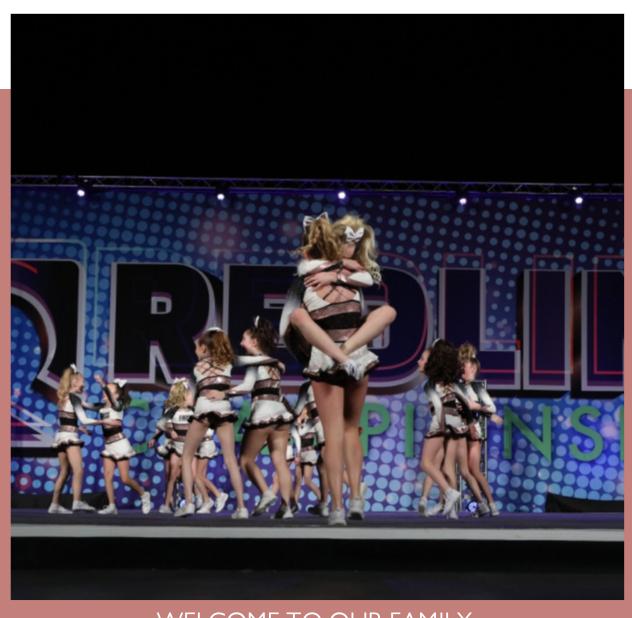
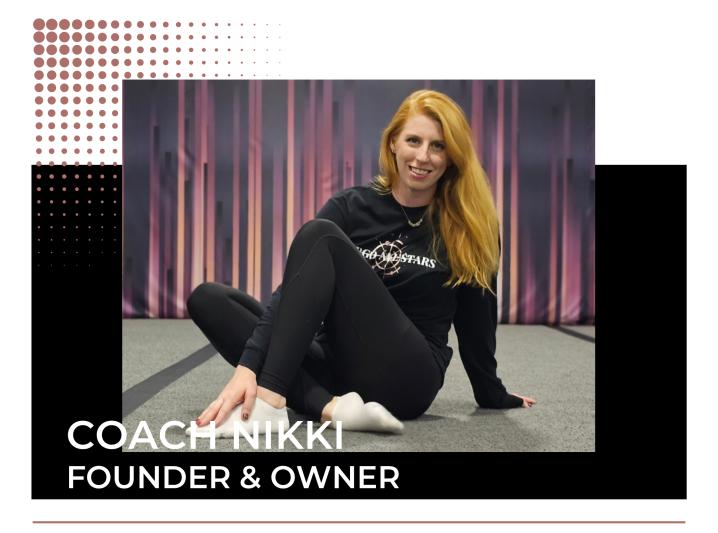


Season 5 HANDBOOK



WELCOME TO OUR FAMILY



Welcome Message

Fargo All Stars was created to serve our Fargo community as a place where every child has a place to grow through movement whether it be in a preschool tumbling class, a recreational class, at a birthday party, a parents night out, or by joining a team. We are a Relentlessly Positive gym, finding the silver lining in every moment of this growth. We provide a haven where all kids get to celebrate their big moment of making it over an obstacle course, trying something that taught them to be brave, and accomplishing new skills. Thank you for being a part of our gym family and keeping this culture at the forefront!

As we journey into season 5, it is humbling to see the growth that we have had since opening in May of 2021. We are grateful to our Fargo community that has continued to support us in our growth, share our mission, and spread the word of Fargo All Stars to their friends and families. We are grateful to the families that choose to celebrate their birthdays with us, trust us with their kiddos at Parents Night Out, join us for camps, clinics, and classes, and allow us to be part of their athletes team careers. Season 5 is going to be the best season Thank you and welcome to the Fargo All Stars team family!

Fargo All Stars Culture

At Fargo All Stars, we are big on culture. That is what sets us apart from every other gym. We are serious about growing strong, resilient, brave, relentlessly positive athletes. Our athletes find their best friends on their teams, our families are the most inclusive and welcoming in the industry, and we are determined to continue honoring this culture in season 5.

