



Monthly Team Newsletter

WINTER NEWS!

TEAM: FLIP FEST

WHEN:

- Week 2, June 14th-19th

WHO:

- Bronze, Silver, Gold and Platinum athletes

REGISTRATION:

- Parents must go online to register their athlete (flipfest.com)
- More details to come regarding exact registration process this week

PAYMENT:

- Early bird cost- \$1099 UNTIL FEBRUARY 14th
- Cost after February 14th- \$1299
- Full tuition must be paid by MAY 1st
- You have the option to pay in full or set up a monthly installment plan with Flip Fest

MORE DETAILS

- Air fair and other travel related fees and information will be secured in the upcoming months
- Flip Fest prides itself on being a tech-free camp that limits phone use
- More details will continue to come regarding camp



Practice Changes

JANUARY

- NO silver extra practice Friday January 9th
- NO silver extra practice Friday January 30th

FEBRUARY

- NO gold/platinum extra practice Thursday February 12th
- NO silver practice on Thursday February 12th and Friday February 13th





TEAM: PRE SEASON MEETINGS

The focus of the meeting will include all necessary information regarding all aspects of competitions and how to have a successful season!

NEW Bronze Parents

Friday, January 16th @6:00pm held at Stars & Stripes

TEAM: SILVER STATE CHAMPIONSHIP LEOTARD PRE SALE

Be on the look out for an email regarding Silver State Championship leotard pre sale. If you chose to purchase a leotard for your athlete the cost is \$60 and your account will be charged on January 23rd.



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!

SAVE THE DATE: PICTURE DAY

Team picture day will be Friday, February 6th. More details to come.

SAVE THE DATE: COMPETITIVE TEAM BANQUET

The competitive team banquet will be held on Friday, May 15th at 6:00pm for Silver, Gold and Platinum athletes. More information to come! The team sleepover will follow.

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 focus on gymnasts brain health. Gymnasts should prioritize brain heath for peak performance. This includes getting 7-9 hours of sleep, managing stress, staying hydrated, and engaging in cognitive training.

WORD OF THE MONTH

VISION: To clearly imagine my goals as if I've already achieved them

This kind of vision is about seeing yourself achieving your goals in advance- before you achieve them. But it's also imagining what you would hear or feel or say when you achieve your goal. This is a great word to embody as we head into the new year!



SILVER

Friday, January 9th
GYM B, Session 3B
Check-in @ 4:45pm
Competition Begins @ 5:15pm
Awards to directly follow

PLATINUM

Sunday, January 11th
GYM A, Session 9A
Check-In @ 7:30am
Competition Begins @ 8:00am
Awards to directly follow

GOLD

Sunday, January 11th
GYM A, Session 10A
Check-In @ 11:30am
Competition Begins @ 12:00pm
Awards to directly follow

PRACTICE CHANGES

No silver extra practice on Friday, January 9th due to competition

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LOCATION

Livonia Athletic District
14255 Stark Rd, Livonia, MI
48154

ADMISSION

CASH ONLY

\$10 | Senior (65+)
\$20 | Adult
\$10 | Child(6-17)
FREE | Under5
\$25 | 2 day pass



PLATINUM

Saturday, January 24th

BLACK GYM

Check-In @ 10:30am

Competition Begins @ 11:00am

Awards to directly follow

BRONZE

Saturday, January 24th

RED GYM

Check-In @ 5:30pm

Competition Begins @ 6:00pm

Awards to directly follow

GOLD

Sunday, January 25th

BLACK GYM

Check-in @ 7:30am

Competition Begins @ 8:00am

Awards to directly follow

SILVER

Sunday, January 25th

RED GYM

Check-In @ 5:30pm

Competition Begins @ 6:00pm

Awards to directly follow

LOCATION

Oakland Expo Center
2212 Mall Dr E, Waterford
Township, MI 48328

ADMISSIONS

Daily Wristband:
\$20 | Adults 18 & Over
\$15 | Seniors (62+) & Youth (6-17)
FREE | Children under 6

