

BETSY BOOTCAMP NUTRITION

Summer Strong August

AUGUST: The Final Stretch – Fuel and Hydration for Smart for Strong Finishes!

🏆 It's almost time to head back to school, but summer training isn't over yet! August is about staying consistent, refining your nutrition habits, and making sure you enter the competition season feeling strong and ready! This is also the HOTTEST month for most of the country so staying hydrated is CRUCIAL this month!

🔥 End-of-Summer Nutrition Focus:

🥑 Healthy Fats for brainpower and muscle recovery! (Avocados, nuts, olive oil)

🍠 Complex Carbs to fuel long workouts! (Sweet potatoes, whole grains, beans)

💧 Hydration! If you're sweating, you're losing electrolytes—so drink up!



AUGUST CHALLENGE: HYDRATE LIKE A PRO!

This month's focus will be on HYDRATION and the many ways you can pack in hydration, important electrolytes, vitamins and minerals into your game plan. Let's start with a recipe pack of amazing hydration recipes!





Natural
**Electrolyte Drink
Recipes For
Gymnasts**



Citrus Electrolyte Drink

SERVINGS: 2

PREPPING TIME: 5

TOTAL TIME: 5 MIN

Ingredients

- 2 cups of water
- 1/4 cup of freshly squeezed orange juice
- 1/4 cup of freshly squeezed lemon juice
- 2 tablespoons of honey or maple syrup
- 1/8 teaspoon of sea salt

Directions

Make

- Mix all the ingredients in a pitcher.
- Stir well until the honey or maple syrup and salt are fully dissolved.
- Chill in the refrigerator or serve over ice.

This drink provides a good balance of electrolytes and natural sugars to help with hydration and energy.





Coconut Pineapple Electrolyte Drink

SERVINGS: 2

PREPPING TIME: 5 MIN

TOTAL: 5 MIN

Ingredients

- 2 cups of coconut water
- 1/2 cup of pineapple juice
- 1/4 teaspoon of sea salt
- 1 tablespoon of lime juice

Directions

- Combine all ingredients in a bottle or pitcher.
- Shake or stir until the salt is completely dissolved.
- Serve chilled.

Coconut water is naturally rich in potassium and, when combined with a bit of salt, helps replenish sodium lost through sweat.





Berry Electrolyte Drink

SERVINGS: 2

PREPPING TIME: 10 MIN

TOTAL TIME: 10 MIN

Ingredients

- 2 cups of water
- 1/2 cup of fresh or frozen mixed berries (such as strawberries, blueberries, and raspberries)
- 1 tablespoon of honey
- 1/8 teaspoon of sea salt
- 1/2 teaspoon of lemon juice

Directions

- In a blender, combine the water and berries.
- Blend until smooth.
- Strain the mixture through a fine mesh sieve to remove seeds, if desired.
- Stir in the honey, sea salt, and lemon juice until dissolved.
- Serve over ice or refrigerate until cold.

Berries add natural sweetness and antioxidants, making this drink both tasty and beneficial.





Watermelon Mint Hydration Drink

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients

- 2 cups of fresh watermelon chunks (seedless, if possible)
- 1 cup of water
- 1 tablespoon of lime juice
- 1/8 teaspoon of sea salt
- 4–5 fresh mint leaves (optional, for added freshness)

Directions

- Blend the watermelon chunks and water until smooth.
- Strain the mixture through a fine mesh sieve to remove any pulp (optional).
- Stir in lime juice and sea salt until fully dissolved.
- Add mint leaves for an optional refreshing twist.
- Serve chilled over ice or refrigerate until ready to drink.

Watermelon, with 92% water content, is a great natural hydrator and rich in potassium to balance electrolytes and reduce cramps. Lime juice adds vitamin C and flavor, sea salt replenishes sodium lost through sweat, and mint aids digestion



RECIPE OF THE MONTH:

Betsy Bootcamp Rice Cake Bar – “Chunky Monkey” Edition! 🍌🍫

Ingredients:

A fun, quick snack with carbs, protein, and healthy fats to keep you going!

- 1 plain rice cake
- 1 tablespoon almond, peanut, or sunflower butter
- 5-6 banana slices 🍌
- 1 tablespoon dark chocolate chips 🍫
- Drizzle of honey 🍯
- Sprinkle of chia seeds



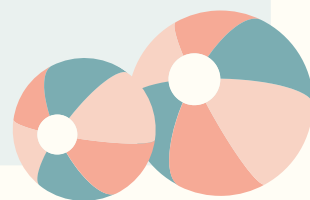
Instructions:

Spread nut butter on the rice cake.

