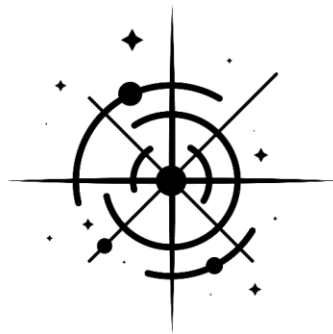


2022-2023 Teams



**FARGO ALL STARS**  
**RELENTLESS POSITIVITY**

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**Fargo All Stars**  
**1601 33<sup>rd</sup> Ave S**  
**Fargo, ND 58104**

*Behind Courts Plus on University*  
*Behind Hornbachers on 32<sup>nd</sup> Ave*  
*Near Eagle Elementary*

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**Coach Nikki: 701-212-6569**

**Coach Alex: 612-209-5559**



# FARGO ALL STARS

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## Mission

***“An inclusive haven of relentless positivity.”***

Through inclusivity, double-goal coaching, and perseverance, we want to open the doors for athletes to pursue their goals and realize their limitless potential.

The word Haven carries a connotation of safety and acceptance. At Fargo All Stars we want to intentionally grow a culture of family and belonging for our community. Where athletes of all backgrounds and abilities feel safe to pursue their goals and realize their limitless potential.

We want everyone to be able to experience the team culture that Fargo All Stars provides, especially those who would otherwise be excluded or marginalized. By embracing diversity and carrying equity as a core value, we encourage confidence and personal growth in our culture.

We want to embrace and intentionally create a culture of Double-Goal Coaching at Fargo All Stars. This is a culture where coaches, parents, and athletes work together to not only strive for the win, but also to encourage life lessons through sports. Double Goal Coaches believe that athletes are competitors, not just participants, and can build character through athletics with lessons that can be applied on and off the mat.

Perseverance is an integral part of success in life, especially while competing. Perseverance is defined as continued effort to do or achieve something despite difficulties, failure, or opposition. Making mistakes is a necessary part of learning. You are going to meet many roadblocks in life. However, having the ability and the strength to persevere through these difficulties will be what sets you apart and allows you to succeed.

While many skills are individually developed in all-star cheer, a routine cannot function without the collaboration and synchronization of an entire team. Athletes literally hold each other up and encourage each other while performing to complete team routines. This type of trust, dedication, and teamwork creates a committed family of athletes, families, and coaches.

### Goals:

1. Provide a relentlessly positive environment and culture of double goal coaching.
2. Create Triple Impact Competitors who value winning the game and succeeding in life.
3. Create a team-oriented culture to create a family of trust and integrity.
4. Provide a supportive outlet for all community youth to explore their limitless potential.

## Full Season Teams Tuition & Fees

### Elite Monthly Tuition: **\$125** *(due on the 1<sup>st</sup> of June-April)*

**Additional Fees**

**\$475: Required Apparel** (15% discount when bought together)

\$250 Uniform Top	\$100 Jacket
\$75 Uniform Bottom	\$35 Practice Top 1
\$40 Mesh	\$40 Practice Top 2
\$20 Bow	

**\$1,200 Total Season Fees**

This includes all additional costs: competition fees, coaches fees, choreographer, and music.

Payment Schedule: June 15th (\$475 Uniform), August 15th (\$400), October 14th (\$400), January 16th (\$400)

### Prep Monthly Tuition: **\$100** *(due on the 1<sup>st</sup> of June-April)*

**Additional Fees**

**\$315: Required Apparel** (15% discount when bought together)

\$200 Uniform Top	\$100 Jacket <i>*Optional*</i>
\$75 Uniform Bottom	\$35 Practice Top 1
\$20 Bow	\$40 Practice Top 2

**\$900 Total Season Fees**

This includes all additional costs: competition fees, coaches fees, choreographer, and music.

Payment Schedule: June 15th (\$315 Uniform), August 15th (\$300), October 14th (\$300), January 16th (\$300)

*\*Cheer Shoes will be purchased on an individual basis.*

*\*Additional tumbling, stunting, and conditioning classes can be added for an additional fee.*

# Program Overview

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## Elite Teams

Elite All Star Cheer athletes practice as a team 3 hours per week with an additional 1 hour tumbling class per week. Athletes commit to a full season as a team and travel outside of the region to compete. Athletes compete a 2.5-minute routine.

## Prep Teams

Prep All Star Cheer athletes practice as a team for 2 hours per week with an additional 1 hour tumbling class per week. Athletes commit to a full season, competing a 2 -minute routine, and can attend competitions that require a hotel stay within the region.

