

Monthly Team Newsletter

2026 Summer Schedule

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

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

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

Bronze Tuesday/Thursday 1:00-3:00pm

Silver Tuesday/Thursday 4:15-6:45pm, Extra

Practice Friday 11:30-1:30pm

Gold/Platinum Monday/Wednesday 5:25-8:25pm,

Extra Practice Friday 9:00-11:30am

*Subject to change

Summer Camp Dates

Team Camp July 27th-30th, 9:00-12:00 (Silver, Gold, Platinum)

Pre Team Camp August 3rd-6th, 1:00-4:00 (All Hot Shots levels and Bronze)

*Summer camp replaces normal practice for the week



Practice Changes

MARCH

- NO silver extra practice Friday March 6th
- NO bronze or silver practice Friday March 13th MOVED TO Saturday March 14th from 10:30-12:30
- SPRING BREAK March 30th - April 5th: CLOSED for all practices

APRIL/MAY

- Closed May 23rd-25th: Memorial weekend





SAVE THE DATE: COMPETITIVE TEAM BANQUET

The competitive team banquet will be held on Saturday May 30th at 6:00pm for Silver, Gold and Platinum athletes. More information to come! The team sleepover will follow.

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!

COMPETITIVE TEAM: JUNE PRACTICE CHANGES

Week of June 14th–19th

- No practice for Silver, Gold, or Platinum due to Flip Fest.

Week of June 22nd

- Monday 6/22, Tuesday 6/23 and Wednesday 6/24: Practice will run on the normal schedule for all levels.
- Thursday 6/25:
 - Silver: normal practice 4:30–7:00
 - Gold, and Platinum: NO extra practice (moved to Friday)
- Friday 6/26: Silver, Gold, and Platinum: Optional extra practice 2:00–4:00pm

Week of June 29th– we added practice!

- Monday 6/29: Gold and Platinum 5:25–8:25pm
- Tuesday 6/30: Silver 4:30–7:00pm

4th of July Break

- We will be closed Wednesday, July 1st through Sunday, July 5th

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 how to get our athletes ready and properly fueled for state championships!

WORD OF THE MONTH

DISCIPLINE– training oneself to do what needs to get done, when it needs to get done!

Example– You come into practice excited to work on your new back walkover. But before you can do that, you need to finish your conditioning and handstand drills. Even if you're tired or really want to skip to the "fun stuff," you still do all your conditioning and handstand drills the right way – because that's what will make your back walkover better.

DISCIPLINE

MARCH 2026



POWERFUL WORDS

CHARACTER DEVELOPMENT

PARENTS PERCH

Young students: I work before I play!

Older students/teens/adults: Training oneself to do what needs to get done, when it needs to get done.

Week 1 Discipline defined: How do we use “I won’t,” “I will” and “I want” power?

Week 2 Choices: What are the rewards of discipline & consequences without it?

Week 3 Discipline skills: What helps our brains & bodies focus?

Week 4 Work before play: How can people & teams become disciplined & successful?

Dear Family,

This month we are focusing on the powerful word “Discipline.”

Discipline means “I work before I play” or doing what needs to get done, when it needs to get done (even when you don’t feel like it).

Discipline is one of the greatest predictors of long-term success for both children and adults. It’s the ability to pause, think about your goal, and choose the action that moves you forward. It often isn’t the action that feels easiest in the moment.

Disciplined people follow through on commitments. They practice when practice is scheduled. They complete homework before screen time. They go to bed on time so they are ready for the next day. In simple terms, discipline is self-respect in action.

A 2024 study published in the *Journal of Child Psychology and Psychiatry* found that children who demonstrated higher levels of self-regulation and task persistence showed stronger academic performance and improved emotional well-being over time. That means, children who consistently did what needed to be done, even when it wasn’t the most fun choice, built momentum that carried into other areas of life.

Interestingly, research also shows that how we talk about success matters. When children connect their achievement to their effort, responsibility, and focus, they are more likely to repeat those disciplined behaviors. But when the reward becomes the main focus, it can sometimes derail the very habits that created the success.

When your child completes a tough assignment, practices

a skill repeatedly, or chooses responsibility over distraction, help them connect the dots:

- “You finished that because you chose work before play.”
- “That’s what discipline looks like!”