Relentless Positivity

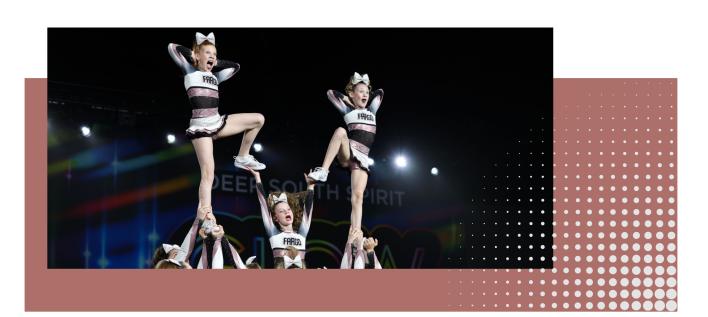
Relentless Positivity does not mean that there are no cloudy days, but it means that through the storm we know the sun is waiting and the rainbow will come out. It is a culture of resiliency and bravery, knowing that the hard work will pay off.

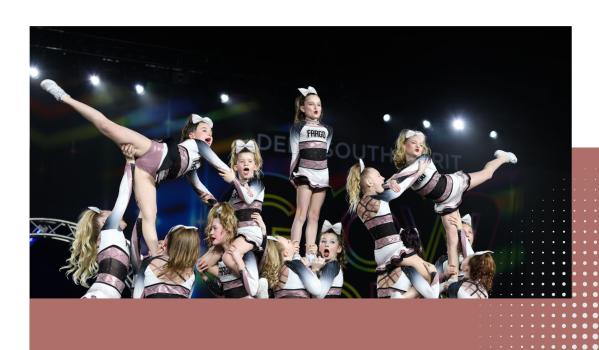
Inclusivity

At Fargo All Stars there is a place for everyone that wants to participate in our culture. With teams, classes, clinics, and lessons, there is an opportunity for everyone to be involved, learn, and grow. Our families that choose to participate in Fargo All Stars embrace this inclusivity amongst themselves, celebrating every individual at Fargo All Stars.

Trendsetter

At Fargo All Stars we are trendsetters in the cheer community. We only attend events, work with outside professionals, and support vendors that align with our mission and elevate cheerleading as a sport. Through education and research, Fargo All Stars stays ahead of trends in the sport and is committed to creating the best opportunities for our athletes.





What To Expect



While it is the athlete that is attending practices, on the stage competing, and working hard to grow into the best athlete they can be, families are also committing to a full season of cheer. This means supporting athletes after a tough practice, arranging carpools, prioritizing the season schedule, and encouraging an athlete throughout a full season. Families are extremely important to the success of a team and the gym as a whole. Read further to understand the full scope of the commitment to a season of All Star Cheer.

Competitive All Star cheerleading is a big and rewarding commitment. Athletes participate in a team from June through April for a season. There is travel to competitions, choreography camps, clinics, and mandatory practices. Teams are for athletes that are serious about their sport and reaching their highest potential.



Team Divisions

Within our programs our teams are characterized by different divisions.

There is a team for everyone!

Intro to Cheer

Our intro to cheer team is our most beginner level of cheer. It is available to athletes that want to learn what cheerleading is, but are not ready to commit to a season. Athletes can be all ages and abilities.

FUNdamentals

Our FUNdamentals of cheer teams are foundational teams. They experience a mini season from January-April and have one performance to showcase their hard work and new skills.

Novice Teams

Our Novice teams are our half season, pre competitive teams. They perform their routine locally many times throughout their season. While stunting skills are done as a team and will evolve in difficulty throughout the season, tumbling and jumping skills are self paced.

