

# FARGO ALL STARS *TEAM HANDBOOK*



**RELENTLESS POSITIVITY**

**2023-2024**

**Season 3**

# WELCOME TO OUR FAMILY



**Our culture is distinguished by:**

**Relentless Positivity**  
**Recognizing Greatness**  
**Trust**  
**Failing Forward**  
**Competitive Mindset**  
**Personal Accountability**

# TABLE OF CONTENT

- 1 Fargo All Stars Mission
- 2 Division Guide
- 3 Program Descriptions
- 4 Age & Level Guide
- 5 Fees & Uniforms
- 6 Team Policies & Communication
- 7 Performances and Competitions
- 8 Performance Policies

# FARGO

*All Stars*

# MISSION



*“An inclusive haven of relentless positivity.”*

Through inclusivity, positive double-goal coaching, and perseverance, we want to support all athletes in pursuing their goals to explore their limitless potential.

While many skills are individually developed, a routine cannot function without the collaboration and synchronization of an entire team. Athletes *literally* hold each other up while putting on a seemingly effortless high energy performance. This type of trust, dedication, and teamwork creates a family of athletes, families, and coaches.



# FARGO ALL STARS

## KNOWING THE LEVELS

Understanding the breakdown of all star cheerleading can be confusing at first, but here is a helpful guide!

Teams are placed into brackets like this:

Division	Program	Age	Level
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- Division: D1 gyms are over 126 athletes, D2 are 125 or less
  - FASG is a D2 gym because in our prep and elite programs combined we have less than 125 athletes.
- Program: Fundamentals, Novice, Prep, Elite
- Age (birth year): Tiny, Mini, Youth, Junior, Senior, Open
- Level: Routine Level 1, 2, 3, 4, 5, 6, or 7
  - 1.1 ← levels with decimals are stunt.tumbling levels



# FARGO ALL STARS

## *TEAM PROGRAMS*

### ✓ **FUNdamental Camp (Sessions) 1 hour weekly**

FUNdamental camps are an introductory camp that teaches kids the basics of cheerleading. Participants learn how to stunt, tumble, and dance in a routine they perform on the last day for family and friends.

### ✓ **Novice (October-April) 1 hour weekly**

Novice teams are locally performing teams that practice for half of a regular season. Teams will learn a full routine, though no experience is necessary. The team will perform their routine at local events throughout the season.

### ✓ **Prep Teams (June-April) 3 hours weekly**

Prep teams are regionally competing teams, with a limited travel schedule. Routines are 2 minutes long and incorporate the same tumbling and stunting requirements of an elite team.

### ✓ **Elite All Star (June-April) 4 hours weekly**

Elite Teams travel to earn a bid to All Star Worlds. All level skills are needed to join that level team. Routines are 2.5 minutes long and incorporate stunting and tumbling skills specific to the level.

# FARGO ALL STARS

## TEAM PLACEMENTS

- Athletes are placed on teams based on their ages and skill levels.
- Crossover placements will be dependent on team need.
- Athletes social, emotional, physical, and mental needs are all considered at placements.
- May Camp allows placements based on teamwork, stunting skills, tumbling skills.
- Individual evaluations do not allow for the most informed placements.
- Athletes may be asked to move teams during the season if skills are not maintained to a safe, successful, and confident level during routine full outs and performances.

## ATHLETE AGES

It is best for athletes social and emotional development to be placed on a team with their same aged peers. Sometimes it is necessary to move athletes to another qualifying age grid to better meet their physical needs.

✓ **Tiny**  
2016-2018

✓ **Youth**  
2011-2018

✓ **Senior**  
June 2004-2011

✓ **Mini**  
2014-2018

✓ **Junior**  
2007-2016

✓ **Open**  
2009-or before

## TUMBLING LEVELS

Only 25% of athletes on a team can fall outside of tumbling proficiency before majorly impacting scoring. Athletes must have all level skills to be considered proficient at a level. Teams are chosen on this ratio.

