

# STARS & STRIPES TEAM NEWS

November 2023



## 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!

### Xcel Silver/Gold/Platinum (Parents & Athletes)

Wednesday, November 29th @7:30pm

\*Tentative date, working on securing location

### Level 4-7 (Parents & Athletes)

Wednesday, January 10th @7:00pm

Held at Buck Shots

\*Level 4 practice will end early at 7:00

\*Tentative date, working on securing location

### Level 3

Thursday, January 11th @7:00pm

Held at Stars & Stripes

### Xcel Bronze

Tuesday, January 9th @7:30pm

Held at Stars & Stripes

## TRAVEL TEAM CAMP:

### Flip Fest

The team will be traveling to Flip Fest in Knoxville, TN. Flip Fest provides an amazing facility and atmosphere and we are excited to head back to this year. It is a great experience and highly recommend for all eligible athletes to participate in this one of a kind gymnastics camp! The cost of Flip Fest is \$1099 if registered by February 14th. After that the cost jumps to \$1199. We plan to attend in June; exact dates and further details will be secured in mid-December.

## WORD OF THE MONTH:

# RESPECT

Behaving in ways that show that we are all worthy of care, attention & consideration.

## PRACTICE CHANGES:

### NOVEMBER

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

### DECEMBER

- NO PRACTICE Level 3 Saturday, December 2nd: Jingle Bell Rock
- ALL PRE TEAM & XCEL LEVELS: NO PRACTICE December 23rd through January 1st
- Level 4-7 NO PRACTICE December 23rd-26th
- Level 4-7 practice 9-12:30 December 27th-29th
- Level 4-7 NO PRACTICE January 1st

# STARS & STRIPES TEAM NEWS



## Upcoming 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.

**HANDSTAND/CARTWHEEL CLINIC:**  
Thursday 7:45-8:15  
12/7, 12/21

**BACK WALKOVER CLINIC:**  
Wednesday 7:30-8:00  
12/6, 12/20

**BACK HANDSPRING CLINIC:**  
Monday 7:00-7:30  
11/20, 12/4, 12/18

**UNEVEN BAR CLINIC (BASICS):**  
Saturday 12:00-12:30  
11/25, 12/9

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

## Team Spirit Store

A link to the Stars & Stripes competitive team spirit store will be emailed next week and posted on the Stars & Stripes Competitive team group Facebook page, be on the look out for this!

There are a variety of options to choose from for both children and adults in several colors. There is also a choice of the Stars & Stripes Athletics logo or the Stars & Stripes competitive team logo.



## 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 talks about functional foods that contain vitamins and minerals that help an athlete with energy, recovery and overall health. As the gymnasts head into competition season, vitamin K and vitamin C are two important vitamins to incorporate into a gymnasts plate.

## MINDSET MATTERS

Pre-Season Mindset: take it one day at a time

It is normal that the athletes feel stress as we approach on the competition season. Stress is good for kids if they deal with it correctly. It is apart of life, we want to teach the gymnasts to take it one day at a time, one practice at a time and one skill at a time.

## 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!



# JINGLE BELL ROCK - HOLIDAY PERFORMANCE



**PRE TEAM  
SATURDAY, DECEMBER 2ND**

**LEVEL 3 & XCEL BRONZE AT 12:30PM  
HOT SHOTS & HOT SHOTS 2 AT 2:00PM  
HOT SHOTS 1 AT 3:30PM**

**SPECTATOR TICKETS - \$7  
(2 FREE TICKETS INCLUDED)**

REGISTRATION FOR PRE TEAM MEMBERS IS FREE, EACH PRE TEAM MEMBER IS AUTOMATICALLY ENROLLED - REGISTRATION INCLUDES 2 FREE SPECTATOR TICKETS. ADDITIONAL SPECTATOR TICKETS CAN BE PURCHASED VIA TEXT MESSAGE, PHONE OR IN PERSON AT THE STARS & STRIPES BUSINESS OFFICE. TICKET PICK UP WILL STARTED NOVEMBER 1ST. IT IS POSSIBLE FOR SPECTATOR TICKETS TO SELL OUT.

