

get sporty

Dust off the foam finger, throw on a cap and join the crowd with these summertime sports outings and opportunities to be one of the team

by contributing writer
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your first, the energy at **Sporting KC** soccer games is something to be experienced. With home games throughout the summer, there will be plenty of opportunities to take in the sights of Sporting Park and cheer the home team on to victory. sportingkc.com

Kids can get up-close to a competition on a smaller—but just as exciting—scale during the **US Youth Soccer National Championship Series** in Overland Park. Round-robin play will take place July 23-26, followed by the finals July 27-28. usyouthsoccer.org

Not content to sit on the sidelines? Join the fun at the **5th Annual Soccerpalooza** at Zona Rosa on July 13. Enjoy three-on-three tournaments with a day devoted to swift kicks and constant fun. Check out zonarosa.com for details regarding team registration and tournament rules.

Bats and Balls

Kauffman Stadium would be worth a visit even if a game weren't being played; when you can support the **Kansas City Royals** while enjoying the carousel, playground and outfield activities. It's like a mini-vacation

without leaving home. What better way to end a weekend than with a baseball game. Every Sunday is a Royals **Family FunDay** with face painting, caricature and balloon artists and live entertainment. Your lil' slugger can join Sluggerrr's Blue Crew, which offers membership opportunities and the chance to be one of Sluggerrr's team. kansascity.royals.mlb.com

Community America Ballpark, the home of the **Kansas City T-Bones**, knows how to put on a game. For only \$15, your child can be a member of the **Li'l Chops Kids Club** for kids 12 and under that provides free admission to every Sunday home game and other special activities. Check out the promotion schedule for fun events, such as superhero and *Star Wars* theme nights and opportunities to meet the players and watch batting practice. tbonesbaseball.com

Set Your Pace

The popular **Color Run 5K** will now be held on two days—June 1 and 2 at Arrowhead Stadium. All ages are welcome to experience this one-of-a-kind event that focuses on fun and finishes the day in full color. thecolorrun.com

On June 9, check out the new 5K Run/Walk in Independence. The **Boots 'n' Daisy Dukes 5K** offers a scenic journey at your own pace, while **Lil' Critters Fun Run** provides little runners the chance for some exercise followed by fun with a petting zoo, face painting and more. bootsanddaisydukes5k.com

If spinning is more your thing, there are parks to be explored and trails to be traveled via biking caravan. Check out the **Kansas City Metro Bicycle Club** (kcbc.org), kansascyclist.com, bikekatytrail.com, and mobikefed.org for recommended biking paths and routes. If you are going for

a leisurely ride, pack a light picnic lunch and take in the sights and sounds of **Shawnee Mission Park**, **Legacy Park**, or **Happy Rock Park** where trails await. The **Bike Rodeo with Tour of KC** offers kids the opportunity to learn about bike safety while having fun on June 23. tourofkc.com

Defying Gravity

If it's tumbling, flipping and twirling mid-air that excite your little sports enthusiasts, don't miss the **USA Gymnastics Trampoline and Tumbling Junior Olympic Championships**, at Municipal Auditorium July 3-10. usagym.org

If "air" doesn't mean something to breathe, but rather something to obtain on four wheels, you've got a skateboarder in the family. Show your tubular side (tell your kids that's a timelessly hip expression) by suggesting an afternoon at **Penn Valley Skate Park** (kcmo.org) or **Overland Park Skate Park** (www.opkansas.org). Even the rain can't dampen the day at the **KC Indoor Skate Park** in Merriam (kcskatepark.com). ❁

get 'em inspired!

The Stars Are Out at Sporting Park

On the heels of the 2012 All-Star Baseball Game at Kauffman Stadium, Kansas City has been chosen to host the **2013 Major League Soccer All-Star Game** at Sporting Park. Following three days of activities, the league's top players will compete in a must-see match on July 31. Don't miss this opportunity to see the best-of-the-best play and take pride in our city's hosting of this event. Check-out sportingkc.com for a list of related events and ticket opportunities.

Roll with It

The movie *Whip It* introduced the masses to the world of roller derby and its unique place among fun and exciting spectator sports. A family-friendly event (no worries that little ones will develop an unhealthy fear of roller rinks), roller derbies offer the opportunity for a fun night out with a little bit of chaos thrown in for good measure. Kansas City is home to the **Roller Warriors**, a group of tough female competitors on wheels who are divided into four competing teams. With "bouts" held at the Municipal Auditorium, check-out krollerwarriors.com for their summer schedule and a chance to be part of the action!

One-Stop Shop

If you find yourself with time this summer, but are not sure how to fill it, check out sportkc.org (Kansas City Sports Commission's site) for a list of upcoming local events. Make the decision a family affair by letting even the youngest members choose activities that they want to attend, participate in, or just add their voices in support of while cheering and having fun on the sidelines. What a great time to learn about new sports, support charitable organizations, and teach the importance of a healthy and active lifestyle.

Take the Shot

Taking in a professional baseball or soccer game may make your little ones wonder, "Gee, can I do that?" Sure they can! With diligent practice and the right instruction, anyone can run those bases or shoot that goal with precision and confidence. It's not too late to look into summer sports camps that cater to aspiring athletes. **Camp WIN** hosts two four-day programs for girls with exposure to 14 different sports and activities. Check out sportkc.org for more information. County parks and recreation services and the **YMCA** offer a variety of sports camps throughout the summer for all ages. Check out jcprd.com, leawood.org/parks; kcmo.org/parks; jacksongov.org; and ymcasummerfun.org