✓ **FUNDamentals**- Safety Roll, Bridge, Handstand, Forward Roll, Bear Crawl, Log Roll

✓ **Basics**- Backward Roll, Bridge Kickover, Handstand Bridge, Handstand Forward Roll, Cartwheel

✓ **Level 1**- Back Pike Roll, Backwalkover, Frontwalkover, Handstand Hops, Power Round-Off

✓ **Level 2**- Dump Over, Back handspring, Front handspring, Dive Roll, Round Off- Handspring

✓ **Level 3**- Extension Roll, Back handspring Series, Fly Spring, Front Tuck, Round Off-Hand-Tuck

✓ **Level 4**- Layout, Standing Tuck, Front Layout, Front Layout, Front Tuck S/O, Whip Series

✓ **Level 5**- Layout Full, Standing Full, Front Full, Arabian, Whip-Full



# WHAT TO EXPECT FEES

There are additional fees to consider when joining a team:

- 1 **Monthly Tuition, Extras- Classes, Clinics, Camps**
- 2 **Uniform, Shoes, Practice Wear**
- 3 **Team Fees -Competitions, Coaches, Choreography**
- 4 **Travel-Admission, Hotel, Food**

Though All Star cheerleading is notoriously an expensive sport, Fargo All Stars was built by coaches that believe that this sport is meant for everyone and equity in youth sports is essential to celebrating inclusivity and equality. Fargo All Star athletes are supported through a complete scholarship program from the separate non profit, The Fargo All Stars Family. Families are able to benefit from the non profit when needed and support through donation when able.



# FEE BREAKDOWN

*(uniform not included)*

## ● **Novice Program Fees**

\$80 - Monthly Tuition (Oct 1st -April 1st)  
Annual Team Cost (7 months): \$455  
CCC- \$100

## ● **Prep Program Fees**

\$155 - Monthly Tuition (June 1st -April 1st)  
Annual Team Cost: \$1,100  
CCC-\$600

## ● **Elite Program Fees**

\$225 - Monthly Tuition (June 1st -April 1st)  
Annual Team Cost: \$1,375  
CCC-\$1,100

Fees are subject to change prior to and in season.

*\*Monthly Tuition will cover all fees, so there are no longer large fees pulled throughout the season*

*\*CCC- Coaching, Competitions, Choreography*

# FARGO ALL STARS

## *FEE ASSISTANCE PROGRAMS*

### All Inclusive Travel Program

Dependent on chaperone volunteers,  
as coaches *cannot* be responsible for minors at events.

- Chaperone costs are covered as outlined in each package
  - *Does not include admission to event or additional children's stay*
  - Must submit to a background check, or show proof of current green light background check.
  - Chaperones will stay with their child and 2 other children
  - Chaperones will be asked to pick up and drive the rental vehicle, meeting athletes at the gym parking lot.
- Available to athletes born in 2007+ and participating siblings.
  - **\$150 Single Night Package:** 2 athletes per room + Chaperone/their athlete
    - Includes: Travel, Hotel, Travel Day Supper, Competition Day: Breakfast, Lunch, and Supper.
  - **\$250 Two Night Package:** 2 athletes per room + Chaperone/their athlete
    - Includes: Travel, Hotel, Travel Day Lunch & Supper, Competition Day: Breakfast, Lunch, and Supper for 2 days.

### Jr. Coaching Program

Volunteer and receive travel credits:

- Support recreational classes as a Junior Coach:
  - Available to athletes born in 2011 or older.
    - 3 classes per week for 1 month = Single night travel package credit
    - 5 classes per week for 1 month = Two Night travel package credit

Apply for a Junior Coaching Position

- Coach your own recreational classes
  - Available to athletes ages 14 years old (2009) and older
    - \$8-\$12 per hour starting wage based on age and experience

### Fargo All Stars Family (Non Profit)

- [FargoAllStarsFamily.org](http://FargoAllStarsFamily.org)
- Available to all community members!
- Fundraising: Opportunities to fundraise offered monthly throughout the season
- Scholarship Fund—Apply for partial or full scholarship based on families needs

# ORDERING UNIFORMS

*THE FINAL YEAR!*



## TEAM PIECES

*All Uniform Orders are due by June 15th and October 15th.*

### NOVICE

\$80 Uniform Top  
\$50 Uniform Bottom  
\$20 Hair Piece

### PREP

\$200 Uniform Top  
\$75 Uniform Bottom  
\$40 Practice Top 1  
\$40 Practice Top 2  
\$20 Hair Piece