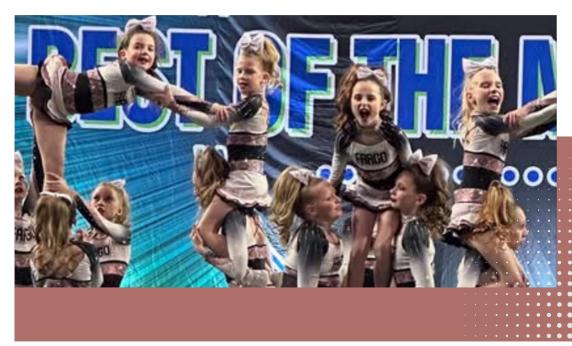
Prep Teams

Our prep teams are preparatory full season competitive level teams. Age and skill level requirements apply to these teams. Athletes are required to have the majority of skills for their level in order to compete on the team, while they may be learning and introduced to other level skills during training season. Prep teams compete a 2 minute routine regionally and have different routine rules and score sheets than elite.

Elite Teams

Our elite teams are comprised of athletes that are technically sound in all areas of their level. Depending on team placements, elite teams will either compete their 2.5 minute routine regionally or nationally. Usually, athletes have previous cheer and gymnastics experience prior to making an elite team.





Competitive Programs

Fargo All Stars offers different competitive programs that vary by level of weekly commitment, level of travel, age level, and skill level. Athletes will be placed on a team based on family commitment level, age, and skill level. Teams will be reevaluated prior to choreography to assure that every child is on a team that they will be successful on all season. Families are not able to request a specific team for their child to make, but are able to request specific commitment level teams or a younger aged team for their child.

Regional Elite & Prep

The intention for this program is to house the vast majority of our competitive athletes. Teams will either compete in the prep or elite divisions depending on ages and skill levels at team placements. Regional teams will travel to compete regionally. They will not be competing for an All Star Worlds bid. Families are able to request to only be considered for a regional team, to limit the commitment to travel to All Star Worlds and other bid events every year, while still participating on a competitive team.

National Elite

The intention for this program is to house the athletes with previous competitive experience who are passionate about striving for a title at All Star Worlds. These athletes must excel at mental toughness, coachability, and competitive spirit. These athletes are selected by coaches not because they have the highest skill level, but because their technical understanding of their sport and technical approach to skills is outstanding. Their goal is to not only win but to be undeniable in a way that will earn them a paid bid to All Star Worlds where their goal is to be nationally ranked. They will travel nationally January-April to pursue bids. All national competitive team members must already have every skill necessary to compete at their level or specialize in an area that is crucial to team success.

Open Score Sheet Age Grids & Skill Levels

Prep and Elite teams compete under strict age and skill guidelines. The age grid is inflexible, but we are able to create new teams based on team placements needs that can grow with our athletes. Skill level expectations are also inflexible in their technique. It is better for athletes to compete at a level they already have mastery of, then to be chasing a higher level team than they can successfully compete at. Judges have hawk eyes and are relentless on the technical side of the score sheet. Athletes can and will train higher level skills, once they have mastery at their level. Athletes should go into choreography camp to learn choreography and performance value, not level skills.

We follow the Open Championship score sheet because of the integrity and thought that goes into their score sheets and events. The Open Score Sheet was recently created to push back against the monopoly that had been created in All Star Cheer over the last twenty years, where many cultural and economic issues had arouse.

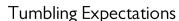
At Open Championship Events all teams compete against each other to see who can max out their score sheets based on the number of athletes on the floor (no D1/D2 split). This creates honest and enthusiastic competition against the best of the best, that all teams and gyms can grow from. The open score sheet and events celebrate small gyms and have been a champion of creating accessible events and divisions across the nation to create a culture of inclusivity.

The creators of both the Open Championship Series events and the Open Score Sheet have the biggest hearts in the industry and truly believe in pushing our sport forward with ethical competition and opportunities.