## Novice Teams

Novice All Star Cheer athletes practice as a team for 1 hour per week with an additional 1 hour tumbling class per week from October-April. Athletes perform a 1.5 minute routine locally throughout their season and do not require any traveling outside of the Fargo-Moorhead area.

## FUN-damentals Camp

Fundamental All Star Cheer athletes practice for 1 hour per week during their camp session. Their last practice culminates in a parent's performance. This camp is perfect for athletes interested in a team setting, while not ready to commit to a full or half season of cheer.

## Classes: 50min weekly/ \$50 per month

Additional tumbling, stunting, and conditioning classes can be registered for monthly. There is a \$50 annual fee for all families.

## Communication

“We believe communications should be prompt, transparent, and authentic.”

### iClassPro e-blasts

- iClassPro will be utilized to send out important information.
- iClassPro will be utilized to send out competition/performance itineraries.
  - Tentative Itineraries will be sent out 7 days before the competition is set to take place.
  - Any changes to the schedule made by the event host will be communicated as soon as possible
  - Any changes to the itinerary will be sent out through an iClassPro Notification.

### Facebook Groups

- Private Team Facebook Groups
  - These groups will used to share pictures, team specific information, and easy communication between team families.
  - This is a convenient form of communication for families to reach out to each other.

### Parent Questions & Concerns

- Please reach out directly to your coach on any questions regarding athlete specific progress and updates, tardiness or absences, team specific concerns, and team specific competition questions.
- Please reach out to Coach Nikki or Coach Alex with any questions or concerns that could not be resolved with your specific coach, or questions on financials and registration.
- Please allow for 24 hours for a reply and respect that coaching staff have families outside of the gym.

## Competition & Performance Policies

“Any time an athlete takes the mat in their uniform is a huge moment! Thank you for making it relentlessly positive, supportive, and exciting!”

- Please ensure that athletes are on time and fully ready at their team meet time.
- Hair and make-up details will be sent before the Athlete showcase in October.
- Elite Athletes must have their cover up jacket at each competition to unify our group and impact our presence at each competition.
- NO JEWELRY is allowed at competitions per safety regulations.
  - Please note this for timing if getting new piercings, etc.
- FINGERNAILS must be trimmed to a safe length.
  - Long nails, whether real or fake, will not be allowed due to the safety issues it causes and coaches will trim nails if necessary, for safety.
- Travel Accommodations are the responsibility of each family.
- At the competition, the priority for the athlete and the family of the athlete is that is the competition and the teams.
  - Please wait to make plans with family/friends until you have a final schedule.
  - Also note that teams will plan team bonding events sometimes as a fun way to bond and grow together at competitions.
- Please be mindful that swimming can have a negative impact on athletes’ muscular endurance and rest prior to a competition.
  - It is recommended that athletes do not swim and absolutely do not go into hot tubs until after they compete.
- Please block off FULL DAYS for all competitions.
  - Plan on each competition taking the entire day from approximately 7AM-10PM as we do not receive schedules of performance times until the week before the events in most cases.
- At most competitions, all athletes are expected to be at each performance to cheer on their gym-mates and are expected to stay for their team’s awards.
- **End of Season Event:** The end of season event for Elite teams will likely be fly meets. Please start budgeting and fundraising now as this is a required event for Elite Teams.

## All Teams

<b>Important Dates</b>	<b>August 1st-4th</b>	<b>Choreography Camp</b>
	<b>October 14th-15th</b>	<b>Showcase Camp</b>
	<b>October 29th</b>	<b>Season Premiere Showcase</b>
	<b>November 12th</b>	<b>Davies Extravaganza</b>
	<b>December 10th</b>	<b>West Fargo Showcase</b>
	<b>January 14th</b>	<b>Best of the Midwest</b>
	<b>February 11th</b>	<b>West Fargo Showcase</b>
	<b>March TBD</b>	<b>Spirit of Fargo</b>
	<b>April 16th</b>	<b>Grand Finale</b>
	<b>April 25th</b>	<b>Buddy Day</b>
	<b>April 27th</b>	<b>Last Day of Teams' Practice</b>
	<b>April 28th</b>	<b>To the Moon Banquet</b>

