



FARGO ALL STARS
RELENTLESS POSITIVITY

NEWSLETTER
JUNE '25



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Meet Coach Emerson! Coach Emerson teaches our preschool classes, Tumbling Basics, and Levels 1-3. Her favorite skill to teach is back walkovers, because once kids get this skill, they start to love tumbling even more! Coach Emerson started cheer when she was 11-years-old. She has been on our National Elite team, Supernova, the past two years. She started working at Fargo All Stars as a recreational tumbling coach in 2023.

A native of West Fargo, she currently lives in with her parents and younger brother Thomas. Coach Emerson recently adopted a Shih-tzu puppy, Beanie! She loves working at FASG because of all the amazing kids and adults she gets to interact with and help. Coach Emerson is trained to teach up to Level 3 tumbling skills, and is one of the most frequently requested private lesson coaches.

Coach Emerson attends West Fargo High School, where she will start her senior year in the fall. Her favorite subject at school is English, and she is part of multiple Unified programs at her school. She hopes to attend MSUM after high school and become a psychologist.

Coach Emerson



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UPCOMING EVENTS

NEW CLASSES ADDED



- **Dance Acro:** Monday 6PM. Focusing on integrating tumbling skills into dance routines, students will learn to execute advanced dance acro skills such as walkovers, aerials and handsprings while maintaining fluidity.
- **Jumps:** Wednesday 5PM. Train with an NDSU cheer coach to build explosive power, perfect forms, and increase height and control of your jumps
- **Flexibility:** Thursday 4PM. designed to help athletes enhance their range of motion, especially beneficial for flyers, those working on their walkovers, and anyone looking to improve their overall flexibility

DAYTIME CLASSES (JUNE & JULY ONLY)



For the months of June and July, we will be offering these daytime classes. If you enroll in one of these classes, your enrollment will automatically drop at the end of July.

- **Tiny Tumblers:** Monday 9AM
- **Tumbling Basics:** Monday 9AM
- **Level 1 Tumbling:** Monday 10AM
- **Level 2 & 3 Tumbling:** Monday 10AM

SUMMER TUMBLING CAMPS

3-week session offered in June and July, meeting on Wednesday mornings. Registrants must meet the pre-requisite. Athletes can be moved up or down a level at coach's discretion.

June session 6/11 - 6/25 (Wed), July session 7/9 - 7/23 (Wed). \$50/session

- **Bridge Kickovers & Cartwheels:** 10AM -10:50AM. Open to all beginner tumblers.
- **Front & Back Walkovers:** 11AM -11:50AM. Must have bridge kickovers.
- **Back Handsprings:** 9AM - 9:50AM. Must have back and front walkovers.
- **Back Handsprings Series & Roundoffs:** 9AM - 9:50AM. Must have standing back handspring.
- **Front & Back Tucks:** 10AM -10:50AM. Must have roundoff - 3 series handsprings.
- **Layouts & Twists:** 11AM - 11:50AM. Must have roundoff - 2 series handspring - tuck.

SUMMER BIRTHDAY PARTY SPECIAL

For the parties taking place June 20th - Aug. 31st, we are offering \$100 off of the base price. Please email customerservice@fargoallstars.com for availability.

CHEER TEAMS

■ FIRST DAY OF PRACTICE

First day of team practice will be June 10th. All May Camp registrants who have expressed interest in team placement will automatically be enrolled in one of the teams. If you no longer want to be part of a team, please email Coach Nikki or customer service as soon as possible. The first installment of 2025-26 season tuition and fees will be processed on June 1st.



■ TEAM BONDING AT SKATE CITY

This event is free of charge to all cheer team athletes, but athletes still need to register in order to participate. Registration is now open on Parent Portal. Come join us on June 18th 4PM - 6PM!



■ PRACTICE DRESS CODE/THEME PRACTICE

Athletes are expected to wear black shorts, white cheer shoes with white socks, and black or pink sports bra or tank top to team practice. Hair should be pulled back into a ponytail. Once a month for a theme practice day, coaches and athletes are encouraged to wear creative (but conducive to practice) outfits to match the theme. These outfits are not subject to the practice dress code.



THEME PRACTICE (JUNE 18)

SPORTS, SPORTS, SPORTS! (ANYTHING BUT CHEER)



■ FARGO ALL STARS FAMILY

Fargo All Stars Family (FASF) is a non-profit organization that supports FASF athletes and families by providing fundraising and scholarship opportunities.

FASF is a separate legal entity from Fargo All Stars Gym. All scholarship and funds from the events will be distributed by FASF and deposited into athlete's gym accounts. Any questions regarding fundraisers, scholarships, sponsorships should be directed to FargoAllStarsFamily@out.com.