



FARGO ALL STARS
RELENTLESS POSITIVITY

NEWSLETTER OCTOBER '26



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Coach Annabelle teaches Tumbling Basics and Level 1 Tumbling and has been part of the FASG family since 2024. She is in her fifth year of Allstar cheer and previously did gymnastics. Her favorite skill to teach is the back walkover because it's an exciting milestone for athletes to learn to tumble backwards.

She is a member of our National Elite team, Midnight Sun, where she is a base and backspot. Both positions require strength and awareness.

Coach Annabelle lives in Fargo with her parents, older brother Grayden, and their two dogs, Jax and Kevin. She plays the flute in her school band, enjoys making banana bread, and geometry is her favorite subject at school.

What she loves most about coaching at FASG is meeting people from all walks of life and building friendships with fellow coaches.



Coach Annabelle

PARENTS NIGHT OUT (10/23)



REGISTER NOW

SPOOKTACULAR

Let us take care of the kids while you take the night off! Drop off and pick up between 5–9 PM on October 23rd. 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

NOVICE CHEER BEGINS (10/5)



Half-year All-Star Cheer experience without the travel commitment! Learn a full routine with music while tumbling, stunting, and dancing. Come be part of the team!

- October 5th–April 12th
- Mondays 6–7 PM
- Tuition \$110 per month; Uniform \$175

Register under New Enrollment > Register > Novice Cheer 2026–2027

COMMUNITY EVENTS



Join us to represent FASG and walk in the parade! Dress in your favorite FASG gear or gym colors. Open to all team and rec athletes. Check out Full Out for more details.

Walk to End Alzheimer's Concordia Homecoming Parade



ATHLETE SHOWCASE (10/18; CHEER TEAMS)



This is a dress rehearsal to kick off the season! Athletes will perform for each other, receive feedback, and practice in full performance conditions. Athletes must arrive in full performance uniform and hair. Bring a snack for longer sessions. Parents do not stay for this showcase. Team routines will be presented to the public for the first time at the Parent Showcase.

- Midnight Sun 3–6PM
- Eclipse 3:30–6PM
- Artemis 2 4–6PM
- Starstruck 4:30–6PM
- Starlights 5–6PM

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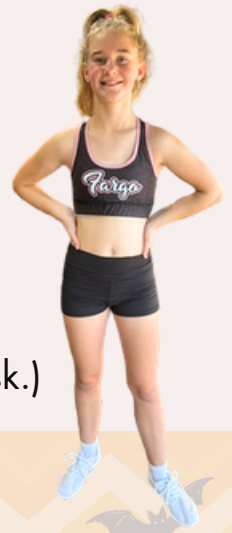


@FargoAllStarsGym

■ PRACTICE DRESS CODE

Starting October 6th, all team athletes must come to practices in the following:

- Practice top (Tues– Pink Ruffles, Thurs– Black Gems)
- Black shorts
- Hair in high ponytail (Hair ties can be purchased at the front desk)
- White socks and white cheer shoes
- Must bring a water bottle (Water bottles can be purchased at the front desk.)



THEME PRACTICE *COSTUME PARTY* OCT 26 NOVICE OCT 29 PREP & ELITE



■ MESSAGES FROM FASF

- Parent Showcase – November 8, 2026
 - FASF Foundation will be selling flowers with 100% of the profits going back to scholarship program. 1 flower is \$3 and 2 is \$5
 - 50/50 raffle
 - Bake Sale to sponsor the scholarship program. Be on the lookout for a SignUpGenius to come out to sign up for baked goods donations
- Upcoming Fundraising Opportunities and Dine to Donate
 - Fundraising Opportunity for individual athletes
 - ButterBraids: October 1–15
 - Kinder Coffee: November 23–December 11
 - Dine to Donate for our scholarship program
 - Texas Roadhouse: October 12 at 3–10 pm.
 - Franks: November 9 at 5–8pm
 - Shop to Donate for our scholarship program
 - Burlap Boutique: December 3 at 6–8pm
 - Volunteering/fundraising at the SHAC at NDSU – dates and times to come. 😊
 - We are still looking for more....??? If you know of any places that we can look into for a gym fundraiser – please reach out to fargoallstarsfamily@outlook.com.
- We are on the lookout for Y-O-U?
 - Fundraising Chair: This person would coordinate fundraisers for our families, with support from the rest of the board for event execution and social media. We're looking for one main point of contact to reach out, coordinate, and get fundraisers set up. Interested or have questions? Please email fargoallstarsfamily@outlook.com.
 - If you are also interested in joining our board as a member, we would love to have you help us create many opportunities for our 'partnership' with Fargo All Stars Gym. We are separate entities!