



FARGO ALL STARS

RELENTLESS POSITIVITY

NEWSLETTER OCTOBER '25



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My name is Coach Kay, and I am heading into my 4th season at Fargo All Stars. I am currently a team coach for Starbies. I am originally from Duluth, MN and did competitive gymnastics for 15 years and was also on my high school cheer team. I live in West Fargo with my husband Alan, daughter Ruth, and Corgi Badger. I am a Registered Nurse in the Infusion Center at Roger Maris Cancer Center. In my free time I like to hike, travel, spend time at the lake, and snuggle my baby girl!

I have been coaching for 13 years, and I love sharing my passion of tumbling and cheerleading with the next generation of athletes. As a former competitive gymnast, tumbling has always been my specialty. But I've truly loved stepping into the role of allstar cheer coach through the incredible culture here at FASF. My favorite thing about coaching is being a role model for my athletes and helping to raise up strong, capable, resilient, and relentlessly positive athletes. Being a competitive athlete taught me so many life skills and truly shaped me into the person I am today, and I hope to pass along these skills and life lessons to my athletes. I am so excited for this season - I think it will be the best yet!

Coach Kay





HOMESCHOOL PROGRAMS

Our Homeschool Programs are back! This year, we are offering Homeschool Tumbling Classes and Homeschool Open Gym, alternating each week on Wednesdays at 1:00PM.

- Homeschool Tumbling Class: 1-hr class for ages 5 and up. Pre-registration required. \$15/child.
- Homeschool Open Gym: Includes inflatables and open play for ages 1 and up. Walk-ins welcome, \$10/child.

NOVICE CHEER STARTS ON 10/6!



Novice Cheer is starting, and we are so excited! There's still time to join the fun—**registration is open through October 6th!** Our Novice Cheer program is perfect for new athletes who want to learn the fundamentals of Allstar cheer in a fun, team-focused environment. Athletes will get to perform at showcases, wear uniforms, and be placed on one of three teams based on age and skill level. Weekly practices are held Mondays 6:00–7:00PM.

Parent Portal > Booking > Find a Class > *search for "Novice"*

NO SCHOOL DAY CAMP (10/17)



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 (10/24)



COSTUME PARTY

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

Follow Us on



@FargoAllStarsGym

■ COMMUNITY EVENTS

Join us for upcoming community events! Register through Parent Portal.

- **Concordia Homecoming Parade: Oct 4th**, walking in parade
- **Walk to End Alzheimer's: Oct. 4th**, cheering on the walkers from the sidelines
- **Boo at the Zoo: Oct. 11th, 18th, 25th**. Handing out treats and representing the gym (free admission for volunteers)

■ CONFERENCES

We are offering optional 1:1 conferences with Coach Nikki for all cheer families. These are a great way to review progress and set goals for the rest of the season. Sign up through the Parent Portal on iClassPro.



■ ATHLETE SHOWCASE (10/26)

An opportunity for the athletes to perform for each other and receive feedback, this is a "dress rehearsal" simulating the real performance conditions, so athletes must arrive in their full performance gear. This will take place at Fargo All Stars Gym.

**Starbies, MilkyWay 8AM–12PM; Mini Moons 9AM–12PM;
Solar Flares, Starlights 10AM–12PM**

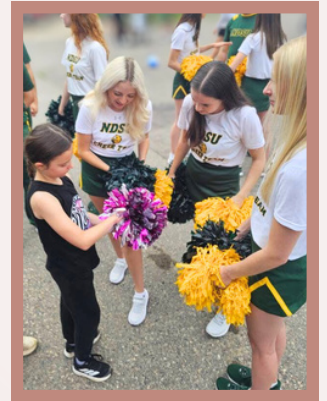
■ MESSAGES FROM FASF

- A huge thank you to everyone who came out to our Block Party! We are so grateful for this supportive community! A special thanks to those who donated bake sale items, to the West Fargo National Honor Society volunteers who helped run the event, to Effie's Food Truck for the good eats and FM All Stars band for the awesome music!
- **SAVE THE DATE:** Upcoming fundraisers
 - Butter Braids – October 14th - 28th (pickup Nov. 19th)
 - Kinder Coffee – November
 - Pizzas – January
- We're Looking for New Board Members! Three of our amazing board members are retiring this April, and we're looking for fresh faces to join the team! If you're passionate about our mission and want to help guide our future, we'd love to hear from you.
👉 Interested? Let's connect! FargoAllStarsFamily@outlook.com

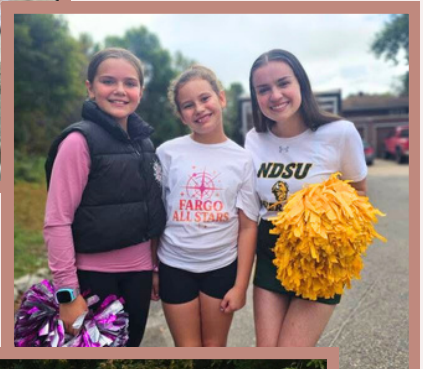
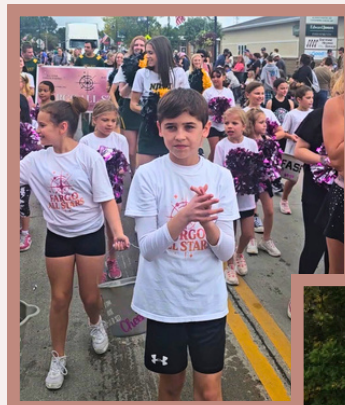
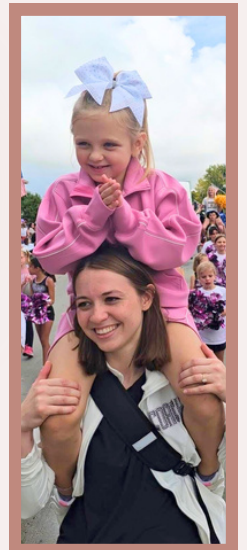
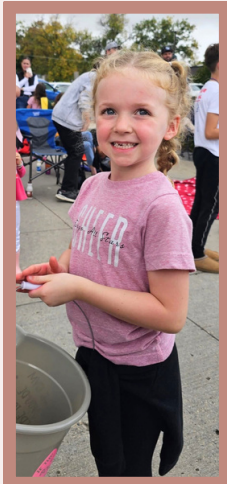


Special **Thank You** to....

- The Driscoll family who generously made and provided candy baskets for the parade, adding a sweet touch to the event and;
- Bell Bank and Krystal Driscoll for sponsoring the FASG parade banner.



Pictures from the West Fest Parade



NO SCHOOL DAY CAMP

AGES 4 & UP | \$50 | 8AM-4PM

October 17th

November 10th & 11th

December 29th & 30th

January 2nd & 19th

February 16th

March 19th & 20th

April 3rd & 6th

PARENTS NIGHT OUT

AGES 4 & UP | \$28 | 5-9PM

Sept: Falling Into Fall 9/19

Oct: Costume Party 10/24

Nov: Turkey Day 11/14

Dec: Happy Holidays 12/12

NEW YEAR'S EVE Day 12/31

Jan: Winter Wonderland 1/23

Feb: Valentine's Day 2/13

Mar: Lucky Charms 3/13

Apr: Glow Out 4/24

May: May Flowers 5/15