

STARS & STRIPES TEAM NEWS



April 2024



Summer News

Save the date for pre team and xcel summer camp. More Details in the upcoming months.

PRE TEAM CAMP: Hot Shots, Hot Shots 1, Hot Shots 2, Level 3 & Xcel Bronze
July 15th-18th

XCEL TEAM CAMP: Xcel Silver, Gold, Platinum
July 29th-August 1st

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:

TENACITY

"LEAVE IT TO THE MOST TENACIOUS TO BOUCE BACK FROM FAILURE, DEFEAT THE ODDS, AND BEAT THE CHALLENGE. WHY? BECAUSE THE HURDLES ONLY MAKE THEM RISE HIGHER." - Dr. Robyn Silverman

PRACTICE CHANGES:

APRIL

- Xcel Silver, Gold, Platinum practice change Wednesday, April 24th from 5:30-8:15 instead of Thursday, April 25th

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

BETSY BOOTCAMP: Monthly Nutrition

This month Betsy focuses on foods that will help heal the body after the long competition season. The gymnasts superfood on the month is bananas. Read more to learn about the benefits from the superfood and recipes of the month!



FRIDAY APRIL 26TH - SUNDAY APRIL 28TH

PRACTICE CHANGES:

Xcel Silver, Gold and Platinum athletes will have practice **on Wednesday, April 24th from 5:30-8:15PM instead of Thursday April 25th.**

NO EXTRA PRACTICE on Wednesday, April 24th.

These practice changes are to accommodate travel time for athletes and coaches for regional championships.

If there are any issues with the changes please let me know ASAP so we can accommodate your athletes.

COMPETITION SCHEDULE :

The competition schedule will be sent to the gyms first. The host meet will send the schedule 10 days prior to verify roasters. Once we verify the roasters we will send the schedule out a week prior to the competition.

LOCATION:

McCook Athletic & Exposition Center
4750 Vernon Ave
La Grange, IL 60525

ADMISSIONS:

Adult \$20
Senior & Children 5-17 \$15
Under 5 Free

HOST HOTELS:

Holiday Inn Countryside
6201 Joliet Rd Countryside, IL
708-352-4200
Group code: FFG

Best Western Plus-Countryside
Holiday Inn Countryside
6201 Joliet Rd Countryside, IL
708-354-5200

Crowne Plaza Chicago SW- Burr Ridge
300 S. Frontage Rd, Burr Ridge, IL
630-325-2900
Group Code: USG

Chicago Marriott SW at Burr Ridge
1200 Burr Ridge Pkwy, Burr Ridge, IL
630-986-4100
Call for rates

Fun Meet

MAY 18TH

AT STARS & STRIPES

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.

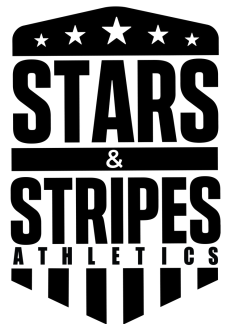
ARRIVAL

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's Kitchen April: Planting Seeds For Spring!



It's April, spring is here and big competitions are ending. Time for warmer weather, a change in training, and some fun. April and May can seem like "limbo" months as some athletes are still preparing to compete in big competitions (regionals, eastern/nationals) while others are winding down, starting the healing process and getting ready to think about summer training. This month we will focus on foods that will prepare you for the final big competitions and also help your body heal after a long season. We will also discuss the all important gymnast superfood, the banana and how you can have a better season NEXT year by planting seeds now, so that your performance will flourish in future seasons. So, Let's Go!



BRAIN FOODS TO HELP FOCUS FOR THE BIG COMPETITIONS:

HERE ARE MY TOP FOODS FOR GYMNASTS TO HELP STAY FOCUSED AS THEY PREPARE FOR THEIR FINAL COMPETITIONS:

Blueberries: planet earth's number one food for cognitive balance and memory!

Pumpkin Seeds: magnesium and zinc packed morsels which help Brian and muscle function together

Walnuts: the brain is 60 percent fat and needs healthy fat to function! Walnuts are packed with omega 3's which promote brain function, memory and overall health

Tomatoes: these vitamin c rich fruits are filled with lycopene to keep brain cells strong! TIP: eat with the skin on, this is where all the nutrients hide!