Age Grid Birth Years

Tiny: 2018-2020 Mini: 2016-2020 Youth: 2012-2020 Junior: 2009-2020 Senior: 2006-2015

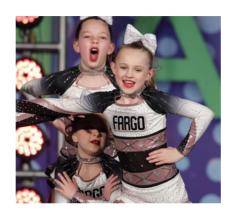


Level 1: Front & Back walkover Level 2: Front & Backhandsprings Level 3: Front & Back Tucks

Level 4: Whips, Layouts, Front Step Outs

Level 5: Full Twisting & Arabians

Level 6: Double Twisting



Stunting Expectations

Level 1: Preps, 1/4 Twisting

Level 2: Extensions, 1/2 Twisting

Level 3: SL Extensions, full twisting

Level 4: SL Extensions, 1.5 twisting

Level 5: SL 1.5 twisting extension

Level 6: SL double twisting extension

Program Breakdowns

	Regional Prep	Regional Elite	· · National Elite
Tuition June 1st-April 1st	\$150	\$200	\$255
Uniforms	\$400 Due July 15th	\$600 Due July 15th	\$600
Practices	Tuesday & Thursday I hour practices	Tuesday & Thursday 1.5 hour practices	Tuesday & Thursday 2 hour practices
Choreography	August 11th-14th Daytime & Evening	August 4th-10th Daytime & Evening	August 4th-10th Daytime and Evening
Performances	3-5 local performances	3-5 local performances	3-5 local performances
Competitions	3-5 one day competitions	3-5 one & two day competitions	5-7 one & two day competitions

^{***}Practices will take place between 5:00-9:00pm at Fargo All Stars and will be announced at team reveals.

Uniforms

Uniforms can be purchased new as a full set which will include a 10% discount, or new as individual pieces. Uniforms can be reused each season, traded, or purchased used from the gym or other families when available. The current uniform style will be used for season 4-6 with a new design in season 7.

Prep	Uniform Top	Uniform Skirt	Practice Top #1	Practice Top #2	Scrunchy
	\$155	\$155	\$55	\$55	\$20

Elite	Uniform Top	Uniform Skirt	Practice Top #1	Practice Top #2	Jacket	Bow
	\$175	\$155	\$55	\$55	\$195	\$25

^{***}Competition availability will depend on event hosts and their locations.

^{***}The Competition schedule will be released in September, with a tentative schedule being released at team reveals.

Attendance

Practices are mandatory for competitive all star athletes. Cheerleading is not like other sports such as hockey, volleyball, or basketball that have a string of athletes available on a bench to sub in throughout a game. Every single athlete is vital in the success of a routine. Cheerleading is like building with legos, there are flyers, bases, spotters, tumblers, jumpers, and dancers. Every single athlete is necessary to practice routines.

Practice attendance is more lenient throughout summer, but is mandatory after choreography camp in August.





Practices

Practices will take place for competitive athletes on Tuesdays and Thursdays between the hours of 5:00-9:00pm. Practices are mandatory for the success of the team. School concerts, funerals, and weddings are often not known prior to committing to a season. Communicate early with coaches to arrange absences that are permitted throughout the season.



Choreography Camp

Choreography Camp in August is required for any competitive athlete to attend in order for them to remain on a team throughout the season. These camps for Elite and Prep athletes take place throughout the day and into the evening. National Elite athletes will also have a mandatory choreography cleanup camp during the winter.

