



FARGO ALL STARS
RELENTLESS POSITIVITY

Season 4

Handbook

Welcome to the Family



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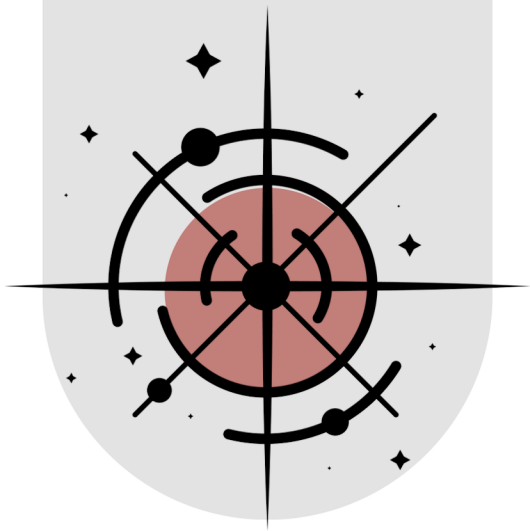


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Welcome Message

Fargo All Stars Team Program

To be a member of Fargo All Stars team program means that you embrace being a relentlessly positive competitor in an inclusive and trendsetting gym. But what does this mean? Is it just a catchy slogan?

Our founding mission has always been for Fargo All Stars,

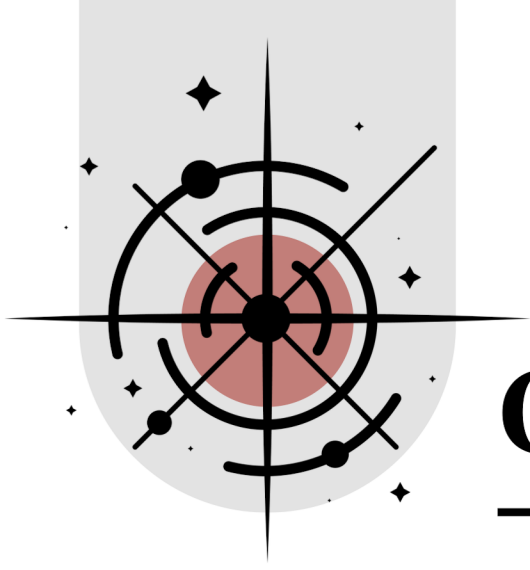
***“To be an inclusive haven of relentless positivity
to embrace the limitless potential in every child.”***

Fargo All Stars is a gym where an intentional culture of inclusivity and relentless positivity embraces the competitive spirit in Fargo-Moorhead! And we recognize that our perseverance to living up to our own standard of carrying out this mission while overcoming adversity, has evolved into our role as trendsetters. We whole heartedly embrace this opportunity to spread awareness of our mission and Fargo All Stars culture!

At Fargo All Stars, we believe that what you stand for matters. We are intentional about our culture. Our athletes and families also embrace this value. Together, we are cultivating a gym atmosphere like no other. On the next page, we will break down further what this commitment means to us as a gym, to our families that celebrate it with us, and to our athletes who live it out everyday.

Coach Nikki





Culture

Fargo All Stars was founded to make a difference in our community and we truly believe in the impact that we are having in youth sports and making All Star Cheer more accessible in North Dakota. This tradition has made us unwavering and transparent in our standard of an intentional culture that is informed by our mission.

We've defined our cultural words below using the Merriam-Webster Dictionary and by explaining what they mean to us.

This is what it means to participate in Fargo All Stars team culture:

Positivity: *having a good effect, marked by optimism*

At Fargo All Stars, our founder (and now many of our coaches) have been accused of seeing the world through rose tinted glasses. And we want to know why this type of optimism and pursuit of goodness has ever been considered a negative character trait or ideology. Is optimism and mindset not the greatest indicator of high achieving effort and success? Do we not learn more from losing than we do from winning? Do we not learn more from our mistakes and failures than we do from easier gains? Positivity is a failing forward mindset where mistakes are celebrated and used as a learning tool, never a limitation to our abilities. Believe in yourself, believe in your team, believe in your gym! Keep your head held high in the face of adversity and never let other people's negativity dim your shine. Don't let the self doubt creep into your mindset and make you second guess your greatness. You know what you stand for and you celebrate this by lifting your hand out to pull others up without ever dropping your own crown.

