
Promoting The Multi Sport Athlete

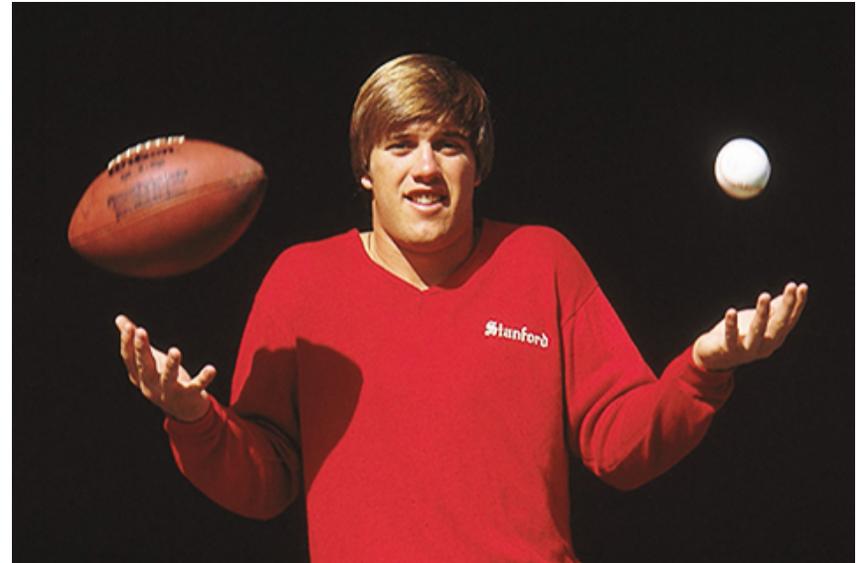
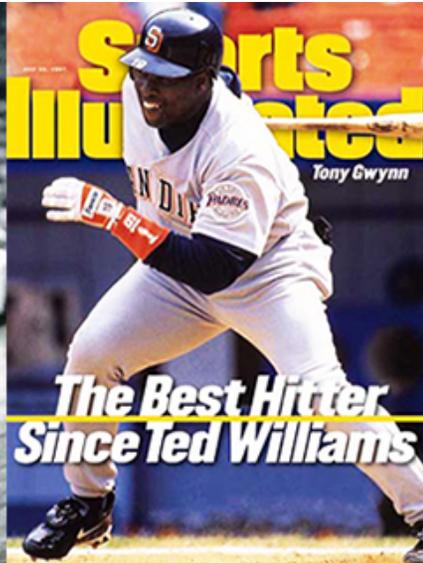
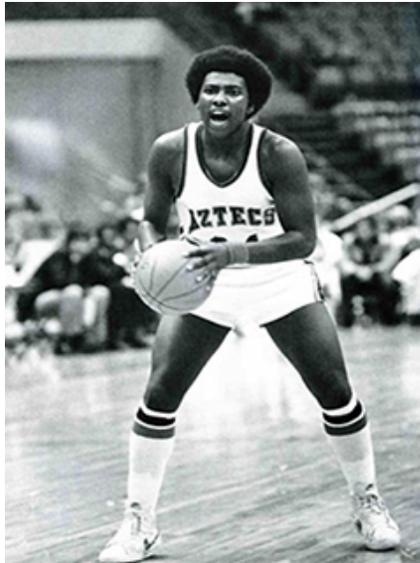
Kent Smith, Orrville High School, Athletic Director

