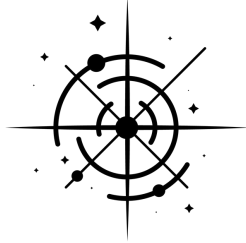


January



2023

FARGO ALL STARS

RELENTLESS POSITIVITY



Your Monthly Fargo All Stars Newsletter is here!

What's inside this month?

- Gym Updates
- Upcoming Events
- **Team Families:** Find Best of the Midwest and Grand Nationals Itinerary under Quick Links on the website

MEET OUR COACHES

We would love to introduce you to our wonderful Coach Grace!

Coach Grace's favorite skill to coach is backtucks because there is so much visible progress that you can see kids make! Coach Grace loves working at Fargo All Stars because of their pursuit of relentless positivity.

When not at FASG, Coach Grace is usually studying with friends. Coach Grace is an NDSU student studying psychology and also cheered for the NDSU Bison Cheer Team.

Make sure to say hi when you see Coach Grace in the gym!

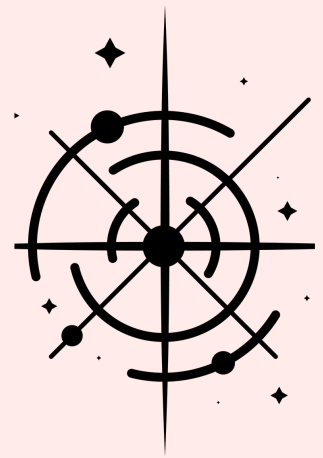


IN THE KNOW



FASG Updates

- **Communication Updates**
 - We are excited to launch our new "text" feature for immediate communication! This will especially benefit families and coaches while at off site events, such as showcases and competitions.
- **Website- Quick Links**
 - Itineraries are posted the Monday prior on our website under the Quick Links tab.
- **Fargo All Stars Family-Non Profit (Separate from FASG)**
 - The Rhombus Guys Pizza Fundraiser will be held from January 5th to January 19th. Make sure to see the email from the Fargo All Stars Family for more information.
 - Make sure to sign up for the NDSU SHAC Concession Fundraiser Opportunities; the more participation we have, the more opportunities we will get!
 - The next opportunity is January 12th, please sign up as soon as possible.
 - Please email fargoallstarsfamily@outlook.com with questions!
- **Winter Gear**- Athletes that change into practice wear, will be required to change back in to winter clothes before leaving.



A Note from our Owners

Nikki Lorsung & Alex Pratt

We are so excited for the New Year to usher in Fargo All Stars second competition season as a gym. It has been so rewarding watching athletes and teams grow over our first two seasons. We are so excited for our athletes to get to showcase their team's hard work as they kick off their 2023 competition season. Check out the newsletter for more details on upcoming competitions.

Look for our culture posts on Instagram and Facebook!

HAPPENING SOON

Upcoming Events for all FASG Families



BACK WALKOVER CLINIC

January 13th

5:00-7:00pm

Register Online

Master your back walkover!

(Prerequisite: Level 1 Tumbling class equivalency)

FUNDAMENTALS TEAM CAMP

February 6th-March 20th

Mondays 7:00-8:00pm

Register Online under "Camps & Clinics"

The perfect introduction to team cheer.

Learn a complete cheer routine and perform it for family and friends!



SUPER HERO PARENT NIGHT OUT

Friday, February 3rd

Drop off 5:00-9:00pm, Register Online!

All ages are welcome to this super hero themed choice play event with open gym, bounce houses, an interactive floor, and crafts!

*Must use the restroom independently for drop off option-parents are welcome to stay.



TEAM EVENTS

*Upcoming Performances for Novice, Prep, and Elite Team Families
(Find the full season list under "quick links" on our website)*



THEMED TEAM PRACTICES

January 16th & 19th

Wear Whacky Wear to practice!

(regular practice wear not required)

The whackiest team will win a team bonding practice!

We will end with minute to win it games if time allows.

BEST OF THE MIDWEST

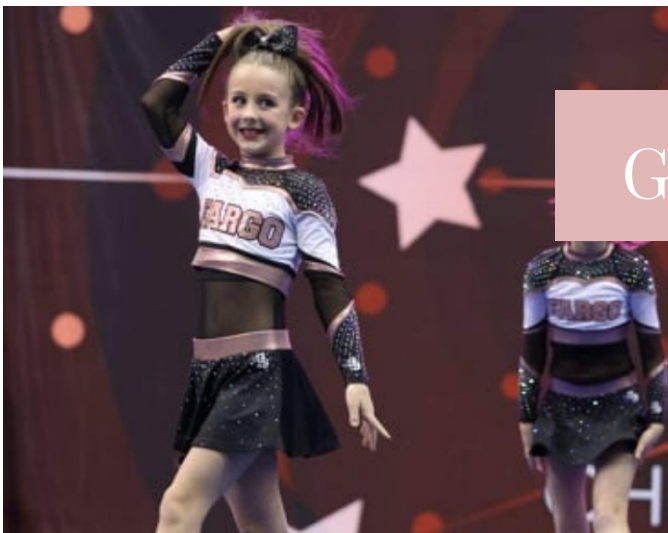
Saturday, January 14th

Scheels Arena- Fargo

2:00-8:30pm

All Teams

Itinerary: Posted on Website



GRAND NATIONALS

January 20th-22nd

Kansas City

Only Mini Moons & North Stars

Itinerary: Posted on Website

PREPARING FOR PERFORMANCES

All Teams- Novice, Prep, and Elite Team Families

HAIR CUFF INSPIRATION



What counts as parts of the uniform?

- Uniform Top
(Bra straps must be clear or covered so not visible)
- Uniform Skirt
- Hair Cuff
- White Ankle Socks
- White Cheer Shoes
- Mesh Leo
(Mini Moons/North Stars/Eclipse required)
- Jacket
(Mini Moons/North Stars required)

What is the required makeup and hair?

- **Makeup:**

Fargo All Stars does not require athletes to wear makeup to perform. Though it is recommended that athletes wear a smudge proof red lipstick and mascara, so facials are easier to see when performing. If you choose to wear makeup, it must smudge proof to protect yours and your stunt groups uniforms.
- **Hair Cuff:**

All team athletes received a hair cuff to wear with their uniform. When you put in the hair cuff, you should be attaching it to hair that already has pony tail in. Secure the cuff's ponytail tightly. Then loosely wrap the cuff around the pony tale until the pieces attach in the back of the cuff.
Hair should be combed back into the pony tail.
Shooting Stars and Little Dippers need a slick back, high pony. Competitive teams should have a high pony with curls.

January

SUN MON TUE WED THU FRI SAT

1 ♦ HAPPY + NEW YEAR ♦	2	3	4	5	6 Winter Wonderland Parents Night Out	7
8	9	10	11	12	13 Backwalkover Clinic	14 Best of the Midwest
15	16 Season Fees Due Themed Practice!	17	18	19 Themed Practice!	20 Grand Nationals Kansas City	21 Grand Nationals Kansas City
22 Grand Nationals Kansas City	23	24	25	26	27	28
29	30	31				