

News from the Hurricanes Gymnastics

Words of Wisdom From Coach Holly...

Youth Sport and Nutrition

Whether it's training for a sports competition or playing a backyard game of catch, children's athletic performance, development and growth depend largely on eating the right foods. Unfortunately, most children (and adults) forget just how important nutrition is to good health and athletic performance. Many children, especially in the years before puberty, have poor eating habits (skipping breakfast, eating the same foods day after day). As a result, their diets are missing nutrients and their growth and athletic performance may be impaired.

It is important to recognize that children are not miniature adults; they have special nutritional needs. It is especially important to meet their nutritional needs as they enter puberty, when they experience rapid growth as they undergo hormonal changes marking the beginning of adolescence.

1. **Variety.** Because no single food or supplement contains all the nutrients your child needs for optimum health, growth and performance, eating foods from each of the five food groups daily, as well as different foods from within each group, is essential.
2. **Moderation.** Your child should not eat too little or too much of any one food or nutrient.
3. **Balance.** Calorie intake and energy expenditure should be balanced to maintain a healthy weight and body composition. Balance ordinarily results from practicing moderation and variety, and requires that your child consume appropriate amounts of essential nutrients.

Occasional sweets are okay. You don't have to eliminate foods that get most of their calories from fat or sugars, but your child should only consume such foods

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occasionally, in addition to, but not in place of other nutrient-dense foods from the food groups lower down on the pyramid.

You do not have to give your child nutritional supplements. In general, if your child eats the number of servings recommended in the Food Guide Pyramid, she/he will get the vitamins and minerals and the calories required.

Don't let your child skip meals. Find out about your child's eating habits. Encourage your child to distribute calories throughout the day at regular mealtimes and snacks. This will ensure your child has readily available sources of energy to support growth and training activity.

Consult an expert if necessary. If you ever become concerned about whether your child's diet is adequate, checking with your doctor or a registered dietician can help identify any nutritional problems that may be hindering your child's performance.

Hurricanes Compete in Cereal City Classic

The HPAC Hurricane Gymnastics Team put on quite a show at the Cereal City Classic in Battle Creek, Michigan a few weeks ago. Tabatha Lehto (level 7) tied for 6th place with a score of 9.275 on vault and qualified for the level 7 state meet that will be held in March. Rose Ostrowski (level 4) placed 5th on the floor exercise with an 8.65; Sarah Longuski took 2nd on vault scoring an impressive 9.2; Carly Messina took the bronze on balance beam with a 9.0, and Caitlyn Heath tied for 3rd on vault with a score of 9.15. Congratulations to all the girls that competed! You did awesome! The Hurricanes next competition, the Motown Madness, will be held at Oakland University March 9th thru 11th.

"Rock them like a HURRICANE!"

**Gymnast of the Month
March 2007
Kevin Thompson
Congratulations Kevin!
Keep up the good work.**