Inclusive: *allowing and accommodating people who have been excluded*

At Fargo All Stars, we recognize that everyone is unique. Everyone is going to have their own story. Everyone is constantly growing and evolving into the best unique versions of themselves. Everyone has their own individual path to walk and our doors are open to be a haven of welcoming to anyone that needs a moment of reprieve from the world. The only rule: Be. A. Good. Human.

Relentless: *not lessening in severity, intensity, strength, or pace*

At Fargo All Stars, being relentless means never giving up. When you are chasing your dreams and embracing your passions, even when it gets hard and the horizon of success seems far away, you continue. You do not stop. You pursue your goal with unwavering belief that it will be yours if you keep moving forward with your best effort. Once you reach your goal, you set a new one and you recognize the only limitations in your way are the ones you acknowledge. You are always curating the best version of yourself and intentionally working to become it. You embrace your mistakes and failures without making excuses because you make these setbacks your strengths and opportunity for growth. You grow by relentlessly failing forward. You are inspirational in your pursuit of recognizing your greatness and potential.

Competitor: *one that competes*

We are a competitive gym run by competitive humans, but we are not referring to the competitive ego and drive to win at all costs. We are referring to the competitive mindset that celebrates effort and hard work when an individual is passionately pursuing their goals. You do not have to be a competitive athlete to find value in the competitive spirit. You are competing with yourself, to be the best YOU. The competitive spirit is not limited to the narrative of battling with others for the top spot to come out a winner to affirm your self-view. Even if you compete against others and win, it doesn't feel the same if you know you didn't do your best, or you won because your competitor wasn't at the top of their game. In that same light, if you compete against others and lose, but absolutely gave it your all, it does not feel like a loss, but a celebration of someone else's greatness that motivates and inspires you. This competitive spirit can be seen at all levels of programming at Fargo All Stars. Our little friends might be competing with themselves to master an obstacle course, our school aged friends might be competing with themselves to gain mastery over a new skill, our team friends may be competing to become stronger and faster than they were the week before. Our coaches have this competitive mindset too. We choose everyday to become the most qualified and educated coaches in our fields. As a gym we celebrate this pursuit of individual greatness while recognizing the role we play in our classes, our team, and as members of our gym family.

Trendsetter: *one that takes the lead or sets an example*

At Fargo All Stars, we know we are different. That is why we were founded. Our community needed a competitive cheer gym where there was a high standard of integrity focused on authenticity, positivity, and inclusivity. We do not define ourselves by others, but instead turn inward to recognize what makes us unique so that we can share our brightness with the world! We are unique and innovative, and the cheer community has started to look at us to see what we are doing right. You can see by our mission, our gym colors, our practices, and all other areas of our culture, that we know we are authentic and we celebrate it. We welcome everyone to celebrate it with us!

All good humans are welcome to sit at our table :)

New this Season

Updates

True to our culture, we have collected families suggestions and ideas to make our sport more accessible and inclusive to everyone that wants to be involved on a team. We have some big ideas coming to life and we are excited to lean into our identity as trendsetters!

This season we will not define our programs by Novice, Prep, and Elite teams. While these industry standard terms will still be present as division breakdowns, we don't feel that they allow us to grow in the direction we see our culture taking us. We also don't want families to be forced into choosing between full travel teams if they as a family are not ready, or need a break for a season. Moreover, we don't want any athletes to feel like their team is less than because of their program name. While we recognize that these are specific to individual perspectives, there are ways that we as a gym can make it more obvious in our culture and programs.



Team Programs

Moving forward into the 2024-2025 season, we will be updating our team programs to be categorized as:

- Pre-Competitive
- Regionally Competitive
- Nationally Competitive

Our intention is for athletes to start their all star careers as pre-competitive team members. From there they can choose to be evaluated for a competitive team. Anyone that wants to compete competitively will be placed on a regional competitive team, either under the prep or elite division. From there, athletes who have demonstrated a high caliber of mental toughness, competitive spirit, and excels at the technical side of the sport, will be considered for a nationally competing team.

Performance & Competitive Team Programs

Pre-Competitive Teams

The intention for this program is skill development and to introduce interested athletes to the sport of cheer and the team culture at Fargo All Stars. We want athletes to feel encouraged to self pace their progress while meeting the safety and technical standards of skills. Throughout their season, they will learn the foundations of stunting, tumbling, jumping, dancing, and routine composition. These teams will perform all aspects of an all star routine locally. Pre-Competitive teams will encompass the novice, fundamentals, and intro to all star divisions.

