

Grand Forks Swish 2025

Fast Break Club



Dear Basketball Parents & Players,

For the 24th season, the Grand Forks Fast Break Club will provide an opportunity for your son/daughter to play on a spring basketball team. We are one of the longest-running spring basketball programs in North Dakota and western Minnesota due to a number of reasons, a few of which include, quality tournaments (MYAS), quality coaching and the cost of our program which is less expensive when compared to other spring basketball programs. If you would like more information about MYAS (Minnesota Youth Athletic Services) you can access their website at www.myas.org. If you would like more information about the Grand Forks FastBreak Club, please access the Fast Break website at sites.google.com/view/gffastbreak. For the 2025 Swish season, the Grand Forks FastBreak Club will form teams for boys and girls players in grades 6 – 11.

Player Selection:

Please complete the tryout registration online by going to the following site (gffastbreak.leagueapps.com/clubteams) by Friday, March 7th (***We cannot guarantee your son/daughter will receive a tryout if completed after March 7.*** **Tryouts are scheduled at Red River School on Monday, March 17th.** Depending on the number of players who tryout, players in different grade levels may be considered for other teams. **Girls check-in will begin at 5:30 pm with tryouts starting at 6:00 pm. Boys registration will begin at 7:00 pm with tryouts beginning at 7:30 pm.** Online registration at <https://gffastbreak.leagueapps.com/clubteams> or by going to sites.google.com/view/gffastbreak.

Swish Season:

The season runs from March 25 – June 1. Practices, for the most part, will be held twice a week on Tuesdays and Thursdays. Commitments from each player will be expected when attending practices and tournaments.

Tournament Schedule:

Each team will participate in four tournaments with the possibility of five tournaments. The most likely possibilities for tournaments will be from Alexandria to the Twin Cities. These areas have the quality and quantity of teams needed for a successful Swish season; yet if local tournaments are formed we will enter those tournaments to build a spring basketball foundation in our region.

Here are the **TENTATIVE** dates for the tournaments:

Locations are announced a week prior to the tournament

April 5-7th – Grand Forks Fast Break Club Jr. Grand Am Tournament
(Only if teams and coaches are able to without prior team commitments)

April 12-13 – MYAS Tournament

April 26-27 – MYAS RMHC Ronald McDonald House Charity Fundraiser
Spring Jam (Sanford Pentagon Tournament Sioux Falls, SD)

May 3-4 – MYAS Tournament

May 17-18 – MYAS Dick's Sporting Goods Tournament

Spring Championships –

May 31-Jun 1 - Girls/Boys 6th-12th Grade Spring Championships

Cost:

There is a \$25.00 tryout fee which will be applied to the registration fee if your child makes the team. The tryout fee will be reimbursed if your child gets cut or numbers don't allow us to form a team. The full cost is \$500 (\$550 for players outside of Grand Forks). The cost of other spring basketball programs in North Dakota and Minnesota will be much higher. The GF Fast Break Club donated over \$18,000 to this program during the 2023 season in order to keep the costs lower for families participating in this program.

Informational Parent/Player Meeting:

An informational parent/player meeting for those who were selected for the team is scheduled at Central High School for Wednesday, March 24th at 6:30 pm.

If you have any questions, please contact Trevor Lennon at 701-740-1597. We look forward to offering Swish basketball to the players in the Grand Forks area.

Sincerely,

Trevor Lennon
Swish Basketball Coordinator/Fast Break Club Vice-President