



FARGO ALL STARS
RELENTLESS POSITIVITY

NEWSLETTER DECEMBER '25



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22	23	24	25	26
Classes Meet	Classes Meet	NO CLASSES	NO CLASSES	
29	30	31	1	2
DAY CAMP Classes Meet	DAY CAMP Classes Meet	PARENTS NIGHT OUT NO CLASSES	DAY CAMP NO CLASSES	
5	6	7	8	9
BACK TO REGULAR SCHEDULE				

■ DECEMBER CLINICS



Don't miss out! Our December 5th clinics will focus on back bends, kickovers, walkovers, handsprings, and tucks/twists/layouts. In addition, team athletes are encouraged to register for the Jumps & Flexibility Clinic or the Showmanship Clinic to help prepare for the upcoming competition season.

These clinics are open to the public, but spots are limited. Register today through Parent Portal > Booking > Clinics.

SANTA IS COMING TO FARGO ALL STARS!

- **Daytime Playtime (12/11) 9-10AM** Visit Santa for pictures and storytime. This Daytime Playtime will include the inflatables and will be \$10.
- **Parents Night Out (12/12) 5-9PM** Santa will make a surprise visit during December PNO. A coach will take high quality photos of any participants who want a picture with Santa.
Be sure to sign the photo waiver!! All photos will be posted to Instagram/Facebook for parents to see and download. There will be no additional charge to meet Santa; the rate will remain \$28 per participant.

■ END-OF-YEAR SPECIAL EVENTS

- **Day Camps:** Looking for fun and active plans over winter break? We're offering three exciting day camps on **12/29, 12/30, and 1/2**. Kids will enjoy group games, tumbling, crafts, and plenty of energy-burning activities in a safe, upbeat environment.
- **New Year's Eve PNO:** Drop off your kiddos at a special Parents Night Out on 12/31 from 5-9 PM. Kids will enjoy inflatables and open gym while you prepare for the night's festivities.

FUNdamentals of Cheer

Jan. 5-Apr. 13 | Monday 7:15-8:15PM

Ages 4 and up

Showcase on NDSU campus on 3/28

No uniform purchase necessary



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DEC THEME PRACTICE



DEC. 15
Novice



DEC. 18
Prep & Elite



HOLIDAY PAJAMAS & UGLY SWEATERS

TEAM HOLIDAY PARTY



All team athletes are invited to join the team holiday party on Dec. 19th 5:30–10:30PM. Come dressed in your favorite holiday PJs and enjoy open gym time with inflatables, fun activities, and plenty of bonding with your cheer family. Don't forget to bring a gift for your cheer sister/brother—and be prepared for a surprise!

HOLIDAY BREAK

There will be no team practices or team tumbling classes **12/22–1/1**. All practices and team tumbling classes for cheer athletes will resume on January 5th.

PARENT WORKSHOP: CHEER 101 & INJURY PREVENTION



Join Coach Nikki and Demetrios Hospidales on Wednesday, Dec 10th, 6–7 PM. The session will cover the elements of Open Championship scoresheet, fundamental physics of tumbling and stunting by level, followed by injury prevention, common cheer-related injuries, when to see a doctor, and nutritional tips for competitive athletes. Demetrios owns Myo-Fit Mobility & Therapy,

and is a professional athletic trainer with a Bachelor's degree in Exercise Science, a Master's in Athletic Training, certification as a Corrective Exercise Specialist, and registration as a National EMT. Cash, Venmo or register online under athlete name. \$15/person

MESSAGES FROM FASF



- Shop for a Cause: Saturday, December 6th at Burlap Boutique from 6–8PM. Burlap Boutique is located at 3401 S University Dr, Fargo. A portion of all sales will go to FASF scholarship program!
- Reminder: Kinder Coffee orders will be delivered by Dec 15th.
- Next Fundraiser: Ole & Lena's pizza, pasta, soup, desserts & more! Sell Dec. 18th–Jan. 8th. Pick up in time for the Super Bowl on Feb. 4th. Lots of gluten free options!

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