Regionally Competitive Teams

The intention for this program is to house the vast majority of our competitive athletes. Teams will either compete in the prep or elite divisions, and will travel regionally. They will not be competing for an All Star Worlds bid. Families are able to request to only be considered for a regional team, to limit the commitment to travel to All Star Worlds every year, while still participating on a high caliber competitive team. These athletes will be competing to win their divisions with a maxed out technically difficult routine. Athletes that are learning skills for a specific level will be placed on a prep team, athletes that already have the skills need to be successful at their qualifying level will be placed on an elite team. With changes come growing pains. Families and athletes should be prepared that with this new approach to teams, most athletes will compete on regional teams for years before being considered for a national team. Beyond that, athletes that have competed on bid teams prior, will likely move to regional teams throughout their careers based on changing age grids, gaining mastery of a new level on a regional team, family request, and program team needs. Crossovers will be allowed/needed between regional and national teams.

National Competitive Teams

The intention for this program is to house the athletes with the most mental toughness, coachability, and competitive spirit. These athletes are selected by coaches not because they have the highest skill level, but because their technical understanding of their sport and technical approach to skills is outstanding. Their goal is to not only win but to be undeniable in a way that will earn them a paid bid to All Star Worlds where their goal is to be nationally ranked. They will travel nationally January-April to pursue bids. All national competitive team members must *already* have every skill necessary to compete at their level.

Coach Grace

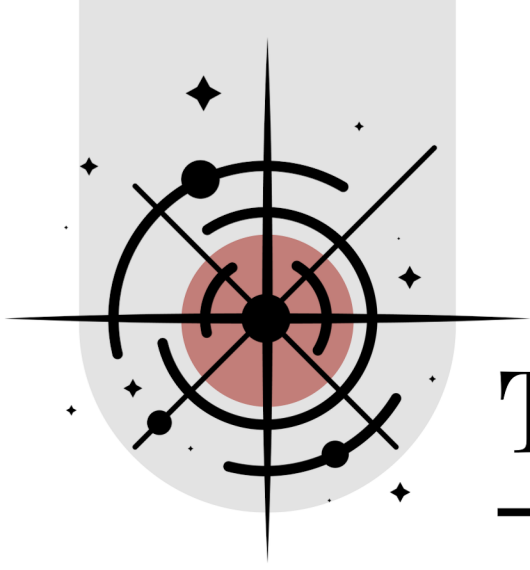


Coach Kay



Coach Allie





Team Divisions

Within our programs our teams are characterized by different divisions. Divisions inform the teams ages, levels, and competitions. Fargo All Stars follows the Open Championship series rules and age grids to create their divisions.

There is a team for everyone!

Intro to Cheer

Our intro to cheer team is our most beginner level of cheer. It is available to athletes that want to learn what cheerleading is, but are not ready to commit to a season. Athletes can be all ages and abilities.

FUNDamentals

Our FUNDamentals of cheer teams are foundational teams. They experience a mini season from January-April and have one performance to showcase their hard work and new skills.

Novice Teams

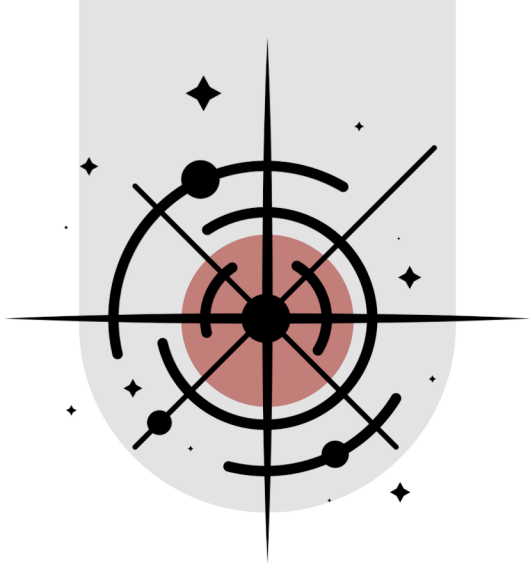
Our Novice teams are our half season, pre competitive teams. They perform their routine locally many times throughout their season. While stunting skills are done as a team and will evolve in difficulty throughout the season, tumbling and jumping skills are self paced.