THIS PERFORMANCE IS A FEW NOTCHES ABOVE THE TRADITIONAL FUN MEET SHOWCASE OPPORTUNITY PROVIDED TO PRE TEAM MEMBERS. **THE JINGLE BELL ROCK HOLIDAY PERFORMANCE** INCLUDES A FESTIVE ATMOSPHERE WITH HOLIDAY MUSIC, DECOR AND THE SPOTLIGHT SHINING ON THE STARS OF THE SHOW - THE AMAZING PRE TEAM MEMBERS! THE GYMNASIUM WILL BE TRANSFORMED INTO A HOLIDAY WONDERLAND WHERE FAMILY AND FRIENDS ARE INVITED TO WATCH THEIR GYMNAST IN ACTION. GYMNASTS WILL PERFORM ON ALL FOUR EVENTS INCLUDING THE VAULT, BARS, BALANCE BEAM AND FLOOR EXERCISE. EACH SHOW WILL CLOSE WITH A GROUP PERFORMANCE FEATURING THE ADVANCED LEVEL COMPETITIVE TEAM MEMBERS. PARTICIPANTS WILL BE INDIVIDUALLY RECOGNIZED IN A TROPHY CEREMONY FOR THEIR EFFORTS. THIS EVENT IS SURE TO GET EVERYONE IN THE HOLIDAY SPIRIT! UNLIKE THE PRE TEAM FUN MEETS, SPECTATOR TICKETS MUST BE PURCHASED IN ADVANCE FOR THIS EVENT. SPECTATOR SEATING IS LIMITED. PROFESSIONAL PHOTOGRAPHY WILL BE AVAILABLE AT THIS EVENT FOR PURCHASE.

## **LEVEL 4 (OLD) - LEVEL 7 DEVELOPMENTAL TEAM PERFORMANCES SATURDAY, DECEMBER 2ND & SUNDAY, DECEMBER 3RD**

- 🏠 The developmental competitive team members will perform in a group routine at the end of each jingle bell rock holiday performance. Please take note of practices surrounding the jingle bell rock weekend.
- 🏠 Mandatory practices leading up to the jingle bell rock holiday performance: **Wednesday November 29th practice is until 7:30pm & Friday, December 1st practice is until 7:30pm.** Level 5/7 bring a snack on these days.
- 🏠 Gymnasts (old Level 4/5/7) will not have practice on Monday, December 4th. \*Athletes that ride the bus can still come to the gym and wait for their ride.

### **SCHEDULE:**

**SATURDAY ARRIVAL:**  
12:30 PM  
**SATURDAY PICK UP:**  
4:45 PM

**SUNDAY ARRIVAL:**  
10:00 AM  
**SUNDAY PICK UP:**  
5:45 PM

# Meet Hotel INFORMATION

---

## REMINDER:

Specific competition session information will not be made available until approximately 2-4 weeks before the competition. It is possible athletes compete on Friday, Saturday or Sunday. It is advised to reserve rooms for the entire weekend, then make needed adjustments when the details are made available. ALWAYS CHECK THE HOST HOTEL DEADLINES FOR CANCELLATION AND CHANGES TO AVOID UNNECESSARY CHARGES.

## PRACTICES SURROUNDING MEET WEEKENDS:

Please expect potential practice adjustment surrounding competition weekends. These arrangements will be distributed when session information is distributed.