Greens: densely filled with vitamin K which helps blood flow in the brain! Greens help you make and keep your coaches' corrections. Kale, broccoli and spinach are my favorites.



Season Limbo

So maybe your competition season is over? Working on new skills? Hitting conditioning a little harder? This is the time of year where you maybe a little more unfocused as well. The weather is warmer, school is ending soon, and you know what, that is ok. Enjoy some down time but also remember that nutrition is the fifth event and you still can keep your goals in mind by making good nutritional choices. Here are some tips for those of you in LIMBO



1) Increase protein dense foods if you are doing more conditioning (Fish, beans, eggs, lean meats, soy, yogurt)

2) Increase water intake as it gets warmer (drinking about 3/4 of your weight in ounces per day)

3) Relax a bit and have fun, indulge a bit in dark chocolate, and experiment more with new snacks and recipes!

Gymnast Healing: Top Food Elements For Healing Muscles, Bones and Joints (after a long season)

1. Protein: Of course after a long season our muscles are broken down and need repair. The best way to build muscles is through eating a diet rich in protein. We can find protein through animal sources like fish, chicken, lean beef and eggs, but protein is also abundant in spinach, beans, peas, legumes, nuts, soy, yogurt/dairy and seeds. Be sure to go for around 1.5-2 grams of protein per kilogram per body weight per day! Eat your protein sources spread out through the day for best absorption.

2. Collagen: The strongest bonds in our skin, bones, muscles and tendons/ligaments are collagen. How do we get more of it? By eating a combination of protein dense foods (above) and vitamin C dense foods. Top Vitamin C foods are oranges, strawberries, broccoli, red bell peppers and spinach! Think colorful foods and you are on the right track to building collagen.

3. Mineral Dense Foods- Calcium, magnesium, selenium, iron and folate are all super important for bones, wound and skin healing as well as for blood flow. Chick peas/beans, nuts like Brazil nuts and seeds like pumpkin are all great sources of these minerals. You can find these bone friendly minerals also in dark leafy green veggies, whole grains, yogurt, bananas, cauliflower and potatoes.

4. Anti-Inflammatory Foods- the muscles, skin, joints and bones maybe screaming at you after a long season. Luckily, there are foods that can help aide in the healing process to calm them. Specifically foods rich in vitamin k ,antioxidants, polyphenols and a powerful element called anocynthia. These compounds will help calm your cells, promote blood flow and stop inflammation/soreness. You can look to green foods (kale, spinach, broccoli) as well as purple/red color foods like plums, pomegranates, egg plant, beets and peppers to help soothe you aching body post season!





Gymnast Seasonal Food Of The Month: The Banana!

Well if Monkeys love them, why wouldn't a gymnast? After all, who loves to hang from bars, run, jump and tumble MORE than a monkey? That would be a gymnast, of course! Monkeys love bananas for a reason! They are packed with nutrients! Not to mention, the banana is in season in April, and they are rich in natural sugar, vitamins and minerals perfect for a tumbling gymnast. Here are the top three reasons why the banana should be a part of your athletes food arsenal:

1. They are easy, quick, portable, and the perfect on- the- go snack. Bananas are not only easy to digest, they are a complex carbohydrate that takes will give a lot of energy over a long period of time. Perfect for those long practices!
2. Bananas are rich in potassium and magnesium, both important for exercise performance, muscle growth, stimulation and activation! Bananas also help to balance electrolytes and prevent cramping. All gymnasts need strong muscles and minds to compete at a high level!
3. Bananas are the "feel good" fruit! They contain an important chemical, tryptophan, which converts to both serotonin and melatonin, two great hormones that elevated mood and also relax muscles! Bananas are also a great post workout snack or even great before bed!

Betsy's Top Three Banana Combos:

1. Banana Shake: The Chunky Monkey:
Awesome post workout or for breakfast.
1 cup of ice
2 cups of regular almond milk
1 banana, sliced
1 tablespoon of almond butter
1 tablespoon dark cocoa powder
1 tablespoon maple syrup (real/natural)
1 tablespoon of chia seeds

2. Banana Chocolate Rice Cake: Great Pre-Workout Snack!
1 Rice Cake
2 tablespoons of nut butter of choice (almond or peanut)
1 sliced banana
2 tablespoons of dark chocolate chips
1 tbs of honey drizzled

3. Banana- Walnut Cinnamon Oatmeal : Great Breakfast Start!
1/2 cup dry oats, cook with water
Add 1 banana, mash in well
Top with 1/4 cup crushed walnuts
A dash of cinnamon
1 tbs honey



SPEAKING OF PLANTING SEEDS!