Over time, they begin to see themselves as disciplined individuals — and that identity becomes powerful.

Thank you for your continued partnership. Your support at home makes all the difference as we work together to build strong students and leaders.

With appreciation,

— Your Motivated and Dedicated Instructors

UPCOMING POWERFUL WORDS

APRIL
MAY
JUNE

SELF ESTEEM
KINDNESS
SELF-RELIANCE



Friday, March 6th

Session #1

Reese C (Jr D) & Mila M (Ch E)

Check-In @10:30am

Competition Begins @11:00am

Awards to directly follow

Friday, March 6th

Session #2

Makena M (Ch C) & Ariana S (Jr C)

Check-In @2:00pm

Competition Begins @2:30pm

Awards to directly follow

Friday, March 6th

Session #3

**Stella G (Sr A), Paisley M (Ch K),
Harper T (Sr B) & Brooklyn Z (Jr G)**

Check-In @5:30pm

Competition Begins @6:00pm

Awards to directly follow

PRACTICE CHANGES: NO SILVER extra practice Friday, March 6th

LOCATION

Lincoln Athletic Building
7267 Willis Rd.
Ypsilanti, MI 48197

ADMISSIONS

\$20 | Adults 18 & Over
\$15 | Seniors (62+) & Youth (2-17)
FREE | Children under 2



Saturday, March 7th

Session #4

**Mia B (Jr F), Lena K (Jr B)
& Lily S (Jr F)**

Check-In @7:30am

Competition Begins @8:00am

Awards to directly follow

Saturday, March 7th

Session #5

**Audrey H (Ch J), Kaylin H (Ch I),
Goldie R (Ch G) & Payton S (Ch G)**

Check-In @11:00am

Competition Begins @11:30am

Awards to directly follow

Saturday, March 7th

Session #6

**Neva H (Sr H), Leah K (Sr H)
& Eleanor L (Ch B)**

Check-In @2:30pm

Competition Begins @3:00pm

Awards to directly follow

Saturday, March 7th

Session #7

Cameron U (Jr K)

Check-In @6:00pm

Competition Begins @6:30pm

Awards to directly follow

PRACTICE CHANGES: NO SILVER extra practice Friday, March 6th

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Lincoln Athletic Building
7267 Willis Rd.
Ypsilanti, MI 48197

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FREE | Children under 2



Sunday, March 8th

Session #8

Ava C (Jr E)

Check-In @8:00am

Competition Begins @8:30am

Awards to directly follow

Sunday, March 8th

Session #9

Charley B (Jr L)

Check-In @11:30am

Competition Begins @12:00pm

Awards to directly follow

PRACTICE CHANGES: NO SILVER extra practice Friday, March 6th

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Lincoln Athletic Building
7267 Willis Rd.
Ypsilanti, MI 48197

ADMISSIONS

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FREE | Children under 2



FRIDAY, MARCH 20TH

ROSIE (JR I) & SOPHIA (SR H)

BLUE GYM, B1

Check-in @ 4:30pm

Competition Begins @ 5:00pm

Awards to directly follow

LOCATION

Trinity Health Sportscenter
18600 Haggerty Rd.
Livonia, MI 48152

ADMISSIONS

\$20 | Adults 18 & Over
\$15 | Seniors (62+) & Youth (2-17)
FREE | Children under 2



SATURDAY, MARCH 21ST

AVERY (JR D)

BLUE GYM, B2

Check-in @ 7:30am

Competition Begins @ 8:00am

Awards to directly follow

BROOKLYN (CH B), CORA (JR F) & VIVIAN H (JR K)

BLUE GYM, B3

Check-in @ 11:30am

Competition Begins @ 12:00pm

Awards to directly follow

SAMAYA (JR H) & ELLA (JR H)

BLUE GYM, B4

Check-in @ 3:30pm

Competition Begins @ 4:00pm

Awards to directly follow

LOCATION

Trinity Health Sportscenter
18600 Haggerty Rd.
Livonia, MI 48152

ADMISSIONS

\$20 | Adults 18 & Over
\$15 | Seniors (62+) & Youth (2-17)
FREE | Children under 2



