

# STARS & STRIPES TEAM NEWS



March 2024



## Spring Break Closures

**Hot Shots, Hot Shots 1, Hot Shots 2,  
Level 3 & Xcel Bronze:**

NO PRACTICE March 25th – March 31st

**Xcel Silver, Gold & Platinum:**

NO PRACTICE March 25th – March 31st

**Level 4 -7:**

NO PRACTICE March 25th – March 31st

## 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 Betsy highlights the importance of the “fifth event” as the gymnasts head into state and regional competitions. The recipe of the month is a great snack for gymnasts competition bag, during practice or on the road.

## SAVE THE DATE! Competitive Team banquet:

**FRIDAY, MAY 17TH 2024**

Levels 4 through 7 & Xcel silver/gold/platinum

\*more details to come

## WORD OF THE MONTH: RESPONSIBILITY

“WHEN WE TAKE RESPONSIBILITY FOR OUR MISTAKES, MISSTEPS BECOME OUR OPPORTUNITIES FOR MASSIVE GROWTH. SUCCESS IS OFTN BORN OUT OF THE LESSONS WE LEARN FROM FAILURE.”

-Dr. Robyn Silverman

## PRACTICE CHANGES:

### MARCH

- Level 3 NO PRACTICE Saturday March 16th: due to travel fun meet
- Spring break: March 25th–March 31st

## 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



FRIDAY APRIL 26TH - SUNDAY APRIL 28TH

Regional championships are a fantastic goal to strive toward for our Xcel Gold and Platinum team members. Only Gold level athletes and above are eligible for regional qualification.

Reminder, regional championships are optional and not included in regular fees. Additional fee of \$199 will be added to your account on Monday, March 25th. Fees include the regional leotard, t-shirt and competition entry fees. Declaration of attending regional championships must be completed before the state competition (by simply notifying Coach Isabella via email [Isabellacraft@starsandstripes-athletics.com](mailto:Isabellacraft@starsandstripes-athletics.com)).

### QUALIFYING SCORES

*All Around:*

*Gold - 35.5, Platinum 35.0*

*Event Specialist:*

*9.0 (per event)*

*\*must achieve these scores at state meet*

*\*additional fee of \$199, charged to account on Monday, March 25th*

### 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



FRIDAY APRIL 19TH - SUNDAY APRIL 21ST

Regional championships are a fantastic goal to strive toward for our Level 7 and above team members.

Reminder, regional championships are optional and not included in regular fees. Additional fee of \$199 will be added to your account on Monday, March 25th. Fees include the regional leotard, t-shirt and competition entry fees. Declaration of attending regional championships must be completed before the state competition (by simply notifying Coach Isabella via email [Isabellacraft@starsandstripes-athletics.com](mailto:Isabellacraft@starsandstripes-athletics.com)).

