



FARGO ALL STARS
RELENTLESS POSITIVITY

NEWSLETTER SEPTEMBER '26



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Coach Lydia coaches Team Starlights and Starstruck, and teaches Tiny Tumblers and Level 2 Tumbling. She has been involved in gymnastics and cheer since age 3. Her favorite skill to teach is the back handspring, because it's the foundation of all power tumbling skills.

Coach Lydia was a member of our National Elite Level 3 team, Supernova. After high school, she hopes to attend NDSU to study radiology. Her favorite class at school is math. She resides in Fargo with her mom, brother, dog Dakota, and cats Nina and Charlie. This is Coach Lydia's 4th year coaching at Fargo All Stars. She especially cherishes the friendships she's built with fellow FASG coaches. What she loves most about coaching, though, is the opportunity to build meaningful relationships with her students and watch them grow.



**Coach Lydia, right,
with Coach Emily, left**

PARENTS NIGHT OUT (9/25)



REGISTER NOW



Let us take care of the kids while you take the night off! Drop off and pick up between 5–9 PM on September 25th. 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



Join our half year cheer team! Learn a full routine and perform locally in uniform. You will have a blast being part of a team while learning to stunt, tumble, and dance.

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

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

HOMESCHOOL TUMBLING CLASSES



Daytime tumbling class for our homeschooling families! Build skills, and enjoy some movement! Classes are offered bi-weekly on Wednesdays, with sessions available at 12:30 (for 6 & under) or 1:30 (7 & up). The cost is \$18 per student per class, and pre-registration is required. Families must register for each date they wish to attend; the roster will not be automatically renewed.

New Enrollment > Register > Homeschool Tumbling

SKILLS CLINIC (9/11)



September Skills Clinic is the first skills clinic of the year! Join us on September 11th from 5:30–7:00 PM for focused skill development across four levels, including walkovers, handsprings, round-off handspring series, tucks and more. Please review the pre-requisite requirements for your desired level before registering to ensure you're signing up for the appropriate class.

REGISTER HERE



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■ JUNIOR COACHING PROGRAM

Program starts on September 14th, and is open to athletes ages 11+ and in 6th grade or above. Junior Coaches will learn coaching fundamentals, how to teach tumbling skills, and how to build teams. Classroom training is required in September before assisting with Novice teams beginning in October, with a commitment through April. After completing the program and turning 14, participants may apply for a paid coaching position at Fargo All Stars. This program is open to the public.

New Enrollment > Register > Novice Cheer 2026–2027 > Junior Coaching



Sept Theme Practice
COLOR ME PINK
SEP 24TH



■ MESSAGES FROM FASF

- Upcoming Events
 - Tacos for A Cause!!
 - Who: EVERYONE...invite your neighbors, co-workers, bring your entire family...
 - What: to help fundraise dollars for our scholarship program.
 - When: September 3rd from 5 -7pm
 - Where: Icewind Brewing (349 Knutson St, Mapleton, ND)
 - Tailgating Party!!
 - Who: All Cheer Families
 - What: Gym Team Building Event to kick off the season
 - When: September 20th from 11-2 pm.
 - Where: The East Parking Lot of the Gym
- Upcoming Fundraising Opportunities/Information; be on the lookout for more fundraising opportunities this fall/winter...
 - ButterBraids – October, tentatively
 - Kinder Coffee – November or December
 - Dine to Donate at Texas Roadhouse.
- Know of a business or organization that may support a gym fundraiser? We'd love to hear from you! fargoallstarsfamily@outlook.com
- FASF Foundation is a parent-led board focused on scholarships, fundraising opportunities, and easing financial burdens for Fargo All Stars families.
- Interested in joining our board or getting involved? Email us!

FASF Foundation and Fargo All Stars Gym are separate entities.

■ Facebook: [FASF Foundation](#) 📷 Instagram: [@fargoallstarsfamily](#)