Rick Rembielak, University of Akron Head
Baseball Coach

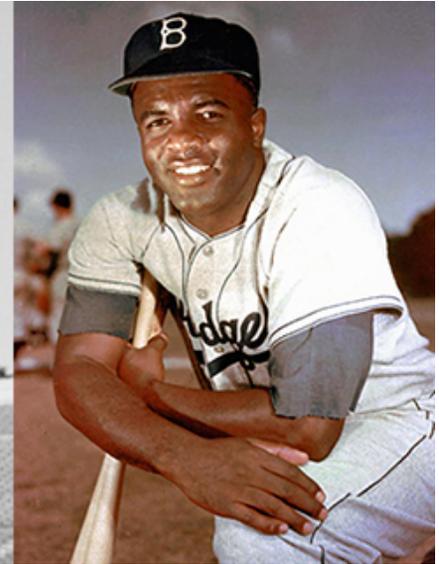
Voted #9 & 10 Best Athletes Ever



Voted #8 & #7 Voted Best Athletes



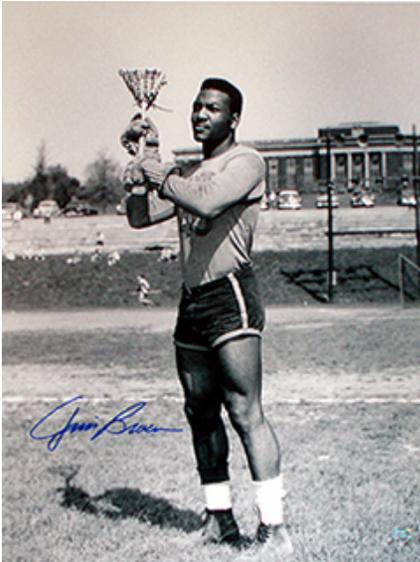
#6 & #5 Voted Best Athletes



#4 & #3 Voted Best Athletes

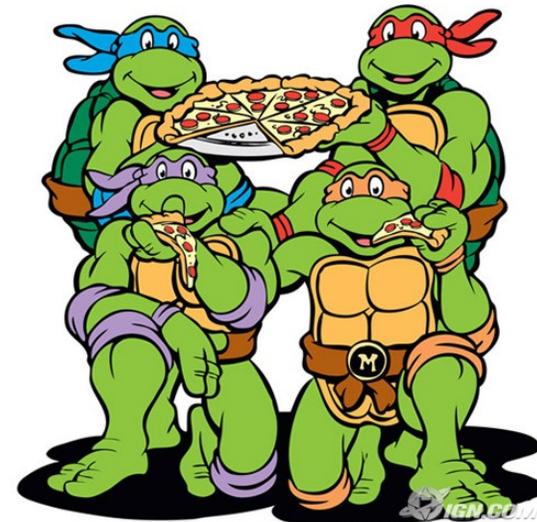


#2 & #1 Voted Best Athletes



Five Realities Of Youth Sports Today

- Organized sport has replaced free play.
- Adult models used on our organized games.
- Over involvement of parents.
- Expansion of travel ball.
- Sports Specialization



Benefits of Co-Curricular Activities

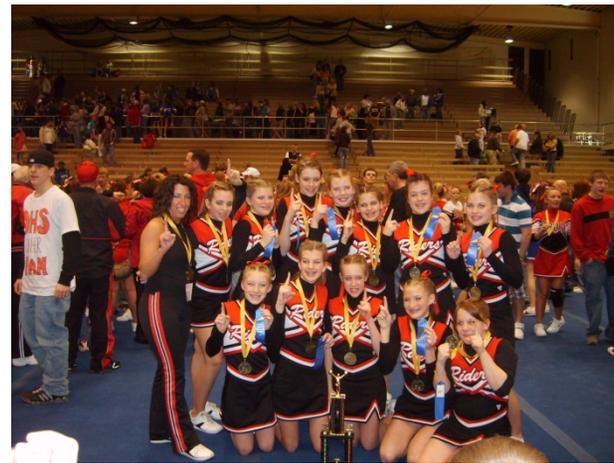
- Activities support the academic mission of schools
 - Activities are inherently educational
 - Activities foster success in later life
 - Students who compete in high school activities make higher grades and have better attendance than the school average.
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Continued- Benefits

- Activities are a bargain when matched against the overall school district's budget
 - Students involved with school activities have less discipline problems
 - Co-curricular activities teach lessons that lead to better citizens
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Percentage of Kids In Multiple Sports (Indiana Study)

- 800 students or less:
57% in multiple sports
- 801-1200 students
47% in multiple sports
- More than 1200
students only 28% in
multiple sports



What do the numbers say?

Why do kids participate in sports?



- To have fun
 - To do something I'm good at
 - To stay in shape
 - To learn new or improve skills
 - To play as part of a team
 - (To win was ranked 8th)
-

Why are kids specializing?