### QUALIFYING SCORES

*All Around:*

*Level 7 35.00*

*Event Specialist:*

*9.0 (per event)*

*\*must achieve these scores at state meet*

*\*additional fee of \$199, charged to account on Monday, March 25th*

### LOCATION:

Dayton Conversation Center  
22 E 5th St  
Dayton, Ohio 45402

### ADMISSIONS:

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

### HOST HOTELS:

Fairfield Inn & Suites Dayton  
305 East Monument Ave. Dayton, OH  
937-331-9330

AC Hotels Dayton  
124 Madison Steet Dayton, OH  
937-965-7500

Double Tee Suites  
300 Prestige Pl Miamisburg, OH  
937-436-2400

Holiday Inn Express  
5610 Merily Way Huber Heights, OH  
937-235-2000

# LEVEL 4 & 5 STATE CHAMPIONSHIPS

**SATURDAY MARCH 9TH**

**Hadley S. (CH C) & Emily R. (CH D)**

**SESSION: 1B**

**CHECK IN: 7:45AM**

**COMPETITION BEGINS: 8:00AM**

**SATURDAY MARCH 9TH**

**Annabelle M. (CH B)**

**SESSION: 2B**

**CHECK IN: 11:30AM**

**COMPETITION BEGINS: 12:00PM**

**SATURDAY MARCH 9TH**

**Hayden B. (JR B), Ella K. (JR D)  
& Maisie Z. (JR B)**

**SESSION: 3B**

**CHECK IN: 3:15PM**

**COMPETITION BEGINS: 3:45PM**

**SUNDAY MARCH 10TH**

**Emily K. (CH F)**

**SESSION: 4B**

**CHECK IN: 7:45AM**

**COMPETITION BEGINS: 8:00AM**

**SUNDAY MARCH 10TH**

**Josephine E. (JR B), Riley O. (JR C),  
Angelina S. (JR A) & Aria Y. (JR B)**

**SESSION: 6B**

**CHECK IN: 3:15PM**

**COMPETITION BEGINS: 3:45PM**



**LOCATION:**

Huntington Place  
1 Washington Blvd.  
Detroit, MI

**ADMISSIONS:**

\$15 Adults (18 and over)  
\$10 Seniors (62 and over)  
\$10 Children (2-17)  
Children under 2 are free  
Parking fee at Huntington Place

**DATE:** March 9 & 10, 2024

# XCEL PLATINUM STATE CHAMPIONSHIPS & FUN LEVELS 1-3 & BRONZE

**FRIDAY MARCH 15TH**

**Layla F. (JR C) & Maria S. (SR B)**

**SESSION: 3B**

**CHECK IN: 4:00PM**

**COMPETITION BEGINS: 4:30PM**

**SATURDAY MARCH 16TH**

**Nikki V. (SR C)**

**SESSION: 6B**

**CHECK IN: 3:30PM**

**COMPETITION BEGINS: 4:00PM**

**SUNDAY MARCH 17TH**

**LEVEL 3**

**SESSION: 7B**

**CHECK IN: 7:45AM**

**COMPETITION BEGINS: 8:00AM**

**SUNDAY MARCH 17TH**

**XCEL BRONZE**

**SESSION: 8B**

**CHECK IN: 9:45AM**

**COMPETITION BEGINS: 10:15AM**



**LOCATION:**

Morey Courts  
5175 E. Remus Rd.  
Mt. Pleasant, MI

**ADMISSIONS:**

\$15 Adults (18 and over)  
\$10 Seniors (62 and over)  
\$10 Children (2-17),  
Children under 2 are free

**DATE:** March 15-17, 2024

# LEVELS 6-7 & XCEL GOLD STATE CHAMPIONSHIPS

**SATURDAY MARCH 23RD**

**Taylor M. (JR D) & Ella M. (SR A)**

**SESSION: #2, GYM B**

**CHECK IN: 7:45AM**

**COMPETITION BEGINS: 8:00AM**

**SATURDAY MARCH 23RD**

**Cali (CH E)**

**SESSION: #6, GYM B**

**CHECK IN: 4:15PM**

**COMPETITION BEGINS: 4:45PM**

**SUNDAY MARCH 24TH**

**Abby H. (CH H), Emma P. (JR E)  
& Haley R. (SR H)**

**SESSION: #8, GYM B**

**CHECK IN: 7:45AM**

**COMPETITION BEGINS: 8:00AM**

**SUNDAY MARCH 24TH**

**Violet S. (JR A)**

**SESSION: #9, GYM A**

**CHECK IN: 11:30AM**

**COMPETITION BEGINS: 12:00PM**

**SUNDAY MARCH 24TH**

**Dylana H. (CH G)**

**SESSION: #12, GYM B**

**CHECK IN: 4:30PM**

**COMPETITION BEGINS: 5:00PM**



## **ADMISSIONS:**

\$15 Adults (18 and over)  
\$10 Seniors (62 and over)  
\$10 Children (2-17),  
Children under 2 are free

## **LOCATION:**

Kellogg Arena  
1 McCamly Sq.  
Battle Creek, MI

**DATE:** March 23-24, 2024

# RESPONSIBILITY

MARCH 2024



# POWERFUL WORDS

## CHARACTER DEVELOPMENT

## PARENTS PERCH

**Young students:** "I'm the one who gets the job done!"

**Older students/teens/adults:** Doing what is required, needed, and expected of us.

**WEEK 1** Responsibility defined: How can I be a R.A.D. family member and student?

**WEEK 2** Responsible people: Borrowing, being on time, prioritizing & promises.

**WEEK 3** Showing accountability: Owning up, choices and consequences.

**WEEK 4** Responsible leaders: Going above & beyond and being a good example.

Dear Family,

This month we will focus on the powerful word, "responsibility."