## BATTLE OF CHAMPIONS

JANUARY 12TH-14TH, LEVEL 4 THROUGH 7 & XCEL OPTIONAL TRAVEL MEET

Hilton Garden Inn  
101 N Summit St. Toledo, OH 43604  
419-464-9220

**BOOK BY:** DECEMBER 22ND

\*Connected to convention center

Homewood Suites  
101 N Summit St. Toledo, OH 43604  
419-464-9220

**BOOK BY:** DECEMBER 22ND

\*Connected to convention center

## GRAND RAPIDS CLASSIC

FEBRUARY 9TH-11TH, LEVEL 4 THROUGH 7 & XCEL SILVER, GOLD & PLATINUM

Waiting on information from host meet. Updated information will be sent out when made available.

## ELEVATE THE STAGE

FEBRUARY 16TH-18TH, LEVEL 4 THROUGH 7

Hotel: Courtyard Toledo Rossford/Perrysburg  
9789 Clark Drive Rossford, OH 43460  
419-872-5636

**BOOK BY:** 1/18/24



# COMPETITION SCHEDULE



DEVELOPMENTAL TEAM 2023-2024

Dates	Competition	Location	Levels Attending
January 12 <sup>th</sup> -14 <sup>th</sup>	Battle of Champions	Glass City Center 401 Jefferson Ave. Toledo, OH	Level 4 through 7
January 19 <sup>th</sup> -21 <sup>st</sup>	Wolverine Classic	American 1 Credit Union Event Center Jackson, MI	Level 4 through 7
January 26 <sup>th</sup> -28 <sup>th</sup>	Athlete Warrior	Macomb Community College Sports & Expo Center Warren, MI	Level 4 through 7
February 9 <sup>th</sup> -11 <sup>th</sup>	Grand Rapids Classic	MSA Sports Spot Grand Rapids, MI	Level 4 through 7
February 16 <sup>th</sup> - 18 <sup>th</sup>	Elevate the Stage	Huntington Center Arena Toledo, OH	Level 4 through 7
February 22 <sup>nd</sup> -25 <sup>th</sup>	Drop it Like it's Hot with Katelyn Ohashi	Lansing Center Lansing, MI	Level 4 through 7
March 9 <sup>th</sup> -10 <sup>th</sup>	Level 4 & 5 State Championships	Huntington Place Detroit, MI	Level 4 & 5
March 23 <sup>rd</sup> -24 <sup>th</sup>	Level 7 State Championships	Kellogg Arena Battle Creek, MI	Level 7
April 19 <sup>th</sup> -21 <sup>st</sup>	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 <sup>th</sup> -10 <sup>th</sup>	MEGA Magic Classic	High Velocity Sports Canton, MI	Xcel Silver, Gold & Platinum
January 12 <sup>th</sup> -14 <sup>th</sup>	Battle of Champions *Optional Travel Meet*	Glass City Center 401 Jefferson Ave. Toledo, OH	Xcel Silver, Gold & Platinum
January 26 <sup>th</sup> -28 <sup>th</sup>	Athlete Warrior	Macomb Community College Sports & Expo Center Warren, MI	Xcel Silver, Gold & Platinum
February 9 <sup>th</sup> -11 <sup>th</sup>	Grand Rapids Classic	MSA Sports Spot Grand Rapids, MI	Xcel Silver, Gold & Platinum
February 22 <sup>nd</sup> -25 <sup>th</sup>	Drop it Like it's Hot with Katelyn Ohashi	Lansing Center Lansing, MI	Xcel Silver, Gold & Platinum
March 2 <sup>nd</sup> – 3 <sup>rd</sup>	Xcel Silver State Championships	Dort Financial Center Lapeer Rd, Flint MI	Xcel Silver
March 16 <sup>th</sup> -17 <sup>th</sup>	Xcel Platinum State Championships	Morey Courts Rec Center Mount Pleasant, MI	Xcel Platinum
March 23 <sup>rd</sup> – 24 <sup>th</sup>	Xcel Gold State Championships	Kellogg Arena Battle Creek, MI	Xcel Gold
April 26 <sup>th</sup> - 28 <sup>th</sup>	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 <sup>st</sup>	In House Fun Meet	Stars & Stripes Athletics	All Hot Shots levels, level 3 & Xcel Bronze
December 2 <sup>nd</sup> -3 <sup>rd</sup>	Jingle Bell Rock Holiday Performance	Stars & Stripes Athletics	All Hot Shots levels, level 3 & Xcel Bronze
January 26 <sup>th</sup> -28 <sup>th</sup>	Athlete Warrior (Travel Fun Meet)	Macomb Community College	Level 3 & Xcel Bronze
February 3 <sup>rd</sup>	In House Fun Meet	Stars & Stripes Athletics	All Hot Shots levels, level 3 & Xcel Bronze
March 15 <sup>th</sup> -17 <sup>th</sup>	Level 3 & Xcel Bronze Fun State Meet (Travel Fun Meet)	Morey Courts Rec Center Mount Pleasant, MI	Level 3 & Xcel Bronze
May 18 <sup>th</sup>	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.