*\*All dates are subject to change*

## North Stars and Mini Moons (Elite Teams)

<b>Competition Schedule</b>	<b>January 14th</b>	<b>Best of the Midwest (Fargo, ND)</b>
	<b>January 20th-22nd</b>	<b>Grand Nationals (Kansas City, MO)</b>
	<b>January 29th</b>	<b>Valentine's Classic (Sioux Falls, SD)</b>
	<b>February 24th-26th</b>	<b>WOW Factor (Minneapolis, MN)</b>
	<b>March 25th</b>	<b>Rumble in the Jungle (Brookings, SD)</b>
	<b>April 2nd</b>	<b>Battle of the Midwest (Council Bluffs, IA)</b>
	<b>April 21st-23rd</b>	<b>All Star Worlds (Orlando, FL)</b>

## Solar Flares & Lil' Dippers (Prep Teams)

<b>Competition Schedule</b>	<b>January 14th</b>	<b>Best of the Midwest (Fargo, ND)</b>
	<b>January 29th</b>	<b>Valentine's Classic (Sioux Falls, SD)</b>
	<b>February 24th-26th</b>	<b>WOW Factor (Minneapolis, MN)</b>
	<b>March 25th</b>	<b>Rumble in the Jungle (Brookings, SD)</b>



## Practice Schedule & Breaks

<b>Ursa Major</b> <i>(Open)</i>	June 1st-August 5th: TBD August 15th- April 30th: TBD
<b>North Stars</b> <i>(Elite)</i>	June 1st-August 5th: Tuesday & Thursday 5:30-7:00 August 15th- April 30th: Tuesday & Thursday 7:00-8:30
<b>Mini Moons</b> <i>(Elite)</i>	June 1st-August 5th: Tuesday & Thursday 5:30-7:00 August 15th- April 30th: Tuesday & Thursday 5:30-7:00
<b>Solar Flares</b> <i>(Prep)</i>	June 1st-August 5th: Tuesday & Thursday 5:30-6:30 August 15th- April 30th: Tuesday & Thursday 7:00-8:00
<b>Lil' Dippers</b> <i>(Prep)</i>	June 1st-August 5th: Tuesday & Thursday 5:30-6:30 August 15th- April 30th: Tuesday & Thursday 6:00-7:00
<b>Shooting Stars</b> <i>(Novice)</i>	October 1st-April 30th : Monday 7:00-8:00
<b>FUN-damentals</b> <i>(Camp)</i>	Febraury 6th-April 15th Monday 6:00-7:00

<b>No Practice</b>	May 27th- May 31st Memorial Day Break
	July 1st-10th Independence Day Break
	August 8th-14th Summer Break
	September 2nd-5th Labor Day
	November 23rd-27th Fall Break
	December 22nd- January 2nd Christmas Break
	March 16-19th Spring Break
	April 18-20th No Team Practice (Only Elite Teams Practice)

## Policies

### Practice Policies

- **Inclement Weather:** If we have to cancel due to weather, we will do our best to reschedule for the weekend immediately following the closure. You will know by noon if practices are cancelled due to weather.
- **Practice Wear:** Practice wear will be required at every practice.
- **Practice is Mandatory:** Practice are 100% mandatory. There are ample breaks provided throughout the season for athletes to recover and relax their bodies. The team *literally* cannot practice without everyone present. Frequent absences or tardiness may result in removal from the team, loss of position, or removal for a competition. **Athletes are required to be at all practices 2 weeks leading up to a competition, or a replacement athlete may take their spot at the competition.**
- **Choreography camp is mandatory for Prep & Elite Teams. Athletes cannot miss choreography camp for any reason.**

### Skill Policies

- **Maintaining Skills:** Athletes will be expected to maintain the skills that they showed at placements that placed them on their team.
- **Lost Skills:** While mental blocks and lost skills happen, it is important that we address them as an athlete, coach, parent team. Coaches will immediately communicate with parents and the athlete will be required to enroll in an additional class and private lesson per week. If the skill is not corrected within a month, the athlete's support team will work together to decide if that team and level is the right fit for the athlete for the remainder of the season.

### Quitting Policy

- **Quitting:** When you register for a team, you are committing to a full season. Your choice to quit impacts an entire family of athletes. No refunds will be given and a final pull will be applied to all outstanding accounts.

### Fundraising Policy

- There will be group and individual fundraising provided through the non-profit. Fundraising guidelines will be provided for each fundraiser.

## Competition Jacket



## Prep Uniform and Practice Tops



Prep's uniform features a full length top with a flowy skirt. Prep's practice tops features a full length tank top and a sports bra.



## Elite Uniform and Practice Tops



Elite's uniform features a crop top with a mesh insert and a flowy skirt. Elite's practice tops features 2 sports bras.