Responsibility means; "doing what is required, needed or expected of us." Responsible people respond when they see a need or they have been given a job to complete.

More specifically; responsible people

(1) create habits from being on time to prioritizing to returning borrowed items,

(2) initiate responsible actions whether everyone is looking or nobody is watching and  
(3) demonstrate responsible choices even when others have chosen a different path.

We say they are "R.A.D" because they are Reliable, Accountable, and Dependable.

Children and teens must learn to be responsible in a variety of ways as they develop and grow. From household contributions to doing homework in a timely

manner, children's actions are the training ground for how they behave as adults. As children are online more and more, responsible online actions also must be discussed. One's online actions and reputation are being checked to determine if a teen is suitable for everything from jobs to college admission to scholarship money.

Research suggests that parents are doing too much for their children-- keeping young people from learning how to best take responsibility for themselves. Based on 40 years of survey data, one study out of San Diego State University shows that, compared to adolescents from the 70s, 80s and 90s, today's teens are taking a longer time to adopt the responsibilities of adulthood. And while they are putting off risky actions from drinking to sex, they are also delaying commitments to jobs, learning to drive, dating and other displays of independence.

It's important for parents to teach their children life skills that help them to become more

independent while also stepping back so their children step forward towards that independence. Responsibility is also a crucial quality of a leader both online and offline. Leaders set the standard and when they show responsibility, it is more likely that others will do the same. Whether we are talking about taking care of "things," showing up on time, following through with promises or being accountable for our choices, a leader's actions can make a big difference.

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

APRIL  
MAY  
JUNE

TENACITY  
COMPOSURE  
INTEGRITY

For more Powerful parenting information, go to [www.DrRobynSilverman.com](http://www.DrRobynSilverman.com)  
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# BETSY'S KITCHEN:

## Bringing The FIFTH Event to State Meet

It's that time of year again! big state competitions, regionals, westerns/eastern and nationals are also on the horizon. You spent all of the summer months building your body, all of the fall months prepping for your competitive season, and now its here! The big show! This season take your body, mind and performance to the next level by really honing in on the FIFTH EVENT!  
Are you ready?



## RE M I N D E R : W H A T I S T H E F I F T H E V E N T ?



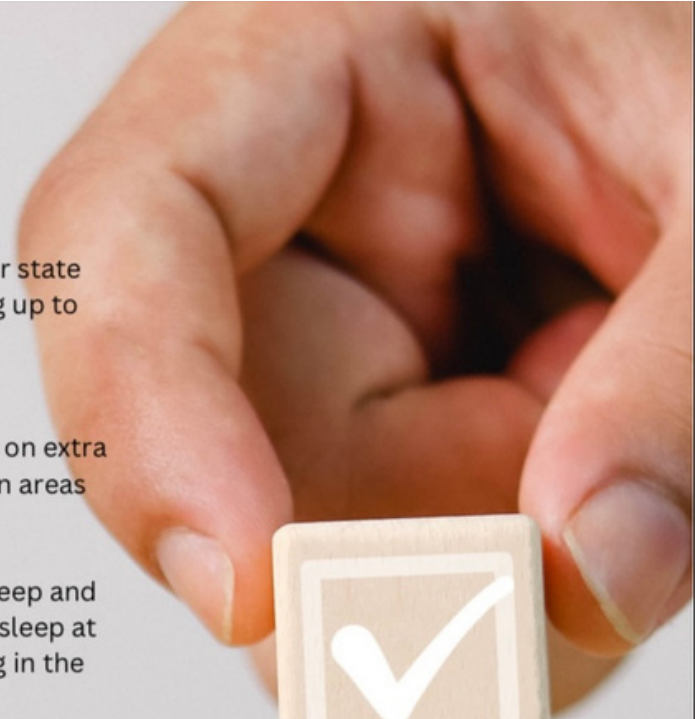
You practice vault, bars, beam and floor right? You work those routine details, train the repetitions and do everything you need to do to be perfect on competition day. One question: are you doing everything outside of the gym you should be doing? First and foremost, how is your nutrition? Are you putting the right foods in your body? Are you getting adequate sleep, rest, recovery, mental training, physical therapy or extra stretching? These are all part of the fifth event too! It's everything you do OUTSIDE of the gym. The stuff your coaches don't see. If you aren't doing those things, I would highly recommend doing the "extra work" to come into your state competition feeling your best. And if you haven't even thought about it or started practicing the FIFTH, I I have you covered this month! Let's Go!