Layer banana slices on top.

Sprinkle with chocolate chips, honey, and chia seeds.

Enjoy the perfect pre- or post-workout snack!





SUMMER STRONG WRAP-UP: HERE IS WHAT YOU LEARNED AND DID THIS SUMMER!



June - Hydrate & set summer goals!



July - Build muscle with protein!



August - Stay consistent & finish strong!



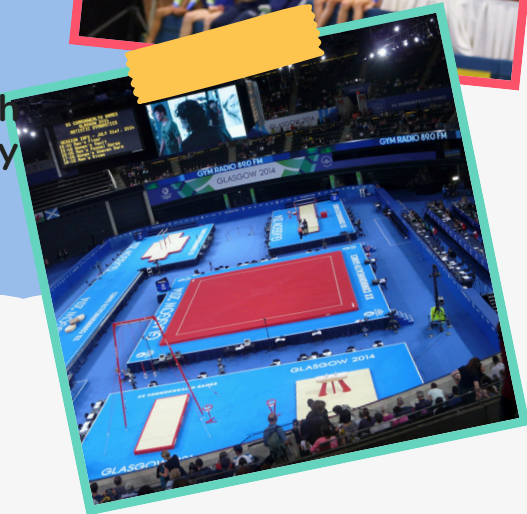
Remember: Every rep, every meal, every choice adds up! Stay focused, stay fueled, and have FUN!



Keep working hard, gymnasts—you got this!

AUGUST: ARE YOU READY TO GO BIG?

It's time to start thinking about the big skills you want to hit this season. Do you have a new release, a harder pass, or a bigger vault in mind? Now's the time to ask yourself: Am I doing everything possible to make it happen? Strength, power, and confidence don't just appear overnight—they're built through every rep, every meal, and every smart recovery choice.



If you want to level up, your conditioning and nutrition need to match your goals. Stay fueled, stay strong, and stay focused on what's ahead. The gymnasts who commit now will be the ones upgrading and dominating when season starts. Are you all in? Let's go!

AUGUST TIPS: GET MENTALLY READY FOR BACK-TO-SCHOOL WHILE STAYING STRONG!

Ease Back Into Structure – Summer has been all about fun and freedom, but now's the time to gradually reintroduce routines. Start going to bed and waking up earlier to match your school schedule. Plan out your meals and snacks ahead of time, just like you would during the season, so your body (and brain!) are ready for the shift.

Plan Your "Grab & Go" Meals – Mornings will get busier, so start prepping easy, nutritious breakfasts and snacks that fuel you for the gym and school. Try overnight oats, smoothie prep bags, or hard-boiled eggs and fruit for a quick energy boost. Sticking to good nutrition habits now makes the school transition seamless and stress-free!

Soak Up the Last Weeks of Summer—But Stay Consistent! – You can enjoy summer fun while still staying on top of training and fueling your body. Plan one last beach day, sleepover, or family BBQ—but don't let lazy habits creep in. Stick to hydration, protein, and smart fueling so you start the school year feeling strong, not sluggish!

🏆 **Final Reminder:** A little planning now will make your back-to-school and season prep so much easier. Enjoy these last weeks, stay consistent, and step into fall feeling powerful, fueled, and ready to crush it! 🚀





MESSAGE FROM BETSY: THE PROMISE



Dear Gymnasts,

Wow, can you believe you survived the summer? All of the new conditioning, trying new foods and also having a ton of fun while doing it all. After all that hard work and dedication to training this summer, can you make me a promise? It would mean the world to me.



Here it is...will you promise me that you will continue to put forth 100 percent effort in your training and nutrition? I know, you are going to have bad days, and I want you to give yourself grace on those days, you can't be perfect. But if you can,,dig a little deeper this season. Think back to all of the hard work you put into your conditioning and EMBRACE the journey and hard work.



I promise you, your hard work WILL pay off hugely in new skills and confidence. I believe in you. Now, can you promise??

I know one thing, I promise to be here as a resource for you and your coaches and the whole gymnastics community! As long as you will have me.



Remember, live the FIFTH!

Betsy

