



FARGO ALL STARS
RELENTLESS POSITIVITY

NEWSLETTER
NOV '25



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My name is Coach Grace C, and I'm heading into my second season at Fargo All Stars. I'm currently a junior at Davies High School and on track to graduate early. I coach one of our Novice teams, Northern Lights, and also teach preschool and recreational tumbling classes, including Level 1, Tumbling Basics, Tiny Tumblers, and Lil' Movers.

I cheered for five years, and now I have the amazing opportunity to teach the sport I love. Coach Nikki was actually my cheer coach growing up, which is how I began working at FASF. I truly enjoy interacting with children and cherish watching young athletes grow in both skill and confidence—it's incredibly rewarding to help them achieve things they never thought possible.

I also help with many birthday parties at FASF and love being a part of someone's special day! In my free time, I like to watch movies, go for walks, hang out with friends, and go shopping.

Coach Grace C



■ NOVEMBER CLINICS **OPEN TO THE PUBLIC!**



November clinics will be divided into two sessions.

- 5:30–6:30 PM: Tumbling (Twists & Layouts, Tucks, Handsprings, Kickovers & Walkovers)
- 6:30–7:30 PM: Jumps & Flexibility, and Showmanship

The Showmanship class focuses on stage presentation. Athletes will receive guidance on making movements cleaner, expressing more confidence and energy, and enhancing their overall performance to earn higher scores for their teams.

■ NO SCHOOL DAY CAMP (11/10, 11/11)



Our No School Day Camps run from **8AM–4PM** and are packed with exciting activities such as open gym play, crafts, group games, science fun, and more. Campers can be dropped off or picked up at any time during camp hours. Camps are open to children ages 4 and up who are able to use the bathroom independently without staff assistance. Please send your child with a water bottle, a sack lunch, and a snack to keep them fueled for the day. \$50/child

■ PARENTS NIGHT OUT (11/14)



TURKEY DAY TURKEY DAY TURKEY DAY

Let us take care of the kids while you take the night off! Drop off and pick up between **5–9PM**. Enjoy our 40ft Trampoline, inflatables, ninja course, interactive floor projectors, themed craft and more. Remember to bring food and a water bottle to keep your energy up! Ages 4 and up, must be able to use the bathroom independently with no help. \$28/child

■ POLICY REMINDERS

- All drop requests must be submitted in a written form to Customer Service by the **15th of the each month** via email or Parent Portal message.
- Long hair must be tied back in a ponytail for safety!



YES, WE WILL HAVE CLASSES ON VETERANS DAY!

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■ PARENT SHOWCASE (11/2)

Parent Showcase will take place at NDSU Bentson Bunker Fieldhouse on Sunday, November 2nd at 11AM. Doors will open at 10:30 AM. Tickets are required for ages 6 and up, and can be purchased on-site with cash or Venmo, or in advance through ProShop. Please see below for your team's meet time. Athletes must come "performance-ready" in their full uniforms with hair and make-up done.

- **Mini Moons, MilkyWay, Starbies 8AM**
- **Solar Flares, Starlights 9AM**
- **Little Dippers, Northern Lights, Shooting Stars 9:30AM**

■ DONATIONS NEEDED

Blame Bates helps those struggling to get back on their feet. Bridging the Gap's mission is to empower and uplift school children in poverty. We are partnering with these charities this season and collecting new or gently used coats, new socks (all sizes), and essential hygiene items such as shampoo, conditioner, deodorant, razors and feminine products. If you are able and willing to help, please bring your donations to Fargo All Stars Gym by Dec. 1st.

Bring anything but a... **WATER BOTTLE OR BACKPACK**



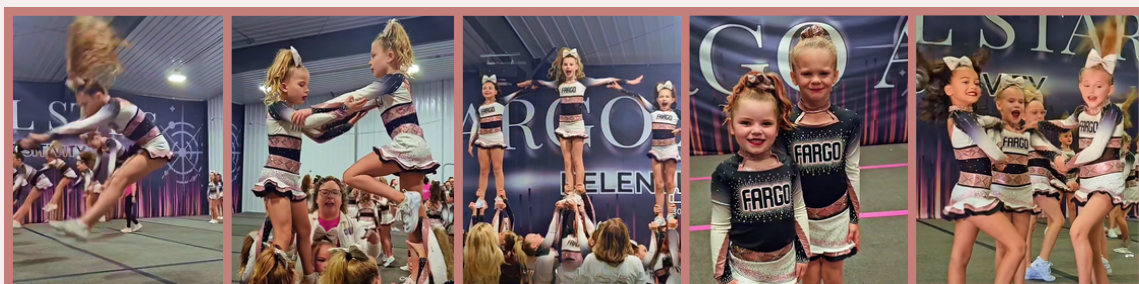
NOV. THEME PRACTICE

Novice 11/10

Prep & Elite 11/11

■ MESSAGES FROM FASF

- We will be selling **flowers at the Parent Showcase**. \$3 for 1 or \$5 for 2. Cash or Venmo.
- Nov. 19th is pickup for Butter Braids. Watch your email for sign-up for pickup times.
- Next Fundraisers
 - Kinder Coffee – online sales only. Sell Nov. 6–30th; Delivery on Dec. 15th
 - Pizza Fundraiser will be coming in January!
- Shop for a Cause at **Burlap Boutique** on Dec. 6th (Sat) from 6–8PM. A portion of all sales will go to the FASF Scholarship Program!



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