# State Meet: The Fifth Event Check List

Let's make sure you have your fifth event in check the week before your state meet! Below are some tips and reminders for the week/weeks following up to your biggest competition of the year!

1. **Body Prep:** In the couple of weeks before state, you may need to focus on extra physical therapy or rehab exercises, stretching and body work. Focus on areas that are bothering you, ice, heat, whatever it takes!
2. **Sleep Schedule In Check:** Make sure you are getting a full 8 hours of sleep and turn off screens/phones and t.v's a good 30 minutes before bed. Go to sleep at the same time each night (more tips on this in the ebook you are getting in the membership this month!)
3. **Nutrition:** Focus on water dense foods energy/recovery foods. This week. I have a list of these in the next section (Competition Eats) The idea is to eat real, whole foods and stay away from excessive fast food or processed foods. Eat like a cave girl.
4. **Consistent Schedule and Immunity :** Keep your schedule the same, don't do anything out of the ordinary in preparation for the big meet. This includes eating foods you know your body likes and not trying anything to throw you off. Also, keep hands clean, with frequent washing or hand sanitizer. You do NOT want to walk into state meet with a cold or virus! No baby ,no!
5. **Mental Reps:** Focus on more mental repetitions of your routines this week. Go through them over and over again until they are perfect so you show up ready to rock!
6. **Travel Game-Plan Ready:** When you arrive the day before or day of the competition, what will you be eating, drinking or snacking on? What restaurants will be near you? Will you eat in the car? Does your venue have food? If so, does it fall within the FIFTH event guidelines? Have a game plan and be prepared.
7. **Snack bag:** Be sure to bring plenty of energy boosting snacks! I have a list of them in the next section and again, do NOT forget water!
8. **Know your Body!:** As stated before, don't try anything new the night before or morning of your competition. This means any new exercises, conditioning/workouts, foods or drinks. Know your body well in advanced of the big meet!
9. **Relaxation Pre-competition:** Be sure you have an evening plan which includes your dinner, evening snack and bed time ritual. This could include a bath, hot tea, listening to calming music. Relax and get ready to shine!
10. **Celebration and Fun!** Be sure you have a plan for your post competition meal and celebration! It's time to really embrace the moment and celebrate all your wins, big or small! Friendly reminder, Betsy is a HUGE supporter of the FIFTH Event! Which also includes treats especially after big competitions! Have your pizza, ice cream and whatever makes you happy! You deserve it.





# COMPETITION EATS:

**Foods That Calm:** mint tea, ginger tea, bananas, cheese, dark chocolate, tart cherries, cashews, eggs (especially the yolks)

**Foods /Snacks to Pack For Energy:** whole grain rice cakes, apples, and berries, dried fruits like plantains, cherries, cranberries, raisins, oatmeal, dried chick peas, whole grain crackers with nut butter toppings

**Foods For Mental Clarity:** Omega 3 fatty acids, salmon (night before meal) walnuts, pumpkin seeds, guacamole (avocado) blueberries and raspberries.

**Foods For Repair:** Protein dense foods, spinach, edamame, peas, Greek yogurt, lean meats, vitamin C foods like bell peppers, citrus and all green veggies.