### ELITE

\$250 Uniform Top  
\$100 Jacket  
\$75 Uniform Bottom  
\$35 Mesh  
\$40 Practice Top 1  
\$40 Practice Top 2  
\$20 Hair Piece

*It is highly encouraged to purchase used items as this is the final year that we will use these pieces. Parents will order the uniform pieces they need on the FASG website the week of their team's first practice.*

# FARGO ALL STARS

## TEAM POLICY

### No Practice Dates

- May 29th-30th
- June 1st-4th
- July 3rd-7th
- August 1st-4th
- September 4th
- October 17th-20th / 31st
- November 9th, 22nd-24th
- December 21st-31st
- January 1st
- February 13th-15th
- March 14th, 28th
- April 1st

- **Inclement Weather:** If we have to cancel due to weather, coaches will decide if a makeup practice is necessary for athletes success. An e-blast will be sent if practices are cancelled due to weather.
- **Practice Wear:** Practice wear will be required at every practice.
- **Practice is Mandatory:** Practice are 100% mandatory. There are ample breaks provided throughout the season for athletes to recover and relax their bodies. The team literally cannot practice without everyone present. Frequent absences or tardiness may result in removal from the team, loss of position, or removal for a competition. Athletes are required to be at all practices 2 weeks leading up to a competition, or a replacement athlete may take their spot at the competition.
- **Choreography Camp:** Choreo champ is mandatory for Prep & Elite Teams. Athletes cannot miss choreography camp for any reason.
- **Level Skills:** Athletes will be expected to maintain the skills that they showed at placements that placed them on their team. While mental blocks and lost skills happen, it is important that we address them as an athlete, coach, parent team. Coaches will immediately communicate with parents and the athlete will be required to enroll in an additional class and private lesson per week. If the skill is not corrected within a month, the athlete's support team will work together to decide if that team and level is the right fit for the athlete for the remainder of the season.
- **Performance Schedule:** The performance schedule is not optional. Athletes are expected to participate in all scheduled events in order to remain on their team.
- **Quitting:** When you register for a team, you are committing to a full season. Your choice to quit impacts an entire family of athletes. No refunds will be given and a final pull will be applied to all outstanding accounts.



# TEAM COMMUNICATION

Fargo All Stars strives to keep communication transparent and productive. In an effort to simplify communication the following processes will be used:

- 1 **E-Blast: Itinerary, Newsletter, Events**  
iClassPro - Subscribe to eblasts, check spam folder
- 2 **Website: Location for all team documents**  
FargoAllStars.com (Quick Links)
- 3 **Front Desk: Questions and Messages for Coaches**  
CustomerService@FargoAllStars.com 701-960-8698
- 4 **Owners Email: Concerns and Emergencies**  
NikkiandAlex@FargoAllStars.com
- 5 **Owners Phone: Communication at Performances**  
Nikki: 701-212-6569

Fargo All Stars does their best to respond to respond promptly to all communication. Please respect staff and owners' work-life balance as well. Please wait 24 hours after a practice or competition in order to pause and reflect before communication concerns.



# FUNDAMENTALS CAMPS

*Schedule will be finalized in September and is subject to change*

Summer

June-July

Winter

Jan-Feb

Fall

August-September

Spring

March-April

All Camp performances will take place on the final day of camp.  
All athletes will get a T-shirt and bow for their final performance!



# PERFORMANCES NOVICE

*Schedule will be finalized in September and is subject to change.*



Team Full Out Camp  
Fargo All Stars Parent Showcase



West Fargo Showcase



Davies High School  
West Fargo High School



Spirit of Fargo



Best of the Midwest



Grand Finale Showcase

All Novice performances will take place locally.  
Itineraries will be posted on the FASG website once the event host has released the schedule.



# PERFORMANCES PREP

*Schedule will be finalized in September and is subject to change*

Nov.

Team Full Out Camp  
Fargo All Stars Parent Showcase

Feb.

West Fargo Showcase  
WOW Factor- Minneapolis

Dec.

Davies High School  
West Fargo High School

Mar.

Spirit of Fargo  
Twin City Championship-MN

Jan.

Best of the Midwest- Fargo  
Valentines Classic-Sioux Falls

Apr.

Grand Finale Showcase

All Prep Competitions will take place regionally.  
Itineraries will be posted on the FASG website once the event host has released the schedule.