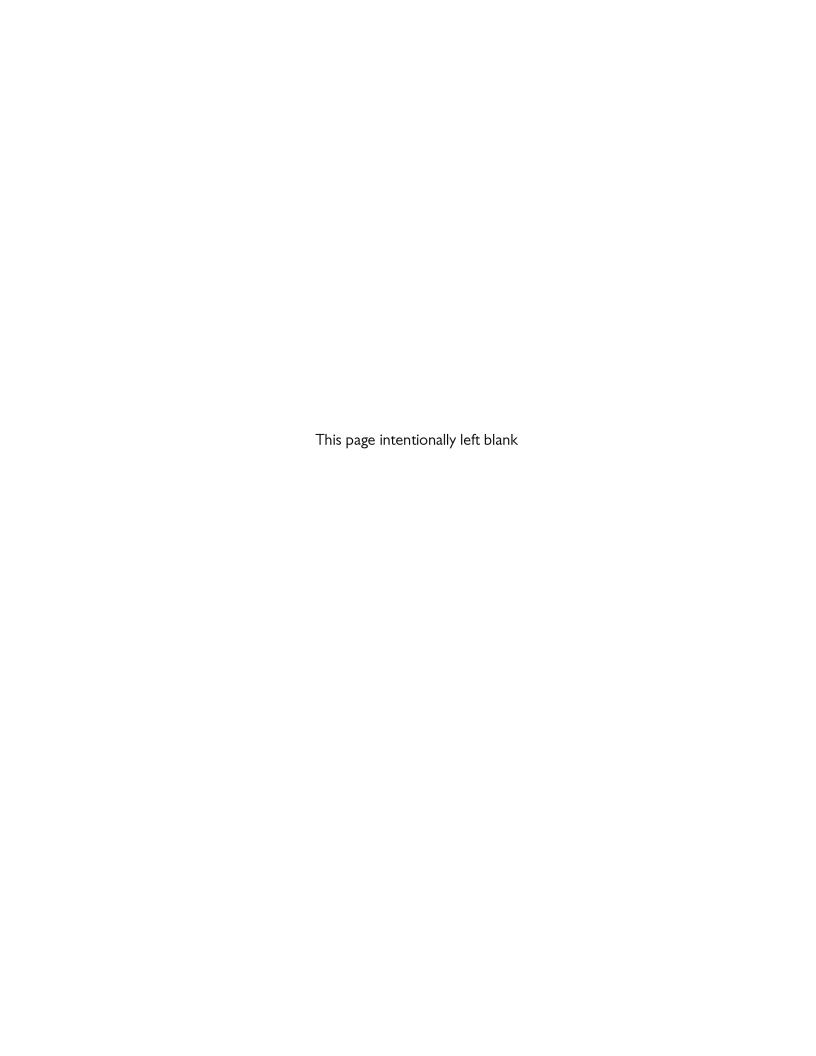


Competitions & Performances

Competition and Performance attendance are mandatory. The team cannot perform without a full team. Protect the investment of our athlete and the investment of every other child and family by prioritizing the competition and performance schedule.



Clinics throughout the season are optional, but highly encouraged. Athletes are able to work on individual skills throughout summer, but focus on team skills after choreography. Clinics are a great way to continue working towards personal goals.



Family & Athlete Agreement

This agreement, acknowledging the expectation and commitment to being on a competitive team, must be signed and returned to Fargo All Stars

Customer Service prior to the first day of practice of the season.

General

- I understand that the competitive cheer season is a full year commitment from June April. The season for Locally performing teams is October to April.
- I understand that tryouts take place in May, either through registering for and participating in May Camp or doing a team placement evaluation with a separate cost and schedule. Participation in summer practices is not optional, though attendance is more flexible until choreography camp in August.
- I understand that athletes may or may not be accepted onto a team for extenuating circumstances that limited their opportunity to participate in May Camp or team placements in May. Athletes that request a placement after May, may participate in the season as an alternate. Athletes that request a team placement after the start of the season, will be responsible for all fees that have been paid by team athletes to date.
- I understand that throughout the season coaches will make changes to routines for a variety of reasons.

 Athletes should expect this and be prepared for their roles within a routine to change. Coaches also reserve the right to change a team's competitive division during the season including updating a teams level.
- I understand that it is the parent's responsibility to stay informed by checking emails, the newsletter, and Facebook groups regularly. If I am not receiving emails, I will contact the front desk immediately.
- I understand that I may not reproduce any clothing or gear that contains the name or logo of Fargo All Stars unless there is written consent from the Fargo All Stars owner.
- I understand that my contact information will be provided to my athlete's team's families in order to ease communication and to promote inclusivity throughout the season.
- I understand that my child's image may be used throughout the season in Fargo All Stars social media, newsletter, marketing, and team photography dates.
- I understand that Fargo All Stars policy for addressing complaints is to wait 24 hours to allow emotions to settle prior to sending an email. This does not include immediate safety or bullying concerns.

