



# FARGO ALL STARS

RELENTLESS POSITIVITY

# NEWSLETTER SEPTEMBER '25



## INSIDE THIS ISSUE...

- Labor Day Closure
- Tumbling Clinic
- Jr Coaching Program
- Parents Night Out
- Fall Parades & Events
- Theme Practice
- Team Practice Essentials
- Annual Block Party
- Message from FASF

Hi! My name is Anika. I currently coach the Starbies team, team tumbling classes, as well as private lessons. I've been part of the FASF coaching staff for nearly 3 years and have a total of 8 years of coaching experience. Before coaching, I was a competitive gymnast for 15 years, eventually reaching Level 9. During that time, I also spent two years as an exhibition cheerleader, coached by Coach Nikki! Tumbling is my favorite area to coach —due to my years as a gymnast.

I'm originally from Fargo, ND, but I went to middle and high school in Bismarck. Currently, I'm a senior at Concordia College, working toward my bachelor's degree in neuropsychology.

Outside the gym, I spend most of my time working as a nurse intern at Sanford, studying for school, and connecting with friends.

After a gymnastics injury forced me to step away from the sport, I was not ready to be done. That's what led me to coaching—and eventually reuniting with Coach Nikki. I'm so grateful to be part of such a positive, supportive environment with incredible coworkers and athletes. I'm excited for another amazing season with Fargo All Stars!

**Coach Anika**



# WE WILL BE CLOSED ON SEPTEMBER 1<sup>ST</sup> FOR LABOR DAY.

## ■ TUMBLING CLINIC



Don't miss out! We're hosting the first tumbling clinic of this school year with our most requested, advance-level coaches on **9/5 5:30-7PM**. September clinics will cover kickovers, walkovers, handsprings, and tucks/twist/layouts. All participants must meet the listed prerequisites for each clinic, or they may be reassigned to appropriate level. Open to the public—spots are limited. Register today through Parent Portal > Booking > Clinics.

## ■ JUNIOR COACHING PROGRAM OPEN



The Junior Coaching Program is now open for registration! Designed for middle schoolers interested in becoming coaches, this program is free, requires no prior experience and does not require participants to be enrolled in a tumbling class or on a team. The program starts on Sept. 8th with classroom learning. Beginning in October, junior coaches will gain hands-on experience by assisting with the Novice team. They will meet on **Mondays 6-7PM starting 9/8**. Register through Parent Portal > Find a Class.

## Register for Novice Cheer!

**Oct. 6 – April 13 | Monday 6PM - 7PM**

**Ages 4 and up**



**Local performances**



**Uniform**



**Full routine**

## ■ PARENTS NIGHT OUT



Our PNO offers 4 hours of fun-packed evening with crafts, open gym, facepainting, and more! Drop off and pick up at any time between **5-9PM on 9/19**. Don't forget to bring food and a water bottle! All participants must be able to use bathroom independently. Pre-registration is required. \$29/child  
Parent Portal > Booking > Parents Night Out



## Falling Into Fall

Follow Us on



@FargoAllStarsGym



## ■ FALL PARADES AND COMMUNITY EVENTS



We are excited to participate in several community outreach events, including **West Fest (9/20)**, **Concordia Homecoming Parade (10/4)**, and **Walk to End Alzheimer's (10/4)**. Our cheer team athletes are invited and encouraged to join these events as a way to represent the gym and engage with the community. Further details, such as meeting points and drop-off/pick-up times, will be sent out via email the night before each event. Please note that all participants must register through the Parent Portal at least one day prior to the event to ensure proper communication.



Sept Theme Practice  
**COLOR ME PINK**  
**9/16 (TUE)**

## ■ PRACTICE EXPECTATIONS

All cheer team athletes are expected to arrive at practice ready to go—wearing a high ponytail, cheer shoes, and white socks. They must also bring a water bottle to avoid trips to the lobby that distract other teams and take away from valuable practice time. *Beginning in September, the gym will no longer provide hair ties or water cups.* If an athlete needs these items, their account will be charged \$1.

## ■ ANNUAL BLOCK PARTY!

Join us for our annual block party on **9/14 4:30–6:30PM!** We will have various carnival games and tables—face painting, cake walk, pick-a-duck, mini golf putting, and more. Each activity costs just 1 ticket, and tickets are only \$1 each. Win small prizes, snag delicious treats at the bake sale, and celebrate our gym and make memories! Come hungry, because Effie's Food Trailer and Pizza Done Right will be serving up family-friendly meals, with gluten-free options available. The gym will be open with bouncy houses ready for the little to jump and play!

## ■ MESSAGES FROM FASF

- 🍪 Calling all Bakers! We need baked goods for our bake sale at the Block Party! Check your email or Facebook Parent page for sign up!
- 🍕 Dominos Donate the Dough Fundraiser coming up Sept. 16–30. Watch your email for details!
- ✓ Follow FASF on Social Media, we are on Facebook and Instagram!



Follow Us on



@FargoAllStarsGym