Pumpkin Seeds: The Pefect Gymnast Snack

*High in
protein
(Muscle
Building)*

*High In omega-3
fatty acids (Brain
Clarity and
FOCUS*



*Contains minerals like
magnesium, zinc and
calcium that support bone
strength/health, heart
health, muscle contraction
and regulating blood
pressure.*





Message From Betsy

The season is almost over and as you look back, you are either happy or not so happy with how it went. Whatever happened, whether you hit your highest all around score, or you had a season ending injury, there is always something to be learned from each season. The spring months are good months for self- reflection as you head into the “off season” of your sport. Now is a good time to pose some important questions to yourself. What could you have done differently in this years’ preparation? Did you train physically as hard as you could have to prepare for your competitions? Did you think about your nutrition preparation along the way? Over the years I have come to notice that those athletes who train hard OUTSIDE of the gym (THE FIFTH EVENT) with their nutrition and mental preparation, usually far outperform those who do not focus on the fifth event at all. Now, I’m not here to yell at you or blame you, I’m just here as your nutrition coach and supporter, to simply ask you, did you practice the fifth this year? And if you didn’t, guess what?? It’s ok,,, because, pretty soon, summer training is here and it will be time to turn around your mindset and look at ways to perform better in your nutrition game in the future. Start “planting seeds” now in the spring so that next year, you will have a better season. I KNOW you can do it! I believe in you!



POWERFUL WORDS

CHARACTER DEVELOPMENT

PARENTS PERCH

Young students: “When the work gets hard, I work harder!”

Older students/teens/adults: Setting goals and persisting to the end even in the face of challenge.
“LET’S GET GRITTY!”

- WEEK 1** Tenacity defined: What is tenacity and how does it help us reach our goals?
- WEEK 2** Tenacious people: Belief in ourselves, blocking out naysayers and grit to glory stories
- WEEK 3** Tenacious actions: Coping with adversity, trying again and seeing things through
- WEEK 4** Tenacious leaders: Building a sense of belonging, a culture of trying and a supportive environment

Dear Family,

This month we will focus on the powerful word, “tenacity.”

According to Forbes Magazine, “tenacity is that fierce blend of determination, persistence, and grit. For leaders and their organizations, it’s the trait that means the difference between failure and success, and that takes their teams from doing all right to thriving” (Eberhardt, 2018). Even in the face of adversity, tenacious people commit themselves to courageously trying, persevering and seeing their goals through to the end.

While everyone experiences hardships, various people handle these challenges differently. Some seem to defeat the odds and instead of walking away when their path gets derailed, they bounce back. They recommit. Angela Duckworth, a researcher and New York Times Best-seller calls this “grit.”

Research tells us that when

children and teens set long-term goals or “purposes” for their actions, it can contribute to both their engagement and tenacity with relation to that goal. Students who feel that sense of purpose, for example, feel that they are learning and can develop into the kind of person who can contribute something of value to this world. This is much more powerful, according to Carol Dweck, researcher and author of the best-seller, *Mindset*, than simply doing something to pass a test (Dweck, Walton & Cohen, 2014).

We might ask ourselves these 2 key questions;

(1) How can we help our kids look beyond short-term concerns so they can commit to long-term goals?

-and-

(2) How can we prepare and encourage our children so they can withstand challenges and setbacks to persevere towards those goals?

After all, children don’t become successful simply because they are smart, talented and/or lucky but because they have the courage to keep going when the road becomes arduous and there are hurdles in the way of the finish line.

This month we will focus on the areas that help to build tenacity--their belief in themselves, their personal goals, their feeling of belonging and support, and their self-regulatory or coping skills when their journey gets difficult.

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

- MAY** COMPOSURE
- JUNE** INTEGRITY
- JULY** MENTAL STRENGTH