**Admissions will be through
digital sales only, link
attached below.**

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



PLATINUM

Friday, January 30th

SESSION #1

Check-In @ 12:00pm

Competition Begins @ 12:30pm

Awards to directly follow

SILVER

Saturday, January 31st

SESSION #3

Check-In @ 7:30am

Competition Begins @ 8:00am

Awards to directly follow

GOLD

Saturday, January 31st

SESSION #5

Check-in @ 4:30pm

Competition Begins @ 5:00pm

Awards to directly follow

PRACTICE CHANGES

NO SILVER extra practice Friday, January 30th due to competition

LOCATION

MSA Sports Spot

3701 32nd St SE

Grand Rapids, MI 49512

ADMISSIONS

\$20 | Adults 18 & Over

\$15 | Seniors/Veterans

\$10 | Kids 11-17

\$35 | Weekend Wristband

FREE | Children under 10

FREE PARKING



PLATINUM

Saturday, February 14th

BLUE GYM, Session B08

Check-in @12:30pm

Competition Begins @1:00pm

Awards to directly follow

SILVER

Saturday, February 14th

BLUE GYM, Session B09

Check-In @3:30pm

Competition Begins @4:00pm

Awards to directly follow

GOLD

Saturday, February 14th

BLUE GYM, Session B10

Check-In @6:00pm

Competition Begins @6:30pm

Awards to directly follow

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NOTES FROM THE MEET DIRECTOR:

- The meet holds the right to start 30min before competition start time listed above, PLEASE arrive ON TIME to ensure a smooth meet experience
- ****ALLOW AMPLE TIME FOR ARRIVAL**** Anticipate busy sports traffic leading into the complex and parking lot, a considerable walk to the venues and athlete/coach check in

PRACTICE CHANGES:

- NO gold/platinum extra practice Thursday, February 12th
 - NO Silver Practice Thursday February 12th and Extra Practice on Friday, February 13th
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LOCATION

ESPN Wide World of Sports
at Walt Disney World
Orlando, Florida

ADMISSION

*Tickets need to be pre purchased
online using the link below. You can
purchase a single day event ticket
\$40.74 | 10+
\$30.42 | Child (3-9)

Pre Team FUN MEET

★ FEBRUARY 7TH ★

TIMES:

Hot shots & Hot Shots 2- 12:45-1:45pm
Hot Shots 1 & Bronze- 2:00-3:00pm

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 and line up at the check-in table.
- 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 2025-26 team leotard and scrunchie with their hair in a bun for the fun meet.

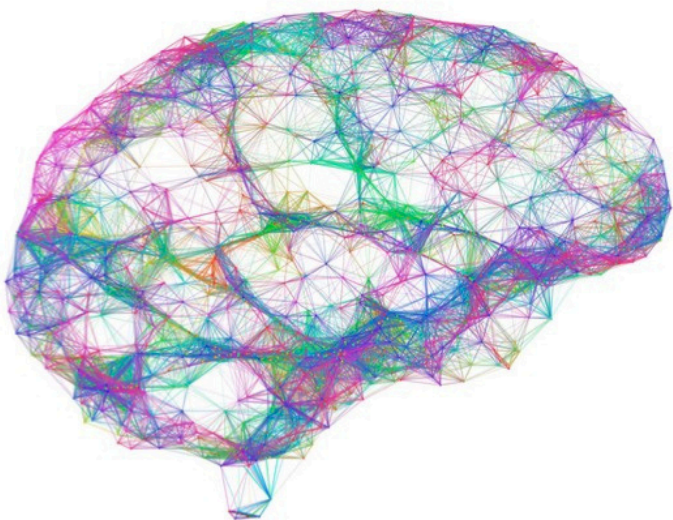


The Brain: Your Body's "Control Center"

A complex organ, the brain makes up the central nervous system along with the spinal cord.

The brain plays a vital role in every bodily process that allows humans to function. It works by sending and receiving chemical and electrical signals to cells throughout the body. Several main parts of the brain are supported by blood vessels, which supply essential blood and oxygen.

Functions of the Brain



- Cognition
- Memory
- Emotion
- Vision
- Breathing
- Body temperature
- Hunger and satiety
- Thirst
- Sleep

How Nutrition Impacts Brain Health

Your brain depends on a consistent intake of nutrients to operate optimally. Each meal or snack you consume provides either essential components for brain health or factors that may impede it. Eating patterns like the MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) Diet are particularly beneficial for brain function. This diet primarily emphasizes plant-based foods and healthy fats. Here are several ways nutrition can impact brain health:

1

Energy Supply

The brain requires glucose, its primary fuel, which comes from carbohydrates in your diet. A steady supply of complex carbohydrates (like those found in whole grains, fruits, and vegetables) ensure sustained energy and focus.

2

Neurotransmitter Production

Neurotransmitters are chemical messengers in the brain that enable communication between cells. Amino acids from protein-rich foods are key in producing neurotransmitters like serotonin and dopamine, which play a crucial role in regulating mood and focus.

