



BURNOUT

Around 70 per cent of kids stop playing organized sports by the age of 13 because "it's just not fun anymore."

Institute for the Study of Youth Sports at Michigan University

Children who specialized early in a single sport led to higher rates of adult physical inactivity. Those who commit to one sport at a young age are often the first to quit.

Ohio State University Study

An athlete who specializes early or plays on an ultra-competitive select team is at increased risk of burnout or quitting sports as a result of chronic stress, repetitive strain and a decrease in intrinsic motivation and enjoyment during their training sessions.

Journal of Education and Sport Pedagogy

INJURY

Athletes who specialized were 70 to 93 per cent more likely to be injured than children who played multiple sports.

Study by Dr. Neeru Jayanthi of Loyola University

Intense and repeated training in one sport at a young age has been associated with higher rates of injury, which ultimately has an effect on the length of a sport career.

International Journal of Sport and Exercise Psychology

Early sport specialization has been identified as damaging for the future physical and mental health of the athlete.

*Consensus Statement
American Orthopaedic Society for Sports Medicine Early Sport Specialization*

COMPETENCY

88 per cent of college athletes come from a multi-sport background.

American Medical Society for Sports Medicine

For most sports, there is no evidence that intense training and specialization before age 13 or 14 are necessary to achieve elite status.

Sports Health Journal

Diversified sports training during early and middle adolescence may be a more effective strategy in ultimately developing elite-level skills.

American Medical Society for Sports Medicine

*Early sport specialization is characterized by a high volume of deliberate practice and a low amount of deliberate play in one sport, and focuses on performance as early as age six or seven.**

***Dr. Jean Cote. ISSP Position Stand: To Sample or to Specialize? Seven Postulates about Youth Sport Activities that Lead to Continued Participation and Elite Performance.**

Queen's University, 2009.