Conduct

- I understand abusive behavior including but not limited to bullying, on-line bullying, negative language by athletes or parents directed at a fellow athlete, coach, parent, choreographer, official or competitor will not be tolerated. Athletes and families must conduct themselves in a manner that reflects positively on themselves, their family, and their gym.
- I understand Fargo All Stars will not accept anything that undermines the culture of FASG. Whether that be gossiping, a child coming in and spreading negativity to and around other athletes, or a parent coming in and spreading negativity to and around other athletes, parents, or coaches.
- I understand hateful emails, social media posts, or messages to any member or representative of Fargo All Stars will not be tolerated.
- I understand I can book a meeting with coaches or ownership to address concerns but being a negative influence that spreads attitudes that are not conducive to learning and improvement is unacceptable.
- I am aware that if any of the above occurs in person or over social media/online, it will be grounds for dismissal from the program.

Competitions

- I have reviewed the competition commitment and understand that a full commitment to attend ALL competitions and performances as scheduled is mandatory.
- I understand that athletes who miss a competition may be removed from the routine or moved to a different position in the routine for the remainder of the season.
- All transportation to and from competitions is the sole responsibility of parents.
- I understand that we live in the upper Midwest and often have undesirable weather. Competitions run regardless of the weather, and I understand that we will still be required to attend the competition.
- I understand that competitions schedules and times are decided on by the event host and that Fargo All Stars will provide itineraries the Tuesday leading up to the event or as soon as times have been communicated to the gym and will be regularly updated on the website.
- I understand that there is an expectation to arrive to competition meet times in full uniform, hair, and makeup on time. There will be a \$50 fee withdrawn from the account on file on competition days for coaches to assist in styling hair or makeup after the meet time of a competition if athletes arrive unprepared or without appropriate team hair and makeup. Before and After pictures will be taken for families.
- I understand that only Fargo All Star coaches should communicate with event hosts unless otherwise communicated by the Fargo All Stars gym owner.
- I understand that competition fees are built into tuition and are nonrefundable.

Attendance

- I understand that practice attendance is MANDATORY. All efforts will be made to attend all team practices. I will respect the time and investment of the other athletes and families attending practices and will prioritize this time each week.
 - Practices should not be used as a punishment for athletes. If parents are struggling with behaviors at home, we encourage you to reach out to coaches. If parents choose to reach out to coaches, they can work together to provide solutions to support the athlete while growing into their best selves.
 - In the Upper Midwest, we expect cold and flu season to hit hard and unfortunately it correlates directly with competition season October-April. Take precautions to stay healthy, get extra sleep, eat foods high in vitamins, and wash hands frequently and thoroughly. During competition season, we will ask athletes to wear a mask and come to practices unless they have a doctor's note. Consider that if every athlete misses I practice in a month for flu season, the team will not be able to run their routine for an entire month during flu season. Athletes that are not feeling well will have the option to attend practice and sit out if they are unable to participate or take frequent breaks as necessary to be able to participate in what they can.
 - We live in the Upper Midwest and expect harsh weather throughout all our seasons. The gym will
 monitor weather for excessive heat of 100+ degrees and winter weather resulting in local interstates
 being closed. The gym will announce cancellations by 2:00pm. The gym does not follow school
 cancellations as weather can change throughout the day and roads are often able to be cleared by
 evening when practices occur.
- I understand that all choreography camps are mandatory. Missing a choreo camp will result in an athlete not being included in choreography.
- If an injury is incurred, athletes must still be present at practices (sitting out on the side and/or doing what they can) to keep up with the routine and learn choreography.
- If an injury keeps an athlete from participating in practice, Fargo All Stars requires a doctor's note clearing to return, BEFORE they may participate again.
- I understand that time management is expected. Although school is the #1 priority, homework/tests and studying are not valid excuses to miss practice.
- I understand that coaches have the right to remove a member from performing at a competition or change their position in a routine if they miss a team practice within 2 weeks leading up to a competition or if an athlete misses an excessive amount of practices in a season for any reason including outside activities, illnesses, or vacations. When this happens, the athlete will be put back into the routine at the most convenient time deemed by the coaching staff. Understandably, the athlete may NOT return to their previous roles/spots/formations in order to keep transitions and changes the simplest for the entire team. No competition fee refunds will be provided for removal from a competition due to attendance.