## HAPPY THANKSGIVING FROM BETSY'S KITCHEN



It's November, and the beginning of the Holiday Season! It's also the time where our first competitions start to crop up, the weather is getting cooler and the excitement for the holidays brings warmer foods, turkey and dressing and lots of opportunities to enjoy time with family and friends! As the leaves are falling and turkeys are roasting, it's also a time to focus on choosing foods that are not only delicious but FUNCTIONAL and will help you stay healthy, give you energy and keep your body strong for the upcoming season!







# A GYMNAST'S THANKSGIVING DAY PLATE:

Did you know that the foods served during this American Holiday are actually some of the most FUNCTIONAL and beneficial to gymnasts? The rich and colorful foods that are placed upon our tables are loaded with vitamins, minerals, antioxidants and energy boosting compounds! Now, you may say there are a lot of “white foods” on your table (white meat turkey, mashed potatoes, bread/rolls, butter) but there are really so many COLORFUL foods to be enjoyed at Thanksgiving! I want you to really focus on those as the colorful foods are the ones with powerful phyto-chemicals (good stuff) and antioxidants for your health!

Let's take a look at  
Betsy's top FIVE Must  
eats for Thanksgiving  
Day Dinner!

# 5 Colorful FOODS to Include on Your Turkey Dinner Plate

Sweet Potatoes/ Squash/ Root Vegetables: Sweet potatoes, yams, gourds, squash and root vegetables like turnips and rutabagas are all grown in the ground, which means they are mineral dense. Loaded with magnesium, potassium and zinc, these vegetables are good for your bones, your heart, and your skin and are also packed with fiber. Root veggies are also supportive of building immunity and healthy eyes! If you see deep orange, yellow foods then you know its heavy in vitamin A which is a gymnast's friend!



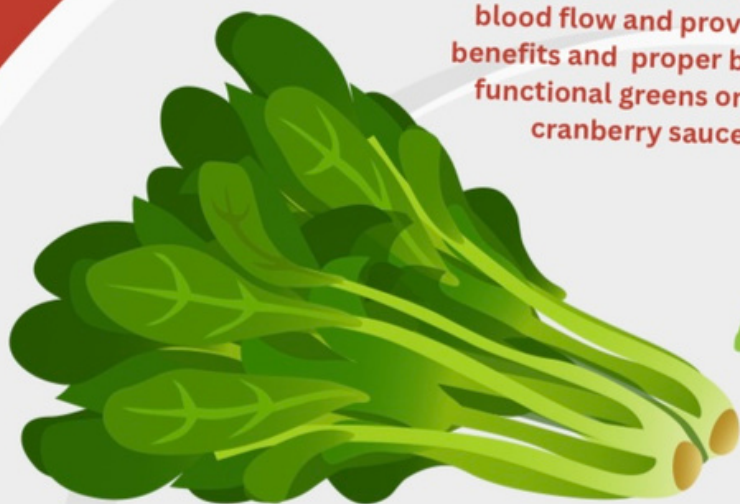
**Homemade Cranberry Sauce:** Cranberries are one of the most potent antioxidants on the planet. Packed with vitamins and minerals that help keep cells strong, cranberry sauce is also big in vitamins C and K (my two favorite vitamins for this particular newsletter) great for immunity and bone health! Load up on the sauce!

