

The Love Month!

# February Betsy Bootcamp

## Nutrition News

NEWSLETTER FOR BETSY BOOTCAMP THE FIFTH EVENT!



### INSIDE THIS MONTH'S ISSUE:

**Energy Drinks & Gymnasts: What's Really Happening**

**Foods That Support Focus and Confidence**

**In-Season Snacks**

### Welcome February!

Energy drinks don't create energy. They stimulate the nervous system. And that is not the same thing.

**FOR GYMNASTS THIS LOOKS LIKE:**

**JITTERY WARM-UPS**

**INCREASED ANXIETY**

**TROUBLE FOCUSING ON DETAILS**

**UPS AND DOWNS IN ENERGY MID-MEET**

**POOR SLEEP-POOR RECOVERY-LOWER CONFIDENCE**





## The Issues with Energy Drinks

Sometimes athletes need a quick pick me up at the end of a school day. They may turn to a quick energy drink or caffeine dense option to get them “over the hump.”

Gymnastics already demands precision, body awareness, and calm focus. Overstimulating the nervous system works against that. Gymnasts don’t need more stimulation, they need steady FUEL

There are MUCH better options than chugging that Energy Drink!

Try these options instead of grabbing that drink:

1. Chocolate milk and banana: loaded with potassium, magnesium, protein and natural sugar
2. Toast with peanut butter, dark chocolate chips and honey: protein and healthy fat for sharp focus and satiety. Magnesium from cacao for brain connection!
3. Greek yogurt with berries: protein and simple sugars. Provides an excellent preworkout snack.



*Fatigued during practice? Try water with a pinch of sea salt and squirt of lime juice*



## Note From Betsy To Parents

Myth: "They're active, so energy drinks are fine."

Truth: Active kids need better fuel, not stronger stimulants.

If your gymnast seems tired, emotional, or flat this time of year – it's rarely laziness.

They're growing.

They're training hard.

And many are simply under-fueled. Some are taking in too many energy drinks.

Small nutrition shifts can make a big difference in focus, confidence, and consistency.

This Month's Parent Challenge

Pick one swap with your kid:

- Replace one energy drink with a real snack
- Add one confidence-supporting food this week (more in the next section)
- Practice one competition snack before the next meet (see the last page)

Small changes add up.

Fuel the fifth event – it matters more than most people realize.

– Betsy

Parents Practice the Fifth Event Too!





## Need More Focus and Confidence During Competition Season?

FOR MENTAL ACUITY AND FOCUS DURING THE COMPETITION SEASON, GYMNASTS NEED LOTS OF HEALTHY BLOOD FLOW, HEALTHY FATS (OMEGA 3'S) PROTEIN, IRON AND CARBS! HERE ARE MY FAVORITES FOR COMPETITIONS SEASON:

**EGGS: BRAIN SIGNALING**



**OATS: STEADY GLUCOSE**



**BERRIES: BLOOD FLOW TO THE BRAIN**



**SALMON/TUNA: OMEGA 3'S**



**FOR NERVES:**

**COMPLEX CARBS (FRUITS AND VEGGIES)**



**MAGNESIUM RICH FOODS LIKE:**

Confidence comes from a brain and body that feels SUPPORTED!

A FUELED BRAIN MAKES BRAVER, MORE FOCUSED DECISIONS AND HELPS BATTLE FEAR AND DOUBT



**NUTS  
SEEDS  
DARK CHOCOLATE!**



## DIRECTIONS

1. Crush strawberries (if using): Put freeze-dried strawberries in a bag and crush with a rolling pin (or pulse quickly in a blender).
2. Mix: In a bowl, stir together oats, nut/seed butter, honey, chocolate chips, and crushed strawberries (plus salt if using). Mix until it becomes a thick dough that holds together when you squeeze it.
3. Chill (helps a lot): Refrigerate the dough 10–15 minutes so it's easier to shape.
4. Shape: Scoop about 1 tablespoon per bite and roll into balls. For hearts, roll into a ball first, then gently press and pinch the top into a heart shape.
5. Set: Chill the bites 20 minutes so they firm up for packing.

# Valentine's Day Recipe

Chocolate-Dipped Strawberry Energy Bites

## INGREDIENTS:

**1 ½ cup ROLLED OATS**

**½ cup PEANUT BUTTER OR SUNFLOWER BUTTER**

**½ cup HONEY**

**½ cup MINI DARK CHOC CHIPS**

**½ CUP FREEZE-DRIED STRAWBERRIES/CRUSHED**





## **What Should Be In Your Competition Season Snack Bag?**



**Applesauce**



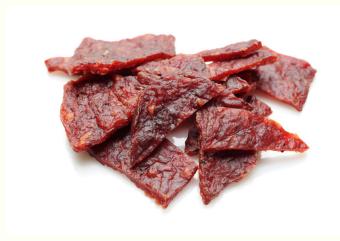
**Fig Bars**



**Rice Cakes  
with Nut  
Butter**



**Fresh fruit**



**Beef, turkey  
or salmon  
jerkey**



**Dried Fruit**