBER	RESPECT

BETSY'S KITCHEN *AUGUST NEWSLETTER*

Official Nutrition News of Betsy Bootcamp!



End of Summer Edition!

NOTES FROM BETSY

It's the end of summer! You are probably polishing up those new skills, getting them out of the pit and onto soft landing surfaces- continuing to build muscle and also preparing for the schedule changes, sleep changes and nutrition changes that are just around the corner! This month we will be focusing on "end of summer" celebrations, shellfish superfoods, a couple of great recipes plus some pool snacks and some mindset techniques to get you in the mood for those upcoming, longer September days. Soon your schedule will be packed with practice, school and more!

In this issue....

**SUPERFOOD OF THE
MONTH: SHELLFISH**

END OF SUMMER EATS

**MINDSET TIPS FOR BACK
TO SCHOOL**

**HOW TO BUILD A
BENTO BOX**

BETSY'S SUPER FOOD GROUP OF THE MONTH: SHELLFISH

SHELLFISH: A GOOD CHOICE FOR AN ATHLETE?

The following article concerns information on: Clams crabs, crawfish, lobster, mussels, octopus, oysters, scallops, shrimp and squid

On my search to find the most perfect foods for gymnasts, time and time again, shellfish pops up as a superfood for athletes for many reasons.

Although there are some drawbacks (serve allergic potential, possible metal contamination) the pluses seem to far outweigh the minuses from my perspective.

First, It is important to follow guidelines for eating shellfish safely.

There is a limit for intake on how much shellfish due to metal contamination and to avoid possible food poisoning and parasites if shellfish is mishandled.

Bacteria can flourish in raw shellfish that are chilled incorrectly so be sure to store and cook properly. Also if you are pregnant or have a weak immunity this can be very dangerous.

Also, some people with a shellfish allergy can experience an anaphylactic shock so please, if you suspect an allergy or want to learn more before eating, please check out this very informative article on health line about signs of allergies, both and minor <https://www.healthline.com/health/shellfish-allergy-symptoms#conclusion>

Now, the good stuff....

According to Faye M. Dong, Professor of Food and Science and Human Nutrition and the University of Illinois, Urbana, shellfish is a healthy choice for well being, muscle, nerve and bone development.

The high amounts of protein/ complete amino acids for bones, and muscle growth are rivaled only to other animal meats. Shellfish are packed with omega 3's that help the nervous system, brain health, regulate blood pressure, help with inflammation and immunity. They also help with kidney function and fluid balance

What about Cholesterol? Although shrimp does have higher levels, low levels of cholesterol are found in herbivorous mollusks such as clams and scallops and actually help with bad cholesterol. Also, Scallops mussels, oysters and clams have relatively low cholesterol.

BONUS FOR ATHLETES: Shellfish are high in iron, which helps carry oxygen through the body. Specifically clams , oysters and shrimp. Shellfish also contain large amounts of zinc which helps with immunity, wound healing, organs, bones and cell integrity.

Shellfish are also high in the essential mineral copper, which helps with the formation of collagen for strong bones and joints/muscles.

In short, eating moderate amounts of shellfish is an excellent source of protein, is good for your muscles, bones and brain, all of which an athletes NEEDS to perform.



"SHELLFISH are an athlete superfood, but be sure to eat shellfish safely and clear yourself from allergic reactions by watching for signs like hives, shortness of breath, flushed skin and swelling of the face "

GYMNACHEF RECIPE OF THE MONTH: SIMPLE TOMATO SHRIMP AND BROWN RICE



Luckily I am married to a talented French Chef, so I am always learning about new ways to cook food. This week my hubby made an amazing shrimp dish. First, some facts on shrimp:

Includes Vitamin D (Important for immunity, bones and body function)

Includes a good amount of selenium, copper and calcium (strong bones, joints and ligaments and helps with inflammation)

Includes a good amount of IODINE which is hard to find in food and helps with gland function like thyroid as well as brain health.

INGREDIENTS AND DIRECTIONS:

- 2 cups of Wild Gulf Coast Shrimp (if possible, deveined and shelled, or for a more delicious taste, cook with skin and legs on, tear apart upon eating)
- 1 tablespoon of fresh, minced garlic
- 1 squeeze of fresh lemon
- 1 tablespoon of olive oil
- 1 teaspoon of sea salt and pepper
- 1 cup of fresh, organic tomato sauce
- 1/4 cup chopped fresh parsley
- 1 cup of cooked brown rice
- Optional: Parmesan Cheese

1. Sauté garlic with olive oil over medium heat.
2. Add your 2 cups of shrimp and sauté lightly for 1-2 minutes.
3. After a few minutes add the tomato sauce and mix well.
4. Squeeze in the lemon juice, add in the sea salt and pepper.
5. Bring the mixture to a boil, and cover, lower the heat and let simmer for 3-5 minutes until all flavors are absorbed into the shrimp
6. Place brown rice on a plate and cover with shrimp and remaining sauce. Add the parsley for garnish and some parmesan cheese for extra yumminess!

END OF SUMMER POOL PARTY MINI PIZZAS!

WANT A PERFECT AND FUN SNACK FOR YOUR END OF SUMMER POOL PARTY OR GET TOGETHER? TRY OUT MY NEW MINI VEGGIE AND FRUIT PIZZAS. THEY ARE PACKED WITH FIBER, VITAMIN C, PROTEIN, PROBIOTICS AND WATER DENSE VEGGIES AND FRUITS. NOT TO MENTION THE FUN TIME THE GIRLS WILL HAVE CUTTING THE MINI PIZZA CIRCLES!