**Baked Turkey:** (Both light and dark meat) Turkey is a protein packed food that will help repair your muscles and also help to release tryptophan- which releases both melatonin (helps you sleep) and serotonin (makes you happy) Be ready to be happy then take a nap after your turkey dinner, and that's ok, because you work hard and deserve it! Turkey also is rich in B12 which is important for **ENERGY.**



# 5 Colorful FOODS to Include on Your Turkey Dinner Plate

**Collard Greens and Green Beans:** If it's green,,,, its GOOD! Yep, collard greens and green beans are dense with folate, calcium and protein, all essential for strong bones. Greens contain a large amount of vitamin K, which helps with blood flow and provides anti-inflammatory benefits and proper brain function. Slap some functional greens on your plate next to the cranberry sauce and turkey! Yum!



**Apple Pie:** An Apple a day, definitely keeps the Dr. Away! You can't have Thanksgiving Day Dinner without dessert! Be sure to have a slice of deep dish apple pie. Apples are not only water dense and filled with vitamin C, and A, they also lower your blood pressure- so good for your cardiovascular health/heart, your bones and your skin! A gymnast's dream!



# Vitamin K and C:

## Two Essential Vitamins for a Healthy Gymnast:

At Betsy Bootcamp we are always pushing FUNCTIONAL FOODS! And of course vitamins and minerals are crucial component to making foods FUNCTIONAL. Functional foods are foods that contain vitamins and minerals that help an athlete with energy, recovery, and overall health. As a gymnast headed into competition season, there are two very very important vitamins that I want you to focus on getting into your body this month: Vitamin C and Vitamin K. Take a look at what foods these vitamins are found in,,,,, AND WHY they are so essential for gymnasts, specifically!

### VITAMIN K

Some of the highest sources of Vitamin K are ...



### VITAMIN C

Some of the highest sources of Vitamin C are ...





## BENEFITS OF VITAMIN C FOR GYMNASTS

- \* supports immune system- fends off sickness during competition season
- \* improves skin health- keep yucky fungus at bay and ripped hands supple!
- \* In combination with protein builds collagen for strong ligaments, tendons and bones
- \* maintains optimal heart and function for stronger cardiovascular output and power



## BENEFITS OF VITAMIN K FOR GYMNASTS

- \* supports healthy blood flow for cardiovascular health and anti-inflammatory benefits
- \* maintains strong bones by supporting the absorption of calcium
- \* acts as an antioxidant by helping protect against cell damage - keeping you healthy
- \* supports regulating blood sugar levels which helps with sustaining energy during practice!
- \* boosts immune and digestive systems for overall bodyfunction

# Three Delicious Recipes Of The Month:

## Zucchini Bread Mug Cake



### YUMMY ZUCCHINI BREAD MUG CAKE

#### INGREDIENTS

- 3 Tbs almond flour
- 2 Tbs coconut flour
- 1 Tbs ground flaxseed
- 1/4 tsp baking powder
- 1/8 tsp cinnamon
- 2 tsp raw walnuts, finely chopped
- 1/4 cup dark chocolate chips
- 1/8 tsp nutmeg
- 1/4 cup zucchini, finely grated
- 1/2 tsp orange zest
- 1 Tbs maple syrup
- 1 egg
- 1/4 tsp vanilla extract
- 2 Tbs coconut oil
- 2 tsp water

#### DIRECTIONS

##### Prep

1. Spray mug with nonstick spray.

##### Make

1. Combine almond flour, coconut flour, flaxseed meal, baking powder, grated zucchini, orange zest, nutmeg, cinnamon, walnuts and sea salt in a bowl and mix until combined.
2. Add egg, maple syrup, vanilla, and melted coconut oil and mix until batter is formed.
3. Add 2 teaspoons of water to batter and mix in
4. Pour into mug and microwave for 2 minutes.

