



FARGO ALL STARS
RELENTLESS POSITIVITY

NEWSLETTER
MAY '24

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Meet Coach Eve! Coach Eve teaches Mini Movers and Tiny Tumblers. Her favorite skill to teach is a forward roll, because she loves to see how much the kids grow and develop in their technique.

Her favorite thing about FASG is getting to know and spending time with the kids in her classes.

Coach Eve lives in Fargo with her parents, brother (Owen), dog Morrie, and her cat Rogue. Her favorite subject at school is band, in which she plays the French horn and the trumpet. She would like to attend UND and study psychology after graduation. She aspires to be an occupational therapist.



Coach Eve



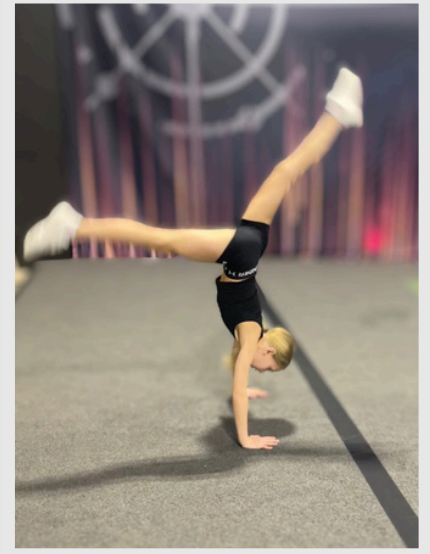
UPCOMING EVENTS

■ TUMBLING CLINICS

Our tumbling clinics (5/10) are open to the public. Participants must register online before attending.

\$25/athlete

- Kickovers and Walkovers 5:30-6:30pm
 - Must be able to hold bridge steadily for 5 seconds.
- Handsprings, Tucks, and More! 6:30-7:30pm
 - Basic knowledge of handspring mechanism



■ MAY CHEER CAMP (5/13-5/21)

May cheer camp can be a fun introductory cheer experience to new athletes, or a placement camp to those interested in our full-year teams. The camp will meet on Monday, Tuesday and Thursday. Times vary based on the birthyear.

- 5:30-6:30pm: Birthyear 2015 or Later
- 6:45-8:15pm: Birthyear 2014 or Earlier

For those interested in team placement, the reveal party is on May 23rd during their usual session time. Please thoroughly review the 2024-2025 Team Handbook on our website before committing to a full-year team.

■ PARENTS NIGHT OUT- TO THE MOON!

May PNO is on May 26th. This is the last PNO of this school year. The theme is "To the Moon!" Drop-off and pick-up can be anytime between 5pm-9pm, but pre-registration is required. Children must be able to use the restroom independently. If you missed out in April, register now as the space is limited!





UPCOMING EVENTS

SUMMER CLASSES AND CAMPS

Daytime Tumbling Classes

- Mini Movers: Monday 9am, 10am
- Tumbling Basics: Monday 9am
- Level 1 Tumbling: Monday 10am

Open Gym: Tuesday 2:30-4pm (all ages)

Cheer Camps (5 and Up)

- Adaptive Cheer: Monday 3-3:50pm (6/10 - 8/19) with Coach Grace
- Intro to Cheer: Monday 6-7pm (6/10 - 8/19) with Coach Grace

Tumbling Camps *Please check the date range for each camp on Parent Portal.

- Kickover Camp: Mon 7-8 w/Coach Grace OR Wed 9-10am w/Coach Allie
- Walkover Camp: Tues 9-10am w/Coach Allie
- Handspring Camp: Tues 10-11am OR Wed 10-11am w/Coach Allie
- Tucks and More: Tues 11am-12pm OR Wed 11am-12pm w/Coach Allie
- Jumps Camp: Wed 5:30-6pm w/Coach Emily



ATHLETE ACCOMPLISHMENTS

- Congratulations to **Mellie Salafia** and **Regina Franco!** Mellie and Regina won the titles of Jump Champion and Tumbling Champion, respectively, at Star Spirit Twin Cities Championship in Minneapolis on April 6th. Excellent job, ladies! We are so proud of you!
- All 3 of our National Elite teams have won a bid to participate in All Star World Championship in Florida this April. These teams competed against 100+ teams in their division, and advanced to Finals for Day 2. Congratulations to all our cheer athletes on an outstanding season!



← **Eclipse**
(Youth Lv. 2)



Supernova
(Jr Lv. 3) →

Mini Moons
(Mini Lv. 1) ↘



ANNOUNCEMENTS



■ TO THE MOON! BANQUET

- 5/17 (Fri) at the Avalon Event Center. Doors will open at 5:30pm. Event will end around 8pm.
- **Don't forget to reserve a seat for family members through Parent Portal>ProShop! This deadline has been extended to May 6th.** Athletes do not need a reservation.
- Family and friends must pay for the tickets at the door. FASF will accept cash, check, Venmo or Square. Note that Venmo and Square will add on a 3% convenience fee.
- We will have a Silent Auction!
- We will also be raffling off a REDHAWKS SUITE for a weekend game. Tickets will be \$5 for 1 or \$20 for 5.



■ COACH SHOUTOUT

To say thank you to your own coach, email or send us a message on Facebook, or use the coach shoutout form in the lobby!

Coach Hattie is smart, happy and helpful!
-Harley, Level 1 Tumbling



Coach Lilly is always encouraging!
-Ava, Level 2 Tumbling



Coach Emerson is so kind and she helps me be more confident with my back handsprings!
-Maddie, Level 2 Tumbling



Coach Gabby always supports us no matter what.
-Mollie, Level 2 Tumbling

