

FARGO ALL STARS

TEAM PROGRAMS

✓ **FUNDamental Camp (Jan-April) 1 hour weekly**

FUNDamental camps are an introductory camp that teaches kids the basics of cheerleading. Participants learn how to stunt, tumble, and dance in a routine they perform on the last day for family and friends.

✓ **Novice (October-April) 1 hour weekly**

Novice teams are locally performing teams that practice for half of a regular season. Teams will learn a full routine, though no experience is necessary. The team will perform their routine at local events throughout the season.

Teams Include: Little Dippers and Shooting Stars

✓ **Prep Teams (June-April) 3 hours weekly**

Prep teams are regionally competing teams, with a limited travel schedule. Routines are 2 minutes long and incorporate the same tumbling and stunting requirements of an elite team.

Team Include: Solar Flares and Galaxy Girls

✓ **Elite All Star (June-April) 4 hours weekly**

Elite Teams travel to earn a bid to All Star Worlds. All level skills are needed to join that level team.

Routines are 2.5 minutes long and incorporate stunting and tumbling skills specific to the level.

Teams Include: Mini Moons, Eclipse, and Supernova