

Frisco ISD Middle School Athletic Seasons 2023-2024

Boys Athletics

Sport	First Day of Practice/Tryouts	First Game/Meet	Special Event	Reg. Season Ends
Football	Aug 9	8th Grade - Aug. 28	Championship Week - October 16-17	8th Grade - Oct 16
		7th Grade - Aug. 29		7th Grade - Oct 17
Cross Country	Week of Oct 16	Oct 23	7th/8th District Meet Nov 13	Nov 13
Basketball	8th Grade - Oct 23	7th Grade - Nov 8	7th/8th Hoopfest Tourn. (A teams only) Dec 8-9	Jan 24-25
	7th Grade - Oct 24	8th Grade - Nov 9	7th/8th District Tourn Jan. 27	
Track	Week of Jan 29	Feb 14	District Meet March 27	March 27
Soccer	Week of March 25	April 2	7th/8th District Tourn May 4	May 2

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Girls Athletics

Sport	First Day of Practice/Tryouts	First Game/Meet	Special Event	Reg. Season Ends
Volleyball	Aug 9	8th Grade - Aug. 23	7th/8th Invitational Tourn. Sept 16	8th Grade - Oct 18
		7th Grade - Aug. 24	7th/8th A Teams Only District Tourn Oct 21	7th Grade - Oct 19
Cross Country	Week of Oct 16	Oct 23	7th/8th District Meet Nov 13	Nov 13
Basketball	8th Grade - Oct 23	7th Grade - Nov 8	7th/8th Hoopfest Tourn. (A teams only) Dec 8-9	Jan 24-25
	7th Grade - Oct 24	8th Grade - Nov 9	7th/8th District Tourn Jan. 27	
Track	Week of Jan 29	Feb 14	District Meet March 27	March 27
Soccer	Week of March 25	April 2	7th/8th District Tourn May 4	May 2