Who says you can't eat "green" in your desserts? Zucchini is a water dense courgette rich in Vitamin B6 which helps regulate energy. It is also packed with vitamin K (our favorite) and tons of fiber!!!

Try this amazing Zucchini bread the perfect accompaniment to your Thanksgiving Dinner!

# Three Delicious Recipes Of The Month:

## Baked Apple Chips



### Ingredients

6-8 Granny Smith Apples  
cored and slices VERY thin  
(leave skins on)

Cinnamon and coconut  
sugar

Baking sheets with wax  
paper

### Directions:

Preheat oven to 200  
degrees.

Core your apple and slice  
your apple sideways very  
very very thin! Place on  
baking sheets on wax  
paper. Flip them over after  
one hour then bake  
another 1.5 hours. Turn off  
the oven and let them sit  
after that for another 30  
minutes. Sprinkle with  
cinnamon and coconut  
sugar and enjoy!

Note: The thinner the  
crunchier your chips! Also  
be patient with this recipe,  
it takes a few hours to  
make the perfect crunchy

This recipe is a great “fall time  
favorite” alternative to greasy  
potato chips ! Apples are  
especially in season during  
the fall months and are know  
to be one of the most  
powerful, functional and  
healthy fruits on the planet!  
Give it a try!



# Three Delicious Recipes Of The Month:

## Homemade Thanksgiving Cranberry Sauce:



### Ingredients

12 ounces (340 g) fresh or frozen cranberries\*

1/2 cup (120 ml) fresh-squeezed orange juice\* (about 1 large orange)

1/4 cup (60 ml) grade A maple syrup

1 teaspoon vanilla extract

Optional add-ins: 1/2

teaspoon orange zest, cinnamon stick, 1/4

teaspoon nutmeg, chopped pecans, blueberries, etc.

### Instructions

Add all ingredients to a medium pot and bring to a boil over medium-high heat. Reduce the heat to medium and simmer for 6-8 minutes.

Stir the mixture frequently to ensure nothing burns or sticks to the pan. The filling

is “done” once it has thickened and most of the cranberries have popped.

Use a fork or potato masher to pop the remainder of the cranberries, if desired. Let

cool completely before serving as desired; leftovers will keep in the fridge for up

to one week.

Yep, you saw in the first part of this newsletter that cranberry sauce is a “must have” for any gymnast’s Thanksgiving Day Plate! Include this healthy sauce as on your turkey dinner plate this holiday! Definitely powerful in antioxidants and tastes delicious, too!



# Message From Betsy: Be Confident,,, anddddddd Thankful!!!



Every Thanksgiving I end my nutrition newsletter with a reminder to be “THANKFUL” for all that you have, your coaches who coach you, your parents who support you, your body that works for you and your friends and other loved ones around you- and of COURSE, I want to stress that again. But also, this Thanksgiving, I want to remind you to be CONFIDENT going into the 2024 competitive season.

You have worked really hard this summer and pre-season to put your routines together, to eat healthfully and to take care of your body both inside and outside of the gym. Oftentimes I see athletes begin to doubt themselves as the competition season rolls around, and I want to ENCOURAGE YOU to be confident, and work extra hard this month to visualize and see, and believe in yourself that YOU CAN do it this year!!! Always remember, if you are honestly doing all the hard work, then you can be CONFIDENT in the hours and repetitions that you are putting toward your competitive season. All you can do is your best. And doing your best in NUTRITION is also important and aides in your confidence. Think about it, if you are eating well, you just FEEL well. And when you FEEL well, you are in a better mood, you are happier and your energy levels and practices go smoother. Eating well aides in not only your confidence, but also your gymnastics! So go out there this pre-season and really believe in YOU, EAT FUNCTIONALLY and SHINE! I am thankful for YOU!