Anti Bullying Policy & Action Plan

Bullying of any kind is unacceptable at Fargo All Stars and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. We are committed to providing a safe, caring and friendly environment for all of our athletes.

The objective of this policy and action plan are:

- To make it clear that Fargo All Stars will not tolerate bullying of any form.
- To define bullying and give everyone a good understanding of what constitutes as bullying
- To make it known to all that there is a policy and protocol should an issue arise.
- To make how to report bullying clear and understandable

What is Bullying?

• Bullying is defined as a severe or repeated use by one or more people of oral, written, electronic or other technological expression, images, sounds, data or intelligence of any nature (regardless of the method of transmission), or physical act or gesture, or combination thereof, directed at any other member that to a reasonably objective person has the effect of: causing physical or emotional harm to the other member or damage to their property; II. placing the other member in reasonable fear or harm to him/herself or damage to his/her property; III. creating a hostile environment for the other member at any Fargo All Star activity; IV. infringing on the rights of the other member at any Fargo All Stars activity; materially and substantially disrupting the training process or the orderly operation of any Fargo All Stars activities (which for the purpose of this section shall include, without limitations, practices, workouts, competitions or other events of gym programming).

Reporting Bullying:

- An athlete who feels that he or she has been bullied is asked to do one or more of the following things:
- Talk to your parents
- Talk to a team coach, program owner or other designated individual
- Write a letter or email to the team coach or program owner.
- There is no express time limit for initiating a complaint under this procedure, but every effort should be
 made to bring the complaint to the attention of the appropriate program leadership as soon as possible
 to make sure that memories are fresh and behavior can be accurately recalled and the bullying can be
 stopped as soon as possible.

How We Handle Bullying:

If bullying is occurring at Fargo All Stars related activities, we stop bullying immediately using the following steps:

- Intervene immediately
- Separate the kids
- Ensure everyone is safe
- Get all the facts for involved children
- Determine if it is bullying
- Address the behavior to ensure the child knows their behavior is wrong and harms others.
- Work with the child and parents to understand some of the motives of the bullying.
- The child who bullied will have to make amends by writing a letter apologizing to the individual who was bullied.
- Follow up with athletes and parents to ensure the bullying issue is resolved.
- Ultimately, the safety of all athletes is the primary concern of Fargo All Stars. It is at the discretion of the owner to remove an athlete from the program if bullying is continued.

Tuition

- I understand that an integral part of Fargo All Stars mission is to strive to keep all star cheerleading affordable and accessible to all athletes that are passionate about participating in a team.
- I understand that my competitive team tuition has already been discounted by Fargo All Stars and that all tuition is final and non refundable. The actual cost of tuition to the gym versus the tuition that Fargo All Stars receives from families is described in detail on the following page.
- I understand that the gym offsets this reduced team pricing through other programming in order to keep all star cheerleading as inclusive and affordable as possible for the Fargo-Moorhead community, allowing athletes to participate who would otherwise be outpriced by the actual cost of all star cheerleading.
- I understand that the success and participation in other programming at Fargo All Stars directly impacts the ability of Fargo All Stars to continue offering accessible team tuition to all Fargo All Stars athletes and their families.
- I understand that the Fargo All Stars Family Non Profit (fargoallstarsfamily@outlook.com) is a free resource that I can utilize for fundraising opportunities to further offset the cost of tuition and uniform fees.
- I understand that the Fargo All Stars Family Non Profit is not part of the Fargo All Stars gym.
- I understand that I can request scholarship funding at the beginning of the season from the Fargo All Stars Family Non Profit, but am not guaranteed a scholarship amount and remain financially responsible for my tuition.
- I understand that my tuition is due on the 1st of the month, and must communicate prior to this date any need for a payment plan to Fargo All Stars. Communicating a need for a payment plan prior to the 1st of the month will not result any penalties or late fees. However, after the 5th of the month, delinquent accounts without a payment plan on file will be charged a \$25 late fee.
- I understand that if I have a payment plan on file, but do not meet the obligation of the payment plan, then my child will not be able to participate in practices, competitions, or FASG events until the account is brought current with the payment plan.
- I understand that my tuition is inclusive of competition registration fees, choreography fees, music fees, coaches travelling fees, and practice fees.
- I understand that I am responsible for the cost of the uniform and practice wear.
- I understand that accounts that bounce due to insufficient funds will receive a \$10 fee on their account to offset the cost incurred by the gym when billing the account.