3

Inflammation Control

Chronic inflammation can negatively impact cognitive function. Nutrients with anti-inflammatory properties, such as omega-3 fatty acids and antioxidants, help protect brain cells and support overall brain health.

4

Protection Against Danger

Vitamins C and E, along with phytonutrients from colorful fruits and vegetables, help neutralize harmful free radicals. This reduces oxidative stress (an imbalance between harmful free radicals and the body's ability to counteract them), protecting the brain from damage.

Key Nutrients for Brain Health

Key Nutrients

Omega-3 Fatty Acids

Omega-3 fatty acids are essential, polyunsaturated fats that support brain and heart health. The best sources include fatty fish like salmon, sardines, and tuna, as well as plant-based options like flaxseeds and walnuts.



Recommended servings according to the MIND Diet:
1 serving of fish per week.

Plant Foods

Plant foods such as whole grains, fruits, vegetables, legumes, nuts, seeds, and plant oils provide essential vitamins, minerals, fiber, and phytochemicals to nourish the brain and body.



Recommended servings according to the MIND Diet:
6 servings of leafy greens per week
2 servings of berries per week

Brain Health

Key Nutrients for Brain Health

Spices and Chocolate

Spices and chocolate contain antioxidants called flavonoids. These compounds may help improve blood flow to the brain and reduce inflammation.



Coffee and Tea

Drinking coffee and tea can help improve memory and may lower the risk of dementia. The best options include black coffee, black tea, and green tea.



Recommended servings according to the MIND Diet:
Up to 3 cups of black coffee per day

Key Nutrients for Brain Health

Key Nutrients

Whole Grains

Whole grains are a key part of the MIND Diet because they are rich in fiber and B-vitamins. B-vitamins help reduce the harmful effects of free radicals by acting as antioxidants.



Recommended servings according to the MIND Diet:
3 servings of whole grains per day



Brain Health

Key Nutrients for Brain Health

Vitamin D

Low levels of vitamin D are associated with an increased risk for brain disorders such as Alzheimer's Disease. Vitamin D can be obtained through sun exposure, food, and supplements.



Saturated Fat

Consuming too many foods high in saturated fat is linked with an increased risk of Alzheimer's Disease. Swap out animal proteins for beans, lentils, and soy foods such as tofu.



Recommended servings according to the MIND Diet:
No more than 4 servings of red meat per week

Nutrition for Concussion Recovery

Concussions are common in high-impact sports and can disrupt brain function for days, weeks, or even longer. Proper nutrition plays a significant role in healing and can accelerate recovery by reducing inflammation, supporting brain cell repair, and restoring energy balance.

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Anti-Inflammatory Foods

- Focus on omega-3-rich foods such as salmon, walnuts, and flaxseeds.
 - Include spices like turmeric (curcumin) and ginger, known for their anti-inflammatory effects.
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High-Antioxidant Foods

- Blueberries, spinach, and kale can help combat oxidative stress and support brain repair.
 - Green tea provides both antioxidants and gentle mental stimulation.
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Proteins for Recovery

- Incorporate lean meats, eggs, dairy, and plant-based proteins (beans, lentils, tofu). Protein provides the amino acids needed to rebuild neurotransmitters.
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Hydration

- Dehydration can worsen concussion symptoms like headaches and fatigue. Aim to drink plenty of water and include hydrating foods like cucumbers and watermelon. The recommended amount of water per day is half of your body weight in ounces. Example: A person weighing 150 pounds would need 75 ounces of water.

Building a Brain-Healthy Lifestyle for Gymnasts

Beyond nutrition, other lifestyle factors also contribute to brain health. For gymnasts, these include:

- 1 Sleep:** The brain repairs itself and processes memories during sleep. Athletes should aim for 7-9 hours of quality rest each night.
 - 2 Stress Management:** Chronic stress can impair brain function. Techniques like meditation, yoga, and mindfulness can reduce stress and improve focus.
 - 3 Hydration:** Water is essential for cognitive clarity and energy. Dehydration can lead to fatigue, confusion, and reduced reaction time.
 - 4 Cognitive Training:** Just as muscles benefit from physical exercise, the brain benefits from activities like puzzles, reading, and strategy games.
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Gymnasts often focus on physical performance, but optimal brain health is the key to achieving peak results both on and off the field. A balanced diet rich in essential nutrients, proper hydration, quality sleep, and effective stress management are critical for sharper focus, faster recovery, and injury prevention. By prioritizing brain health, athletes can enhance their performance, recover more efficiently, and build longevity in their sports careers.