

## Top 10 List For Multi-Sport Participation

10. Meet new people...
9. Benefit from improved time management skills...
8. Develop different muscle groups...
7. Develop lasting relationships...
6. You will be less likely to become involved in drug, tobacco and alcohol abuse...
5. Studies show that participation in a variety of activities as a school's best predictor of an adult's success...
4. You will be recognized as a leader by administrators, teachers and peers...
3. The values of sportsmanship, teamwork, fair play, sacrifice and commitment will serve you well in your daily lives...
2. Athletics helps you to achieve excellence in academics...

...And, the **No. 1** reason for multi-sport participation . . . **To Have Fun; Because You Can!**

Opportunities exist for you right now in interscholastic athletics that will never exist in such abundance later in life. There should be no penalty for playing other sports, and there should be no reward for being persuaded to play one sport year-round. If you are feeling pressured by coaches or booster groups to limit yourself to one sport, consult with your principal, athletic director or guidance counselor.

*Enjoy all the opportunities your school has to offer.*



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## Encourage Multi-Sport Participation in Your School

High school sport specialization has received a lot of attention recently. School sport participants are pressured into choosing one sport over other sport opportunities that are available. When athletes play a single sport year-round they lack enrichment and experience in participating in other co-curricular activities. Many times single sport-focused athletes find that participation is no longer fun and drop out because of the actions of overzealous coaches and pushy parents.

School sport offers more than what most see, kids playing a game. For families, sport offers a physical place to be together away from work or school. Often – at critical times in their lives – sport offers kids a way to connect with each other and work toward common goals.

For most of us, school sports became a collection of personal moments, a mental album of boys and girls growing into men and women.

*Educational athletics help kids find the heros within and the adults of tomorrow.*

### DID YOU KNOW?

- High School athletes have higher grades and lower dropout rates and attend college more often than non-athletes.  
— *Minnesota State High School League*
- By a 2 to 1 margin for males and a 3 to 1 margin for females, student-athletes do better in school, do not drop out and have a better chance to get through college.  
— *University of Chicago*
- The one yardstick to predict "success" in later life (self-satisfaction and participation in a variety of community activities two years after college) is achievement in school activities. Not useful as predictors are high grades in high school or college or high ACT scores.  
— *College Testing Service*
- Nearly 7 in 10 Americans say high school sports teach students lessons about life they can't learn in a classroom; 9 in 10 believe sports contribute to health and fitness.  
— *USA TODAY*
- 95 percent of Fortune 500 executives in 1987 participated in school athletics (only 47% were National Honor Society Members).  
— *FORTUNE MAGAZINE*