Prep Teams

Our prep teams are preparatory full season competitive level teams. Age and skill level requirements apply to these teams. Athletes are required to have the majority of skills for their level in order to compete on the team, while they may be learning and introduced to other level skills during training season. Prep teams compete a 2 minute routine regionally and have different routine rules and score sheets than elite.

Elite Teams

Our elite teams are comprised of athletes that are technically sound in all areas of their level. Depending on team placements, elite teams will either compete their 2.5 minute routine regionally or nationally. Usually, athletes have previous cheer and gymnastics experience prior to making an elite team.



Competitive Ages & Levels

Prep and Elite teams compete under strict age and skill guidelines. In order to make a team, you must be of a qualifying age. The age grid is inflexible, but we are able to create new teams based on team placements needs that can grow with our athletes. Skill level expectations are also inflexible in their technique. It is better for athletes to compete at a level they already have mastery of, then to be chasing a higher level team than they can successfully compete at. Judges have hawk eyes and are relentless on the technical side of the score sheet. Athletes can and will train higher level skills, once they have mastery at their level. Remember, athletes should go into choreography camp to learn choreography and performance value, not level appropriate skills.

If you are interested, you can find the official age grid, skill level rules, and score sheets on the Open Championship website. We follow the Open Championship score sheet because of the integrity and thought that goes into their score sheets and events. The Open Score Sheet was recently created to push back against the monopoly that had been created in All Star Cheer over the last twenty years, where many cultural issues had arouse (similar to the issues that went unchecked in USAG).

You will also notice at Open Championship events that there is no D1/D2 split. All teams compete against each other to see who can max out their score sheets based on the number of athletes on the floor. This creates honest and enthusiastic competition against the best of the best, that all teams and gyms can grow from. The open score sheet and their events celebrates small gyms and have been a champion of creating more accessible events and divisions across the nation to create a culture of inclusivity no matter the region or gym size. We love supporting and attending Open Championship Series events!

We personally know the creators of both the Open Championship Series events and the creator of the Open Score Sheet. They themselves, and their staff, have the biggest hearts in the industry and truly believe in pushing our sport forward with ethical competition and opportunities.

Age Grid Birth Years (2024-2025 season)

Tiny: 2017-2019

Mini: 2015-2019

Youth: 2012-2019

Junior: 2008-2018

Senior: 6/1/05-2012

Tumbling Expectations

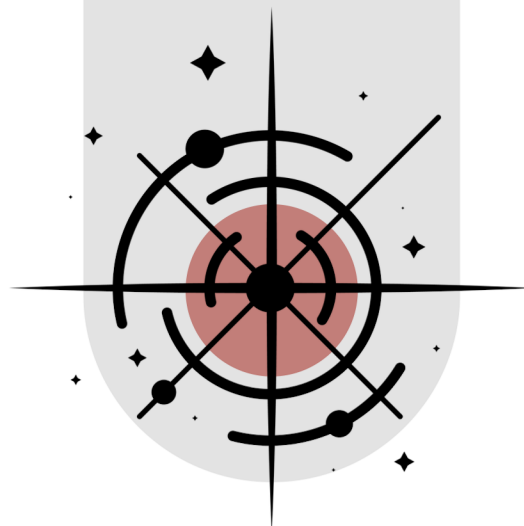
- Level 1: Front & Back walkover
- Level 2: Front & Backhandsprings
- Level 3: Front & Back Tucks
- Level 4: Whips, Layouts, Front Step Outs
- Level 5: Full Twisting & Arabians
- Level 6: Double Twisting

Stunting Expectations

- Level 1: Preps, 1/4 Twisting
- Level 2: Extensions, 1/2 Twisting
- Level 3: SL Extensions, full twisting
- Level 4: SL Extensions, 1.5 twisting
- Level 5: SL 1.5 twisting extension
- Level 6: SL double twisting extension

Tuition

All Teams



Tuition must be paid in order to participate. If you are concerned about paying tuition, please communicate so that we can help!

| Team Division | Program | Hours/Week | Uniform | Monthly Tuition |
|------------------------|----------------------|------------|---------|-------------------|
| FUNDamentals | Pre-Competitive | 1 Hour | N/A | Jan.-April: \$65 |
| Novice | Pre-Competitive | 1 Hour | \$150 | Oct.- April: \$80 |
| Regional Prep | Regional Competitive | 2 Hours | \$400 | June-April: \$135 |
| Regional Elite | Regional Competitive | 3 Hours | \$600 | June-April: \$185 |
| National Elite (Minis) | National Competitive | 3 Hours | \$600 | June-April: \$200 |
| National Elite | National Competitive | 4 Hours | \$600 | June-April: \$230 |

Monthly tuition covers: Team cost, choreography, competition fees, music, and coach travel fees. It does not cover any fees associated with All Star Worlds for national bid teams. (ASW fees for national teams should be budgeted for: \$350-Reg Fee, practice wear, practice venue, coach fee. Bid received will impact this budget).

