



FARGO ALL STARS
RELENTLESS POSITIVITY

NEWSLETTER AUGUST '25



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PARENTS NIGHT OUT



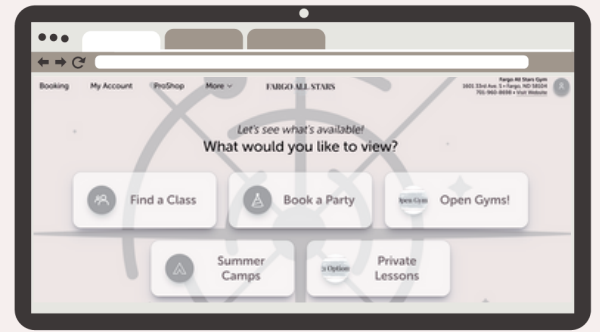
Beach Day 

First Parents Night Out of this school year will be on Friday, Aug. 29th 5–9 PM. All participants must be able to use restroom independently (Our staff are not able to assist in any capacity). Bring a water bottle and pack supper. We will be doing a theme craft, have bouncy houses, interactive floor projectors, offer face painting and more.

Book Parties & Lessons Directly from Parent Portal

You can now book **birthday parties** and **private lessons** directly from Parent Portal. No need to email back and forth— just log in, pick your date and time, and reserve your spot.

Visit [FargoAllStars.com](https://fargoallstars.com) > Parent Portal > Booking.



Register for Novice Cheer!

Oct. 6 - April 13 | Monday 6PM - 7PM
Ages 4 and up

✓ **Local performances**

✓ **Uniform**

✓ **Full routine**

SUMMER CAMPS SHOWCASES



To wrap up each cheer camp, campers will get a chance to show off what they've learned with a fun end-of-camp showcase. **East door will be open to spectators at 5:40PM.** Campers should wear close-fitting shirt and shorts, athletic shoes, hair in a high ponytail. We're so proud of their hard work and can't wait for you to see them in action!

- Sideline Cheer: Aug. 11th
- Intro to Cheer Session 2: Aug. 18th

CHOREOGRAPHY SCHEDULE

Wear a slicked-back high ponytail, black bottoms, white cheer shoes with socks, and a grey, white, or black practice top or crop/sports bra.

Pack quick snacks and meals to be consumed during short breaks.
Bring your water bottle!

Coach Bobby will cover a lot quickly; feeling overwhelmed but excited is normal and expected. Stay positive, coachable, and focused on learning the basics and counts during choreography.

No regular practices during the week of your team's choreography.

Elite Teams (8/5–8/8)

- Mini Moons: Thu 9:30AM–3:30PM, Fri 8:30AM–2PM
- MilkyWay: Tue 2PM–8:30PM, Wed 9:30AM–3:30PM
- Starbies: Wed 3PM–9PM, Thu 2:30PM–9PM

Prep Teams (8/11–8/14)

- Solar Flares: Tue 2PM–5PM, Thu 2PM–5PM
- Starlights: Tue 5PM–8PM, Thu 5PM–8PM

Be Ready for Choreo

High Ponytail



Practice Tops
or Sports Bra
(Black, Gray or
White)



Black Shorts



Cheer Shoes
w/White Socks



Bring:



Water bottle & Quick meal or Snacks

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■ NO TEAM PRACTICE DATES

There are no team practices or team tumbling classes on Tuesday, August 19th. Practices and tumbling classes will resume on Thursday, August 21st.

AUG THEME PRACTICE *Beach Day* AUGUST 21



Coach Claire



Hello everyone! My name is Claire and I currently coach Starbies and teach a back handspring class. I have been coaching cheerleading for 12 years. I started cheerleading in 7th grade and my cheerleading background includes national level high school competitive cheerleading. I currently judge cheerleading competitions during the winter season. I was a part of Universal Cheerleaders Association (UCA) in college and taught cheerleading camps around the country as a head instructor for 5 years. My favorite skill to coach is stunting. I have a passion for stunting and performance at a high level.

I am originally from Albertville, MN and have been living in Fargo since last summer. My husband and I moved here to pursue my clinical training for my doctoral degree in nurse anesthesia. I'm in my last year of training, and will be graduating next May.

When I'm not at the gym, I am usually working out or studying. I have one cat named Ruth.

As a coach, I would like all of my athletes to feel empowered and incorporate the lessons they learn in cheer into their daily lives. Cheerleading has impacted me in so many ways and has made me the person I am today. I hope to inspire my athletes to be good people and work hard in all aspects of their lives. I look forward to getting to know everyone more as the season progresses and hope to have a successful season at Fargo All Stars.

■ MESSAGES FROM FASF

- 🍕 Rhombus Guys Pickup will be on August 13th from 4:30–6:00PM. Watch your email for a sign-up genius to select your pickup window!
- 🍴 Dine to Donate event at Franks Lounge on Aug 6th from 5-8pm. A percentage of all sales (online, in person and alcohol) will be donated to our Scholarship fund! Please note, this is a 21+ event.
- 🍜 Noodles for Cause running through August 14th. Check your email or social media to get the link for ordering! \$5 from every Noodles and Company voucher purchased goes to our athlete scholarship fund!
- 📅 Save the date for the annual Block Party on September 14th! We will have food trucks, games, bouncy houses, open gym and a bake sale!!