SUNDAY, MARCH 22ND

ELLEN (CH F) & LILLIAN (SR F)

BLUE GYM, B5

Check-in @ 7:30am

Competition Begins @ 8:00am

Awards to directly follow

JOELLE (JR J), EMILY (CH J), RYLEE (JR C) & ANA (JR G)

BLUE GYM, B6

Check-in @ 11:30am

Competition Begins @ 12:00pm

Awards to directly follow

VIVIAN F (SR G)

BLUE GYM, B7

Check-in @ 3:30pm

Competition Begins @ 4:00pm

Awards to directly follow

LOCATION

Trinity Health Sportscenter
18600 Haggerty Rd.
Livonia, MI 48152

ADMISSIONS

\$20 | Adults 18 & Over
\$15 | Seniors (62+) & Youth (2-17)
FREE | Children under 2



Sunday, March 29th

JOSIE (CH E)

ZEBRA GYM, A8

Check-In @ 7:30am

Competition Begins @ 8:00am

Awards to directly follow

Sunday, March 29th

HAYDEN (CH C) & ANGELINA (CH C)

ZEBRA GYM, A9

Check-In @ 11:30am

Competition Begins @ 12:00pm

Awards to directly follow

Sunday, March 29th

EMILY (CH B) & RILEY (CH F)

ZEBRA GYM, A10

Check-In @ 3:30pm

Competition Begins @ 4:00pm

Awards to directly follow

LOCATION

Michigan Stars Sports Center
65665 Powell Rd.
Washington Twp, MI 48095

ADMISSIONS

\$20 | Adults 18 & Over
\$15 | Seniors (62+) & Youth (2-17)
FREE | Children under 2

BETSY BOOTCAMP NUTRITION MARCH 2026



Welcome to Your State Meet Prep!

**6 Essential Super
Foods For Mid
Season Energy
and Recovery**

**OATMEAL: STEADY
FUEL**

**EGGS: CHOLINE FOR
BRAIN FOCUS**

**BANANAS:
POTASSIUM FOR
MUSCLE MEMORY**

**BERRIES: NATURAL
SUGAR FOR ENERGY**

**PUMPKIN SEEDS:
MINERALS FOR
BONE HEALTH**

**SALMON: OMEGA 3'S
AND PROTEIN, BRAIN
AND HEART HEALTH**



STATE MEET IS HERE!

Mid-season fatigue is real. We want steady blood sugar, strong iron levels, and enough carbs to support 3-4 hour practices in prep for State Meet!

Your State Meet is most likely the MOST important competition on your schedule. Come prepared mentally and nutritionally!

IN this newsletter we will go over foods to battle mid-season burnout, seasonal allergies and specific foods to eat during and around your big State Meet! Get excited to learn about the fifth event!

Mid Season Power Bowl

- 1 cup cooked oats
- 1 scoop vanilla Greek yogurt
- ½ banana, ½ cup blueberries
- 1 tbsp peanut butter
- Sprinkle pumpkin seeds
- Drizzle honey



Mid Season Mental Burnout: Boost Mood and Stay Positive!

By March, some athletes feel flat. Tired. Irritated. Over it. These are signs of low serotonin production.

Low serotonin can show up as:

- Negative self-talk
- Low motivation
- Emotional ups and downs
- Cravings for sugar

Serotonin is influenced by carbohydrates, sleep, and gut health.



GET MORE SEROTONIN
Serotonin-Supporting Foods

- Turkey
- Eggs
- Salmon
- Cheese
- Bananas
 - Dark chocolate (yes, in moderation)
 - Fermented foods (yogurt, kefir)

Pineapple

Be sure to eat plenty of carbs (50-60 percent of your diet)

Carbs help tryptophan cross into the brain.



QUICK RECIPE: HAPPY BRAIN SMOOTHIE

- 1 cup milk
- ½ frozen banana
- ½ cup frozen berries
 - 1 tbsp peanut butter



- 1 scoop protein
- Handful spinach

Brain + body support in 60 seconds.



•HOW DO THESE FOOD HELP BRAIN HEALTH?

Berries: Support memory + cognitive performance.