- Parents, Parents, Parents!
- Coaches- “if you put the time in you will start”
- Future scholarships
- Living out a dream of playing a sport for a living
- To win the championship



Specialization....



- Explosion of private club teams & travel teams. (especially in girl's athletics- ex. AAU/JO participation up 55% since the year 2000)
 - Emotional blackmail.... "how bad do you want that scholarship?"
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What are the benefits of multi-sport participation?

- Improved health and wellness
 - Improved athletic performance
 - Coaching improves
 - College participation and scholarships opportunities improve
 - Future opportunities
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Specialization...

- Influence of society on kids. Sociologists say the context of youth has changed from a “period of time” to have fun or just being a child to having to be “productive”.
 - When parents see this need for their children to be “productive” it encourages them to have their children specialize
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Injury rate will decrease



American Academy of Pediatrics states “avoid specialization until as late as possible” Overuse injuries now account for as much as 50% of the injuries to middle school and high school athletes.

American Academy of Pediatrics

- “Specialization can jeopardize the physical and emotional health of young athletes by exposing them to overuse injuries, burnout, and stress, while undermining the benefits of varied physical activity.”
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Why multiple sport athletes are more likely to be recruited by college Coaches.....



- Better cross over skills.
- They are more adaptable to different roles. Won't always be the star in college. Exposure to different coaching styles.
- Never experienced failure or adversity.

Why the Multi-Sport Athlete is more likely to be recruited

- A chance to view and develop athletic skills.
- Learn how to play under pressure. There is no substitute for the “arena” of competition.



The scholarship Myth.....



- Remember.... Only about 1% of high school athletes receive a FULL athletic scholarship to play college sports. The majority of college athletes play with partial rides or no money at all.
 - Academic money from colleges is a 70:1 ratio to athletic money.
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Did You Know?????

- 82% of colleges are outside of Division I
 - Div. I- 18% of colleges
 - Div. II- 16% of colleges
 - Div. III- 23% of colleges
 - NAIA- 12% of colleges
 - Junior & Community colleges- 31% of colleges
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College coach perspective of the multiple sport athlete

- Once in college, that coach has plenty of time to concentrate on that sport and sport specific skills.
- Multiple sport athletes are “ready to go” once in college because they are not “burned out” on only playing 1 sport year round.
- There is no evidence that a singular sport athlete has a greater chance of obtaining a college scholarship. In fact, the opposite appears to be the case.



“The weight room and off-season conditioning programs are NOT a substitute for COMPETITION.”



Coaching Improves

- Are we about educational athletics? If so, we should have the athlete's well-being in mind.
- The daily influence of a school coach vs. the club coach. (financial interest?)



Future Opportunities



- The “Rest of your life”
 - Competition & sports participation....the more experiences you have the more you can handle
 - Athletes are winners-the type of people we want to hire.
 - 95% of Fortune 500 executives were high school athletes.
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Strategies To Encourage Athletes To Play More Than One Sport

- Hire coaches that share your same philosophy
- Schedule strength and conditioning workouts so all athletes can attend.
- Take time during coaching meetings to discuss these challenges.



Education Coaches Continued.....



- Split the summer months up. This gives the athletes the ability to do multiple sports and the coaches a “life”.
 - Dead period?
 - Be visible at other sporting events.
 - Incorporate this into the evaluation process.
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Incentives at Banquets or Awards Assemblies



- Blankets
 - Patches
 - Plaques
 - Recognition in athletic programs
 - Newspaper articles
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Community Partnerships



- Internships for multiple sport athletes
 - Possible summer jobs with flexible hours
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Scholarships

- Senior awards assemblies
- Booster clubs
- Civic groups



Continue to Educate Parents



- Use our pre-season parent meetings
 - Work with youth leagues to avoid scheduling conflicts so kids can play multiple sports
 - Share research and related articles
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Continue To Inform Parents/Athletes



- Promote skill development
- Destroy the scholarship fallacy
- Emphasize health benefits



Why be a multiple sport athlete?



- Because my friends are playing!
 - You only do high school once!
-

Open Forum!

- Success Stories?
- Stories of challenging situations and outcomes?

