

February Newsletter

Attention: We will be closed Monday February 15th. There are 5 Mondays in the month therefore no make up class will be given.



We need your help!!

Please trace and cut out your gymnasts' hands and/or feet on different colored paper. These will be used for February's theme. We will be hanging them up around the gym.

Right Side, Left Side

Understanding the concept of left and right can be challenging for preschoolers.

Teaching children directions is an important life skill.

Understanding right and left is part of this month's lesson.

Using both sides of the body for activities is also important for children of all ages. Using both hands or both feet to perform skills synchronizes both sides of the body, which organizes, integrates and energizes brain hemispheres for increased cognition as well as challenges the gymnasts in a new way.



February 8th-13th

Gymnasts may bring Valentines to exchange with their classmates.

Wear red this week in honor of Valentine's Day!



HOW TO CONTACT STARS GYMNASTICS STAFF

IN PERSON: 3:30-8:00pm Monday-Thursday and Saturday
8:30am-1:30pm.

EMAIL: Information@StarsGymnasticsLLC.com

FACEBOOK PRIVATE MESSAGE:

www.facebook.com/BP.StarsGymnastics.

TELEPHONE MESSAGE 626-856-3496. Leave a message. We will get back to you at our earliest convenience. *Try one of our other methods of communication too for a quicker response.*





Congratulations!

Stars Gymnastics TeamGym team has qualified for Nationals!
We are so excited and proud of these girls and their coaches!

Don't forget to check out this month's clinics!!

Pullover • Cartwheel • Back handspring • Trampoline • Tumble Bear

Grab you flyer TODAY!

Parent Tip: The importance of sleep for students and athletes

Featuring Doctor Jacq, Nutrition Coach for Young Athletes

School. Practice. Homework. Family. Friends. Instagram. Texts. Parties...let's face it, it is NOT easy for a teenager to fit it all in 24 hours, especially student athletes. I worry about this ALL THE TIME, especially as my 13 year old wakes up at 3:45am to go to skating practice. And she's not alone; the National Sleep Foundation reports that even though children and teens ages 10-17 should sleep 8.5-9.25 hours/night, the average adolescent sleeps 7-7.25 hours/night. This is understandable since we know the circadian rhythm re-adjusts during the teen years and makes them want to stay up later.

But why is sleep SO important?

- Growth hormone is released during sleep, even if you're "done" growing. The hormone is needed for the repair of muscles and tissues, building bone, burning fat, and to help the body repair and recover. In young athletes, it has been proven that sleep is critical to good athletic and academic performance. Good sleep can help an athlete manage stress and can even lead to better eating habits. (Teens and Sleep, 2013)
- In a study performed at Stanford University, student athletes were asked to increase their sleep to 10 hours a day for six to seven weeks. Overwhelmingly, the study showed that athletic performance, including sprint and reaction time, increased with more sleep. Lead author Cheri Mah commented "It is interesting to note that many of the athletes in the various sports I have worked with, including the swimmers in this study, have set multiple new personal records and season best times, as well as broken long-standing Stanford and American records while participating in this study." (Extra Sleep Improves Athletic Performance, 2008) Another study out of Stanford University involving basketball players required them to sleep an additional 2 hours per night. Results showed a 9% improvement in free throws, faster sprint times and overall improved physical and mental well being.

Think about it, as athletes and parents of athletes, we make countless sacrifices to be the best; young athletes train hard, eat well and stay hydrated...what about sleep? Make sure this is also on your priority list, because athletes that don't snooze will LOSE!

See the complete article, including information about the risks of sleep deprivation, and tips for improving sleep habits here: <http://doctorjacq.com/sleep-young-athletes/>