Bananas Provide quick glucose for brain energy

Milk: B12 → critical for brain energy and mental clarity.

Spinach: Vitamin K for blood flow helping cognitive performance

Seasonal Allergies

Headaches. Itchy eyes. Congestion. Practice feels harder when your nose is running and you are sneezing all the time! Nutrition can support immune balance and reduce inflammation.

Foods That Help With Allergies



- **Local raw honey (small amounts daily)**

- **Citrus (vitamin C support)**

- **Kiwi**

- **Bell peppers**

- **Salmon (omega-3s)**

- **Turmeric + ginger**

- **Dark leafy greens**

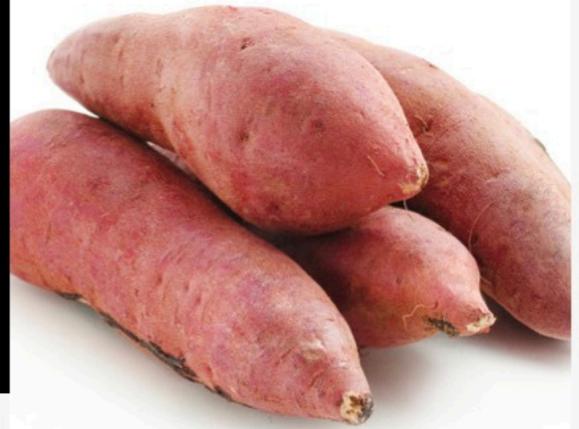
- **Magnesium-rich foods (pumpkin seeds, almonds)**

Hydration matters more during allergy season.

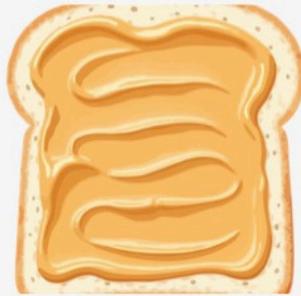
Mild dehydration worsens headaches.

State Meet Fuel Strategy

Big meets aren't the day to experiment. Especially your State competition! Going into this meet we want stable blood sugar, calm nerves, good digestion, no bloating or gas. A few days before do not try new foods or experiment the night before. A week before increase carbohydrates slightly and stay more hydrated each day than you normally would. Prioritize sleep!



Competition Day Prep



Competition Morning: Eat a carb + protein + small fat
Example:

- Oatmeal + peanut butter + fruit

OR

- Eggs + toast + fruit

60 Minutes Before Warmup:
Snack:

Banana + handful pretzels

***Applesauce + protein shake**

- Yogurt + granola

During Long Meets:

Small sips of electrolyte drink or coconut water



Stay Steady, Routine Is Good!

If you have an evening competition be sure to load up on complex carbs like sweet potatoes and leafy green veggies along with a decent 4-6 ounce piece of animal or plant protein. Don't forget a tablespoon of a healthy fat like avocado or olive oil.

An hour before you warmup be sure to snack on more simple carbs like rice cakes with yogurt and fruit leathers or applesauce..

Mid Competition Bonk? Need something NOW Situation?

WATER All DAY

COCONUT WATER For Minerals

ORANGE OR POMEGRANATE JUICE for Energy

DRIED FRUITES LIKE MANGO OR APRICOTS

PRETZELS or RICE CAKES

Easy carbs between events, carrot sticks, crackers, dried fruits..

DO YOUR BEST! A Few Throw Together Dinner Ideas The Week Before State Meet!



Steak and Potatoes with Spinach Salad



LEAN STEAK
ROASTED BABY POTATOES
WITH SEA SALT
SPINACH SALAD WITH BERRIES
AND WALNUTS
WHOLE GRAIN ROLL
ORGANIC CHOCOLATE MILK

Turkey/Beef Tacos

Ground Turkey or BEEF
RICE
BLACK BEANS
AVOCADO
SHREDDED CHEESE
PICO AND LETTUCE
WHOLE GRAIN WRAP
SIDE OF FRUIT
COCONUT WATER



Salmon Power Bowl

GRILLED SALMON
JASMINE RICE
ROSTED SWEET POTATOES
STEAMED BROCCOLI / EDEMAME
OLIVE OIL AND LEMON DRIZZLE
GLASS OF MILK

