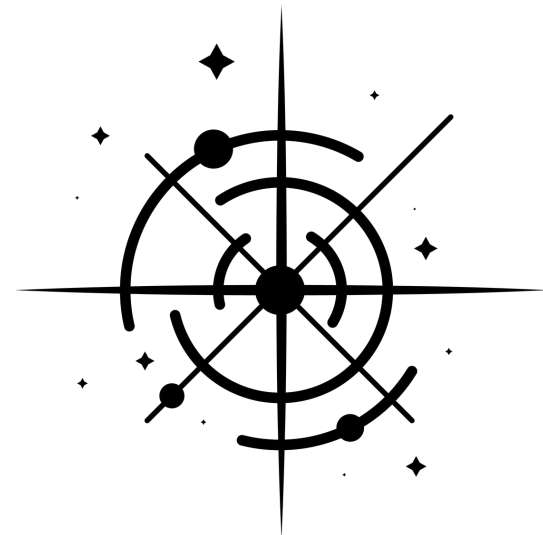


# TEAM PRACTICES



***Full Season teams will practice on Tuesdays and Thursdays June-April***

**TUE/THUR**  
5-6PM

## **SOLAR FLARES**

Regional Prep Tiny 1.1  
Coaches: Sadie & Amber

**TUE/THUR**  
5-6PM

## **STARLIGHTS**

Regional Prep Mini 1.1  
Coaches: Emily & Lydia

**TUE/THUR**  
6-7:30PM

## **MINI MOONS**

Regional Elite Mini 1  
Coaches: Emily & Emerson

**TUE/THUR**  
7-8:30PM

## **MILKYWAY**

Regional Elite Youth 1  
Coaches: Grace G. & Sadie

**TUE/THUR**  
5-7PM

## **STARBIES**

National Elite Junior Level TBD  
Coaches: Kay, Anika,  
Claire, & Nikki

***Practices start on June 10<sup>th</sup>.  
Last day of practice April 9<sup>th</sup>.***



## **Team Tumbling & Skills Practice**

\*Great ways to work on individual skills! Team Discount: \$35/month

All tumbling classes will follow the team practice dates

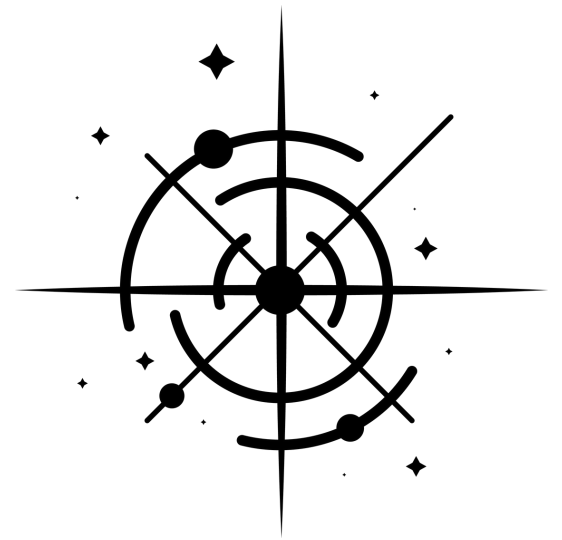
- Walkovers-
  - Monday 6:00-6:50 (Coach Anika)
  - Tuesday & Thursdays 6:00-6:50 (Coach Sadie)
- Handsprings
  - Monday 5:00-5:50 (Coach Anika)
  - Tuesdays 5:00-5:50 (Coach Emerson)
  - Tuesdays 6:00-6:50 (Coach Lilly)
  - Thursdays 7:00-7:50 (Coach Anika)
- Tucks, Layouts, Twisting
  - Mondays 7:00-7:50
  - Tuesdays 7:00-7:50 (Coach Anika)
  - Thursday 7:00-7:50 (Coach Anika)
- Jumps
  - Wednesdays 5:00-5:50 (Coach Tammy/Emily)
- Flexibility
  - Thursday 4:00-4:50 (Coach Amafaye)

## **Fall & Winter Conferences**

This season we will have fall and spring conferences for parents and coaches to meet together about athletes skill development and team experience. More information will be sent out this summer with dates and sign up for conferences.



# TEAM EVENTS!



*These are all free events for our Fargo All Star team athletes so that they can bond and make life-long friendships! More information to come.*

JUNE  
18

**4-6PM**

Skate City Team Bonding

SEPTEMBER  
TBD

**TIME TBD**

Block Party at Fargo All Stars!

JULY  
24

**7:00PM-8:00AM**

Team Camp out at the gym!

DECEMBER  
19

**5:30-10:30PM**

Team Holiday Party!

AUGUST  
&  
SEPTEMBER

**DATES TBD**

Walk in local parades with us!

WINTER  
TBD

**TIME TBD**

Team Photos with Jerry Hughes

## No Practice Dates

- June 1<sup>st</sup> -7<sup>th</sup>
- July 1<sup>st</sup>-3<sup>rd</sup>
- July 29<sup>th</sup>-31<sup>st</sup>
- August 19<sup>th</sup>
- October 16<sup>th</sup>
- November 27<sup>th</sup>
- December 23<sup>rd</sup>-31<sup>st</sup>
- January 1<sup>st</sup>



## Theme Practices

- June 24<sup>th</sup> - Dress up as another sport!
- July 24<sup>th</sup> - Dress up for a slumber party!
- August 21<sup>st</sup> - Dress for the beach/ Under the Sea
- September 16<sup>th</sup> - Dress in all Pink!
- October 30<sup>th</sup> - Dress in your favorite Costume
- November 11<sup>th</sup> - Bring anything but a water bottle or backpack
- December 18<sup>th</sup> - Wear your favorite holiday PJs or sweater
- January 20<sup>th</sup> - Dress as a blast from the past in your 90's gear!
- February 12<sup>th</sup> - Valentines Day Exchange and all out hearts
- March 17<sup>th</sup> - Dress for the leprechauns in your lucky charms
- April 9<sup>th</sup> - Wear your neon for a glow out!

\*\*\* Theme practices are a fun way to team bond at practices!

Athletes are encourage to dress up to take part in the fun, but bring their practice clothes to be ready for routine practice. Theme days will end practice with fun and games!

## Other Important Dates

**Clinics-** Attending classes are a great way for athletes to upgrades their skills and work on technique!

**Parents Night Out-**Fun evenings for athletes to team bond at the gym outside of practices!

## Junior Coaching-

All of our middle school athletes (11-14 years old) are welcome to sign up for Junior Coaching! Classroom training will take place on Mondays in September. In October, all junior coaches will assist with our Novice teams on Mondays through April.