



**FARGO ALL STARS**  
RELENTLESS POSITIVITY

**NEWSLETTER**  
**JUNE '26**



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- Summer Cheer Camps
- Summer Tumbling Classes
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# ATHLETE WELLNESS NIGHT

*Supporting the Whole Athlete*

BECAUSE SUPPORTING YOUNG ATHLETES MEANS SUPPORTING THE WHOLE ATHLETE.

Join us for an evening of engaging 15-minute sessions with local experts who are passionate about helping athletes fuel their performance, recover stronger, stay healthy, and build the confidence to thrive both in sport and in life.



REGISTER NOW



WEDNESDAY  
**JUNE 10**  
6:00 PM – 7:30 PM



FARGO ALL STARS  
NORTH GYM



15-MINUTE  
SESSIONS  
ROTATING SCHEDULE  
THROUGHOUT THE EVENING






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*Mini Session Topics Include:*

  
**RECOVERY & WELLNESS**

  
**INJURY PREVENTION**

  
**MENTAL & WHOLE ATHLETE**

  
**CHIROPRACTIC CARE**

  
**MOBILITY & FLEXIBILITY**

  
**NUTRITION & PERFORMANCE**

## Meet our Local Experts



**Dr. Kari Torgerson**

Offering physical therapy evaluation



**Demetrius Hospidales**

Offering athletic training evaluation



**Crystal Jean**

Offering hands on massage therapy



**Dr. Lauren Hanson**

Offering chiropractic evaluation



**Andre Hanson**

Offering stretch & mobility support



**Kayla Forcier**

Offering individualized nutrition guidance



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# UPCOMING EVENTS

## INTRO TO CHEER



- Mondays 5–5:50 PM
- Session 1: June 8–July 6, Session 2: July 13–August 10
- Allstar cheer focuses on routines made up of tumbling, stunts, jumps, and dance, performed at showcases and competitions rather than on the sidelines of games. This class is a great introduction for beginners to learn the basics in a fun, supportive environment.

*Register under Cheer Camps (Summer 2026)*

## SUMMER TUMBLING CAMPS

June Session: 6/10, 6/17, 6/24 | July Session: 7/8, 7/15, 7/22



- Cartwheels & Kickovers: 10–10:50 AM
- Walkovers: 11–11:50 AM
- Handsprings: 9–9:50 AM
- Round-off Handsprings Series: 9–9:50 AM
- Tucks: 10–10:50 AM
- Layouts & Twists: 11–11:50 AM

*Register: New Enrollment > Register > Tumbling Camps*

## SUMMER BIRTHDAY PARTY SPECIAL

Enjoy 2 hours of exclusive gym access packed with fun for all ages! Our standard party package includes inflatables, a ninja course, a 40-foot trampoline, two interactive floor projectors, a preschool play area for our youngest party goers, and supervising staff member to assist the host.

Parties accommodate up to 15 participants (add-ons available), and you're welcome to bring your own food, non-alcoholic beverages, and decorations.

Please note that party supplies are not provided.

Available on Saturdays, Sundays, and select Fridays.

SAVE \$100 ON PARTIES BETWEEN JUNE 19–AUGUST 30!



# CHEER TEAMS

## ■ TEAM ATHLETES' TUMBLING CLASS

We offer several tumbling classes exclusive to team athletes. These classes follow the team calendar (no team practice days = no team tumbling classes), and are discounted to \$39/mo compared to the regular recreational class rate of \$59/mo.

- Kickovers & Walkovers: Monday 6PM, Tuesday 5PM or Thursday 7PM
- Handsprings: Tuesday 6PM, Tuesday 7PM, or Thursday 6PM
- Tucks+: Thursday 6PM

## ■ FLYER FLEX & TECH

This class focuses on flyer body positions, flexibility, and strength using flyer stands, sliders, and resistance bands. Athletes interested in flying are encouraged to enroll. While participation does not guarantee a flyer position, it is a great way to build skills and express interest to the coaches.

- Starts June 8, follows the team calendar
- Mondays 7–7:50PM



## ■ JUMPS CLASS

Jumps account for up to 25% of the scoresheet and showcase team's flexibility, strength, and technique. Like tumbling and stunting, jumps are an essential skill expected of *all* competitive team athletes. Sign up for the Jumps Class to improve your performance and confidence.

- Starts June 10, follows the team calendar
- Wednesdays 5–5:50PM

## ■ STRENGTH TRAINING AT CROSSFIT FARGO

We are partnering with CrossFit Fargo to offer a training camp to team athletes to gain strength, power, stability required for All-Star cheer. This class is recommended for all competitive team athletes. Classes will be led by a certified CrossFit trainer as well as Coach Nikki.

- June 8, 15, 22, July 6, 13, 20
- Mondays 10AM–12PM
- CrossFit Fargo is located at 6172 51st Ave S, Fargo, ND 58104.
- Register under Cheer Camps (Summer 2026)



Our first team bonding event is coming up soon at Skate City!  
Keep an eye out for more information and event details coming soon.

# CHEER TEAMS



## FARGO ALL STARS FAMILY

- What is the Fargo All Stars Family Foundation?



- The FASF Foundation is made up of 5 board members who are also parents of athletes, who have a passion for helping grow funds for our scholarship program, create fundraising opportunities for our families, and helping alleviate any financial burden for our gym families.

- We would love to grow too. If you have an interest in joining the board as a member, please email [fargoallstarsfamily@outlook.com](mailto:fargoallstarsfamily@outlook.com). We would love to have you help us create many opportunities for our partnership with Fargo All Stars Gym.
- End of Year Banquet
  - Thank you so much to everyone for supporting our 50/50 raffle, which added \$476.96 to our scholarship program. If you enjoyed the 50/50 raffle, you are in luck. Be on the lookout for more of them at upcoming gym events.
- Upcoming Fundraising Opportunities:
  - May/June: Sponsor My Season
  - May/June: Rhombus Guys Pizza Fundraiser with L & M Meat sticks
  - Summer: Games to Go events, (TENTATIVELY) Junkyard and Icewind Brewing for Taco-in-a-Bag fundraiser to support our scholarship program.
  - More to come!
- Fun Fact: Last year our families raised \$18,666.25 for their athletes through FASF Foundations fundraisers. WOW, this is AMAZING!!!

Follow FASF on Facebook @FASF and on Instagram @fargoallstarsfamily

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