

JUNE Newsletter

Summer Starts Now!

Build the Foundation:
Why June Matters More Than You Think

Hello Summer Strong Families,

June is where everything begins. Upgrades, no routines and no pressure. Time to have fun but also build toward bigger skills and your future seasons! After a long season, a reset is what you need! What you do in June will determine how strong, energized and prepared you feel by the preseason.





Betsy's Point of View: What I'm Seeing Right Now

Gymnasts are:

- Sleeping inconsistently
- Skipping meals
- Grazing instead of eating
- Drinking less water than they think
- Saying "I'm not hungry" but feeling exhausted

Sound familiar?

This is normal but it's also where we lose progress if we don't tighten things up.



YOUR JUNE PRIORITIES (KEEP IT SIMPLE)

1

- Sleep is your secret weapon
- Summer is not a free-for-all.
- You should still aim for 8–10 hours consistently. Try to keep the same bedtime. Same wake time (within reason).

2

- Protein = Muscle Building Season
- This is when we actually BUILD after training with The Summer Strong program.

Here are your protein go-tos:

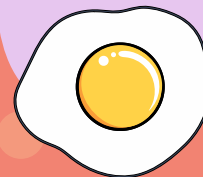
- Eggs
- Greek yogurt
- Chicken
- Beef
- Protein smoothies
- Green Leafy Veggies (yes they have protein)
- Legumes/Nuts or Seeds if vegetable protein is your preference
- Every meal should have protein. Not just dinner.

3

- Hydration is not optional
- Most gymnasts are walking around dehydrated. Hydration should be your fifth event especially in the summer

Goal:

- Drink water all day, 3/4 of your body weight in ounces.
- Add real food electrolytes not just electrolyte drinks (pink sea salt, fruit like melons and vegetables like cucumbers, dairy foods like yogurt and cheese)



Summer Strong Hydration Recipes

Two Easy Summer Hydration Drinks:

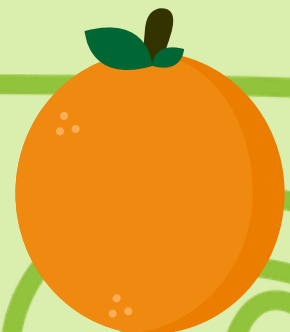
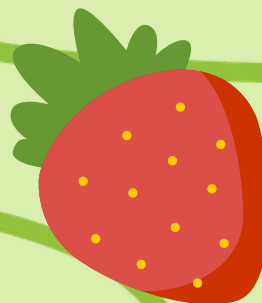
These are simple, effective and way better than sports drinks.

2. Watermelon Cooler

- Blended Cup of fresh watermelon (use a bullet or vitamix if possible)
- Splash of lime juice
- Pinch of salt
- Drink!

1. Citrus Salt Refresher

- 10 ounces of water
- 1/4 cup of Fresh lemon and fresh orange juice
- Pinch of sea salt
- Drizzle of honey
- Blend it together!



4 Tips for Getting Into a Summer Routine

The summer schedule change can be overwhelming. Start small and build on these simple, easy to follow tips:

- Wake up within the same 1-hour window daily

- Eat breakfast within 30 minutes of waking

- Plan 2-3 structured meals each day around your training schedule (not just snacks)

- Set a "wind-down" time at night and keep fun activities part of your summer life. Enjoy time with friends and family but remember you training is also important.





FINAL THOUGHTS

Summer is fun. It should be! It's also where strong athletes are built. Since you are doing the Summer Strong program I know your body needs plenty of rest, hydration, protein and a pretty organized schedule to meet your goals! Building strong habits in the summer will definitely pay off in the next gymnastics season!

Summer Strong is here to guide that process step by step.

Let's get to work.
—Betsy