Uniform Cost Covers:

For all teams: Their full performance uniform, including their hair piece.

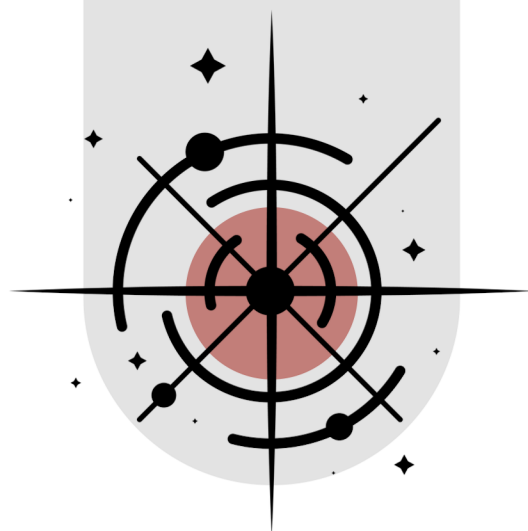
For all competitive teams: Their required practice wear.

For elite teams: Their required team jacket.

Shoes are not provided by the gym and are the responsibility of the individual.

Elite & Prep uniforms are kept for 3 years and are sellable between families.

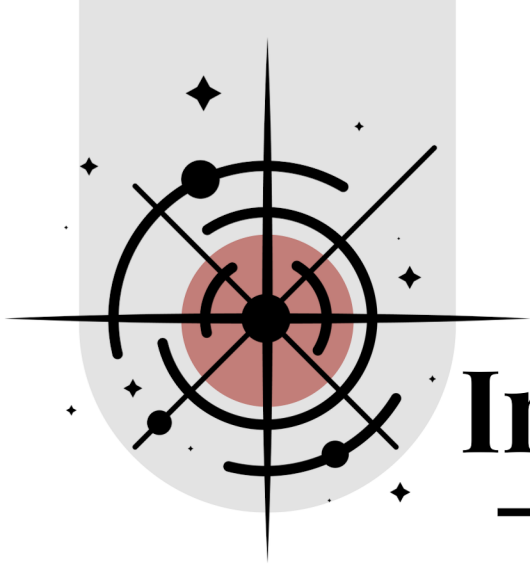
Tentative Performances



This tentative performance schedule IS GOING to change. It will not be finalized until August. Choreography, mandatory camps, and practice schedules will be released at team placements.

| | Nov. | Dec. | Jan. | Feb. | March | April |
|-----------------------|-------|-------|---------------------|---------------------------|----------------------------|----------------------|
| Fundamentals | - | - | - | Fargo | Fargo | Fargo |
| Novice | - | Fargo | Fargo | Fargo | Fargo | Fargo |
| Regional Prep | Fargo | Fargo | Fargo & Sioux Falls | St. Paul | Brookings | Minneapolis |
| Regional Elite | Fargo | Fargo | Fargo & Sioux Falls | St. Paul | Sioux Falls | Council Bluffs |
| National Elite | Fargo | Fargo | Fargo & Kansas City | St. Paul & Council Bluffs | Sioux Falls OR Kansas City | Council Bluffs & ASW |

This schedule is tentative because all local performances and travel competition dates have not been released yet. We have been working closely with event hosts to bring more opportunities north to our region, but we are still waiting on those dates to be released. This schedule is only to provide a rough understanding of what travel commitment each team division would be looking at. National teams will be prioritizing At Large & Paid Bid events to ASW that can be driven to within 12 hours of Fargo. Regional Elite teams will be prioritizing 2 day competitions in our region, under a 6 hour driving distance. Regional Prep teams will be prioritizing preparatory one day competition events in our region. Novice and FUNDamental teams will be prioritizing local performance opportunities to showcase their precompetitive routines.



