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Left, Kelsey Emmons in the breast-stroke for FASST. Right, One of the FASST girls 8 and under "medley relay" teams.

photos provided by FASST

team sports in frisco

by natalie medigovich

IF LITTLE JOHNNY'S EYES DON'T LIGHT UP at the thought of participating in a solo sport like golf or karate, Frisco has many youth team sport leagues available for children as young as four years old. Team sports can foster multiple friendships and give kids a healthy outlet, all while teaching them the importance of good sportsmanship and the rules of the game.

For those parents who just can't decide in what sport to enroll their child, date of birth can be the deciding factor. The Frisco Soccer Association allows children four years old before August 31 to participate, although a birth certificate is usually required at registration. The season begins September 11 and ends early to mid-November, depending on rescheduling of rained out games. A season will include ten games and one practice a week lasting about an hour each, usually held at a local park, school ground, or church field.

Sponsors provide uniforms for the players (a shirt and shorts with the sponsoring company logo for soccer). Parents are required to purchase soccer socks, shin guards and cleats. For younger children the same cleats can also be used for baseball, softball, and football, a definite plus for those kids who seem to outgrow shoes twice a year.

Registration for fall soccer is \$50 and is held in July. Parents may also register, as well as learn more about the league, at www.friscosoccer.org or by calling 972-712-GOAL. Exceptions to these rules are for children born after July 31, 1992, who

play in the UI3 league and pay a \$75 registration fee. These "older" Frisco soccer players play in Plano. There is also a spring season for this sport.

Frisco Amateur Summer Swim Team (FASST) is available for children five years old by April and able to swim 25 yards unassisted. One-hour practices start in May and are held four times a week in the Frisco natatorium. The season runs from May through July with kids competing in eight swim meets held on weekends throughout the metroplex. The fee to join FASST is \$185, which includes a team suit, swim cap and T-shirt. For more information, log onto their website at www.swimfasst.org or call 972-335-8081.

A relatively new year-round swim team, Frisco Aquatics, holds registration for seven year olds at anytime online at www.friscoaquatics.com. Their annual registration is in August. Children must be able to swim the length of the pool doing the crawl and backstroke unassisted to be able to participate with the traveling swim team. Registration fee for Frisco Aquatics is \$145 and practices are held three times a week at the Frisco natatorium. A team suit and other equipment are not included in the quarterly fee. For more information call 214-681-6922.

Frisco Baseball Softball Association begins its fall season mid-September ending the first week of November for boys who are five years old by July 31 (girls must be five by December 31). Players play ten games and practice begins mid-August. Children play T-ball the first two years, then coach pitch for the following two before having another child pitch to them at age nine. A registration fee of \$45 includes a team shirt and ball cap. Parents must purchase pants, socks, a glove and cleats. Registration for fall is in late July and can be done online at www.fbsa.org. For more information, check their website or call 972-712-BATT. There is also a spring season for this sport.

Frisco Football League is available for any boy who is five years old by August 31. Boys play flag football for the first two years before moving to tackle. Teams are in place for fall since registration ended in early May. Practice starts July 31 and the season runs through mid November with games played on Saturdays. There is a \$90 fee to participate, which includes

**"Team sports
teach sports-
manship and
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SPORTS



A few "Happy Showoff Gymnast" on the Girls Gymnastics Competitive Teams! (Levels 4, 5 & 6) photo provided by Frisco Gymnastics Center

a jersey and two mouth guards. Parents are required to purchase cleats, pants and for tackle football, shoulder pads and helmets. For more information including cheerleading, log onto www.friscofootballeague.com or call 972-712-0558.

The Frisco YMCA offers basketball teams for players five to eleven years old with varying fees. The registration date is August 7 for a returning team member and September 4 for a new member. For more information, contact the YMCA at 972-335-3222 or log onto www.friscoymca.org. The YMCA offers youth soccer, volleyball, and t-ball/ragball teams as well.

Like swimming, little gymnasts have two choices of teams. Upon evaluation, children six years old and up can practice and compete with the Frisco Gymnastics team. There is a spring and fall season for this team and registration/tryouts are held in early January and early August, respectively. After paying the \$20 registration fee, gymnasts pay \$120 a month (uniform is not included) and compete in nine meets. For more information about Frisco Gymnastics, call 972-377-3137 or log onto their website at www.friscogym.com.

The new Kurt Thomas Gymnastics facility also offers a competitive gymnastics team for girls who are on Level 5 through Elite upon evaluation and tryouts only. Registration is ongoing, with a \$35 annual registration fee. Class costs vary according to the number of times per week the child participates. The traveling team competes in seven to eight meets per year. For more information about the program call 214-387-4707 or log onto their website at www.kurtthomas.com.

Adults wishing to get involved with team sports can participate in tennis, softball, flag football, and/or basketball leagues sponsored by the Frisco Parks and Recreation department. For more information call 972-377-1752 or log onto www.FriscoFun.org. You can also pick up a printed version of Frisco Fun at city hall.

Natalie Medigovich is a freelance writer living in Frisco.