# PERFORMANCES ELITE

*Schedule will be finalized in September and is subject to change*

Nov.

Team Full Out Camp  
Fargo All Stars Parent Showcase

Feb.

West Fargo Showcase  
2/3-4, MCDA- Council Bluffs

Dec.

Davies High School  
West Fargo High School

Mar.

Spirit of Fargo  
Gold Rush- Chicago

Jan.

1/13, Best of the Midwest-Fargo  
Grand Nationals- Kansas City

Apr.

Battle of Midwest-Council Bluffs  
Grand Finale Showcase

**All Star Worlds**

**May 2024**

*Elite teams must earn a bid prior to March to attend*

All Elite travel competitions will offer bids to ASW.  
Itineraries will be posted on the FASG website once the event host has released the schedule.

# FARGO ALL STARS

## PERFORMANCE POLICY

	Summer Choreography FASG	Athlete Routine Camp FASG	Parent Showcase Local Showcase	Davies Invitational Local Showcase	West Fargo Invitational Local Showcase	Best of the Midwest Local Competition	POP Grand Nationals Kansas City, MO	Valentines Classic Sioux Falls, SD	Journey/MCDA Council Bluffs, IA	West Fargo Invitational Local Showcase	Celebrity/Rockstar Minneapolis, MN	Spirit of Fargo & 2 virtual Comps	Twin Cities Championships	Battle Midwest/Celebrity Council Bluffs, IA	Grand Finale Performance Local Showcase	All Star Worlds	End of the Year Banquet
	August	Nov.	Nov.	Dec.	Dec.	Jan. 13 <sup>th</sup>	Jan. 19-21 <sup>st</sup>	Jan. 27-28 <sup>th</sup>	Feb. 2 <sup>nd</sup> -4 <sup>th</sup>	Feb.	Feb. 17-18 <sup>th</sup>	March	April 6 <sup>th</sup>	April 6-7 <sup>th</sup>	April 12 <sup>th</sup>	April 18-21 <sup>st</sup>	April TBD
<b>Novice</b>																	
Little Dippers			X	X	X	X				X		X			X		X
Shooting Stars			X	X	X	X				X		X			X		X
<b>Prep</b>																	
Solar Flares	X	X	X	X	X	X		X		X	X	X	X		X		X
Galaxy Girls	X	X	X	X	X	X		X		X	X	X	X		X		X
<b>Elite</b>																	
Mini Moons	X	X	X	X	X	X	X		X		X	X		X	X	TBD	X
Eclipse	X	X	X	X	X	X	X		X		X	X		X	X	TBD	X
Super Nova	X	X	X	X	X	X	X		X		X	X		X	X	TBD	X

Anytime an athlete takes the mat in their uniform is a huge moment! Thank you for making it relentlessly positive, supportive, and exciting!

- Competitions are NOT vacations. The priority at all competitions, including end of season events, is the competition. It is NOT fair or supportive of FASG culture to treat travel competitions like a vacation and not prioritize nutrition, comp day rest, sleep, team events, awards, or supporting other FASG teams when the rest of the team is expected to.
  - This type of anti-cultural behavior will be addressed in a coach/parent meeting and will be grounds for an athlete to move teams or programs. Fargo All Stars is intentional with its culture and will protect it for the benefit of the gym, its programs, its coaches, and its families.
  - Exception requests must be communicated to coaches *prior* to events, so that coaches can make a note to mark the absence excused.
- Hair and make-up details will be sent before the athlete showcase in October.
- Elite Athletes must have their cover up jacket at each performance.
- NO JEWELRY is allowed at competitions per safety regulations.
- FINGERNAILS must be trimmed to a safe length not visible above the finger.
- Travel Accommodations are the responsibility of each family.
- Please be mindful that swimming can have a negative impact on athletes' muscular endurance and rest prior to a competition. Athletes should not swim or go into hot tubs until after they compete.
- Block off FULL DAYS for all performances until the itinerary is available.
- All Star Worlds, Orlando, Florida- The end of season event for Elite teams will require a bid to attend. Please start budgeting and fundraising now as this is a required event for Elite Teams if they earn an at large or paid bid.

# SEASON THREE



## OUR CONTACT



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