Important Notes

Here is helpful information to consider when committing to a team:

Communication

All official gym communication is done through iClassPro eblasts. It is necessary to remain subscribed to the eblast feature while on a team.

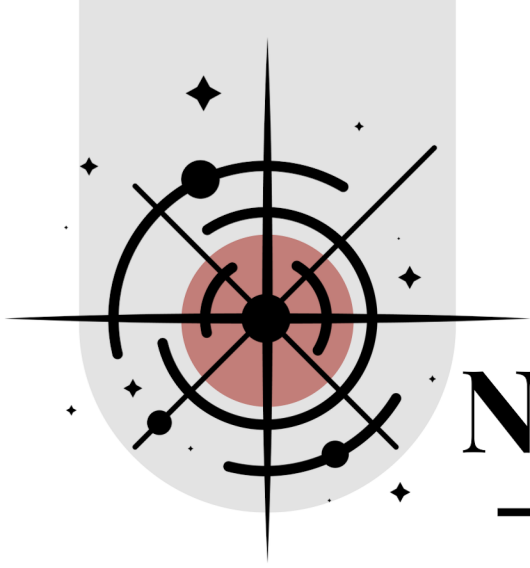
Itineraries and important documents are posted on www.fargoallstars.com.

Parents may utilize the “Fargo All Stars Parent Group” on FB and create team message groups to communicate with each other. Answering all questions is required to gain admittance to the parent FB group.

Practice Attendance

Athletes must attend practices in order to fully participate in their team. Cheer is a team sport, and teams cannot practice without every member of the routine being present. It impacts not only your athletes preparedness, but an entire team of kids that prioritized and committed to coming to practice.

Competitive Teams: Athletes have flexibility in the summer to participate in other activities, but merely skipping practice does not show good character and commitment to your team. Competitive team athletes are required to attend all practices from their choreography date until the end of the season. This is a 3-4 hour a week commitment for competitive athletes, that chose to be on a competitive traveling team. If athletes become injured resulting in medical intervention that takes them out of the routine for a set amount of time, they are still expected to support their team by sitting by the coaches at practice in order to keep a position on the team. If athletes are sick, they are expected to wear a mask and be present to listen to any updates or feedback given to their team. If athletes have a school function resulting in a letter grade, they are required to communicate with their coaches and show an effort to make it to as much of their practice as possible. We are humans, and life does come up, but there is a team of little girls depending on your athlete to be at practice. If a different athlete is missing every practice for 8 practices in a row for “valid” reasons (sickness, school activity, family function) there goes an entire month of practice with no full outs. We live in the midwest and know what to expect for weather and flu season, plan ahead and be prepared. If your athlete misses practice for any reason, they will be replaced for that practice, which may result in a permanent change for the routine. There are exceptions to every rule, so communicate early and prioritize your team, and we will make every effort to be flexible.



Notes Cont'd

Here is helpful information to consider when committing to a team:

Choreography and Clean Up Camps

Choreography and Clean Up Camps are required for all competitive athletes. If you miss these camps, you will be removed from the team. You have paid a lot of money for these camps and it has taken individuals significant amount of time to arrange for these camps to happen, You must be present in order to learn the routine you will be competing with this season. Their are very rare exceptions to this rule.

Season Schedule

Practice schedule, choreography dates, clean up camps, and no practice dates will be released at team placements. Our intention is to keep the practice schedule the same between summer and fall.

The performance and competition schedule will be officially released in August. Any previous versions of the performance schedule are only tentative.

Quitting

This is a team sport. You are committing to your team's season. If you have any doubts on your fidelity to the team and your dedication to making it through the season that you are choosing to commit to, do not sign up. Your athlete quitting not only hurts the gym and your coaches, but it is a devastating loss to the other little girls on your team who will have to update their routine after spending so much time and money mastering it. Whether you are signing up for a 4 month season, or a full season team, its important that you understand the impact that your absence will have on the other athletes and their families as a team participant.

Your athlete is human *and* is a child. Like clockwork, there will be times in the season where they do not want to give their full effort or go to practice and it will seem like a convenient solution to quit, but we encourage you to have the conversation on perseverance, dedication, and determination. These are positive characteristics that are gained in team based youth sports, and as tough as their feelings are in the moment, the wave of joy of participating with their team that will become like family, will come back when they make it through the doldrums they are experiencing. Every athlete matters!