Mini Fruit and Savory Veggie Pizzas

Serves about 20-30 Hungry Girls

Directions:

Tools:

Knife

Whisk or Rubber Spatula

Cutting Board

Mixing Bowl

Round/Circle Cookie cutters the size of a glass or large mug

Paper Plates/Napkins, Knives. Forks, Spoons

Ingredients:

-3 Packs of 8 Xtreme Wellness High Fiber Tortilla Wraps (if possible, or whole grain wraps of choice) One Container of Large Fage Yogurt, 2% (35 ounces)

-1 small container of local honey

-1 lime

-10 kiwis sliced into thin slices

-3 packs of organic raspberries rinsed

-1 pack of organic blueberries rinsed

-1 Jar of Organic Tomato Sauce (pasta sauce will do)

-1 package of sliced mushrooms

-4 green and 4 (red peppers sliced and diced)

-Two or Three, 8 ounce packages of shredded mozzarella cheese

Serves about 20-30 Hungry Girls

Directions:

1) Be sure to slice and chop, rinse all of your veggies as directed in the ingredient list.

2) With your cookie cutter, take your tortilla wraps and cut 3 or 4 circles in each wrap (you can do multiple at one time) use your cutting board and a knife to make the edges clean.

3) Place in a stack on a plate

4) For the fruit pizzas, take your Greek yogurt and empty entire contents into a bowl. Take the lime, and squeeze the entire amount of the lime's juice into the yogurt. Then, add 3 Tablespoons of honey. With your whisk beat your yogurt until light and fluffy and mixed well.

5) Add 1 tablespoon of about half of the mini tortillas evenly, then top with the kiwi, raspberries and blueberries.

6) For the veggie pizzas, take the other half of the tortillas and add 1 tablespoon of tomato sauce to each disc. Then top with the mushrooms, red and green peppers. And of course top with a few tablespoons of mozzarella. You can also warm these up in the oven, microwave or sandwich maker- or just eat em cold! Everyone loves cold pizza! Yum!



Back To School Mindset With Coach Ariana

THIS MONTH I'VE ASKED MENTAL WELLNESS COACH ARIANA TO HELP ATHLETES SET THE TONE WITH "BACK TO SCHOOL" MINDSET PIECE. CHECK OUT ARIANA'S WEBSITE WWW.THEMINDFULGYMNAST.COM AND, ARIANA IS AVAILABLE FOR MENTAL TRAINING COACHING AT ARIANAELBLANC26@GMAIL.COM

As summer comes to an end, we are often overwhelmed with what lies ahead of us. Back to school, hours of homework, and practice on top of that. Want to make the best of getting back in to the swing of things with school and gym? Here are 4 tips to help re-focus your mindset!

Tip # 1: Set an intention. Having intentions allows you to focus on how you want to be in the moment, how you want to feel right now, and every day. It is about tuning in to your moment-to-moment focus. An example of an intention could be... "Be Present" "Confident," "Patient."

Tip # 2: Set up a mindfulness practice; even it is only 2 minutes every day. Why? The benefits of mindfulness are endless for both in and out of the gym! Here are just a few benefits of mindfulness: stress reduction, increased focus and concentration, improved sleep, and even increased immune system functioning!

Tip # 3: Make time for self-care. With the hustle and bustle of back to school, it is easy to forget to take care of ourselves. Self-care refers to anything you do to improve your wellbeing and happiness! You might think doing 20 minutes of self-care is actually taking time away from everything productive you need to do such as homework and chores, but research shows it actually helps us be more productive. Carve out 20-30 minutes each week for self-care. Such as painting your nails or taking a long bubble bath!

Tip # 4: Create a vision board of what you want the upcoming school year and competition season to look like. Once you have created your vision board, put it somewhere where you will see it every day! Visualization is one of the most powerful mind exercises and can really help you dial in and focus!



**Four Back to School
Mindset Tips to help you get
refocused and start your
school year off Right!**

MAKE BACK TO SCHOOL LUNCHES FUN WITH BETSY'S BENTO BOXES! HERE IS YOUR FIVE STEP GUIDE TO MAKING ONE FIT FOR A GYMNAST!



HOW TO BUILD

a

Bento Box Snack

1 Choose container

You can find traditional Japanese-style bento boxes online or you can use any type of airtight container with multiple compartments.

The benefit of multiple compartments is that you can fit each of the following categories into each section, constructing the perfect balanced snack.

2 Power up with protein

Protein is an essential component of any balanced snack as it keeps you feeling satisfied between meals. Some good options include boiled eggs, cottage cheese, hummus, edamame beans, and roasted chickpeas.

3 Vegetables & Fruit

Go for color here! Carrot sticks, cucumber slices, cherry tomatoes, and berries are all convenient. Eating a variety of colorful vegetables and fruits ensure you are consuming plenty of health-promoting antioxidants.



4 Carbohydrates

Carbohydrates are a great source of quick energy. If you know you have an active day ahead you can increase carbs you include in your snack. Select complex carbs like whole-grain crackers, pretzels, mini-bagels, rice cakes, or pita chips.



5 Healthy fats

Nuts and seeds are perfect here and add great texture! Olives and nut butter will also add variety and a good dose of healthy fats. Including healthy fats in your snack game can support the reduction of inflammation and contribute to feeling fuller longer.



YUM YUM! HAPPY AUGUST