**Water Dense Foods:** fiber rich foods like apples, pears, berries, melon, brussels sprouts and broccoli!

**Remember, only pick foods you have tried in advance, time to start experimenting well before the big day!**



# Recipe of the Month:

## Betsy's Competition Paste

This is an amazing mid-competition stomach filler! Not too heavy, but packed with nutrients, complex carbs, health fat and sweet dried fruits, you only need a couple of spoonfuls added to a couple of pear slices to get you through your next routine!



**Vegan**  
**VEGETARIAN**  
**Dairy-free**

### Tools:

- Mixing spoon
- Rubber spatula
- Mixing bowl
- Plastic, airtight container with a cover, for storage, unless you want this to become a cookie!

### Ingredients:

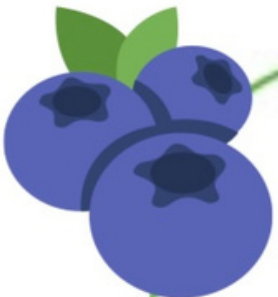
- 2 cups creamy, organic, all-natural peanut, cashew or almond butter
- ½ cup oatmeal, dry
- ¼ cup raisins or dried cherries
- 1 Tablespoon chia seeds
- 1 Tablespoon honey
- Extra: Add 3 Tablespoons dark chocolate chips, for an even more amazing experience
- 1 cup apple or pear slices

### Steps:

1. Place all ingredients (except the apple/pear slices) into a mixing bowl.
2. Mix all ingredients together with a spoon and then a spatula. Take your time blending it well. A "paste" will form.
3. Eat immediately, either alone or with your pear slices.
4. OR place the paste in an airtight container in the fridge to set. It should be very smooth and creamy. If it is too dry, you will have a cookie tomorrow, which maybe a good thing!



**KEEP YOUR BRAIN and MENTAL FOCUS in check at your big competitions in March! Check my “Betsy’s Bites” tips on top brain foods below!**

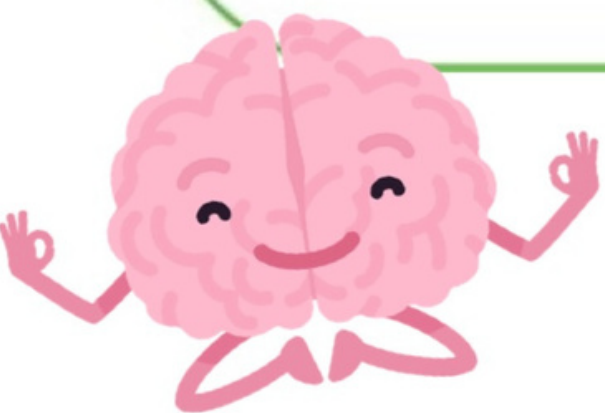


## *Betsy’s Bites* Top Brain Foods

- ✓ Blueberries and raspberries
- ✓ Walnuts
- ✓ Wild fatty fish
- ✓ Seeds, specifically pumpkin
- ✓ Flax oil
- ✓ Omega-3s and complex carbs
- ✓ Dark chocolate
- ✓ Green leafy vegetables



**TIP:** Put berries into yogurt, mash avocados onto rice cakes, and sprinkle seeds on salads or eat them by the handful! It is well known and documented that blueberries, fatty fish, and walnuts/seeds are the most powerful brain foods on the planet.



# KEEP YOUR GUT AND SLEEP IN CHECK!

Betsy Bootcamp  
Presents  
A Gymnast's Guide  
To Better Sleep



*Betsy Bootcamp's  
Ultimate Guide*



To Gut Health for  
Gymnasts and  
Families

*Two of the biggest parts of the Fifth Event are keeping your stomach/gut in balance and also getting enough sleep. This month you will have received 2 ebooks in your membership. One is "Betsy Bootcamp's Ultimate Guide To Gut Health For Gymnasts and Families and the other is "A Gymnast's Guide To Better Sleep." Make sure your coach downloads them and sends them to you! A plethora of great information and education on how both your GUT and your sleep habits can positively affect your performance!*