Tuition Fee vs. Actual Cost to Gym

- Regional Prep Team: The tuition per month starting June 1st through April 1st is \$150 which totals \$1,650 annually.
 - A regional prep athlete's actual cost to the gym is \$1,979 annually covering:
 - 81 hours of in season practice hours at \$15 per hour= \$1,215 per athlete
 - 4 comps (4 days of competitions) costing \$50 registration per comp day= \$200
 - Coaching fee & travel for 4 comps at \$750 per comp to the gym divided by the number of athletes on a team. Including coaches pay, meals, rental vehicle and gas, hotels, etc.
 - Local performance coaching fees of \$100 per day for 3-5 performances divided by the number of athletes on a team
 - Choreography fees of \$125 per athlete
 - Music fees of \$65 per athlete
- Regional Elite Team: The tuition per month starting June 1st through April 1st is \$200 which totals \$2,200 annually.
 - A regional elite athlete's actual cost to the gym is \$3,323 annually covering:
 - 121.5 hours of in season practice hours at \$15 per hour= \$2,430 per athlete
 - 5 comps (9 days of competitions) costing \$80 registration per comp day= \$720
 - Coaching fee & travel for 5 comps at \$900 per comp to the gym divided by the number of athletes on a team. Including coaches pay, meals, rental vehicle and gas, hotels, etc.
 - Local performance coaching fees of \$100 per day for 3-5 performances divided by the number of athletes on a team
 - Choreography fees of \$250 per athlete
 - Music fees of \$75 per athlete
- National Team: The tuition per month starting June 1st through April 1st is \$255 which
 totals \$2,805 annually. The cost of attending All Star Worlds is not included in this fee
 and will be pulled from my account in March of 2026 in total of \$375 upon receiving a bid
 to All Star Worlds.
 - A national athlete's actual cost to the gym is \$4,471 annually covering:
 - 162 hours of in season practice hours at \$15 per hour=\$2,430 per athlete
 - 6 comp (11 days of competitions) costing \$80 registration per comp day= \$1,180
 - Coaching fee & travel for 6 comps at \$900 per comp to the gym divided by the number of athletes on a team. Including coaches pay, meals, rental vehicle/gas/flights, hotels, etc.
 - Local performance coaching fees of \$100 per day for 3-5 performances divided by the number of athletes on a team
 - Choreography fees of \$250 per athlete
 - Music fees of \$75 per athlete

Handbook & Agreement Acknowledgment

I have read and reviewed the Competitive Team Handbook and the Athlete & Family Agreement document. I agree to the terms and policies of Fargo All Stars and am electing to participate in a competitive program.

I understand that by signing up for a team, I am committing to the entire season. I understand that athletes and families may be released from their contracts should they not be able to fulfill the obligations of a season. I understand quitting must be provided in written form to the gym owner and customer service by the I5th of the month. I understand that quitting after the I5th day of the month will result in a final payment for the following month charged to the account on file or the account will be sent to collections.

I understand that quitting a competitive team at any time after choreography has been completed in August will result in a \$250 rechoreograph fee that will be withdrawn from the account on file the day the written quitting notice is received or will be sent to collections.

I acknowledge and agree to the terms and final withdrawals upon quitting a team.

Please sign and return to customer service prior to the athletes first day of practice.

Date	Signature of Athlete	Athlete printed name		
 Date	 Signature of Gaurdian	Guardian printed name		