



bodyworks

SPORTS PHYSIOTHERAPY
working to keep you moving

(604)983-6616 info@body-works.ca



The word is out -

Multi-sport is best!

Why playing multiple different sports vs specializing too early is better for our kids

Facts

- ✦ Specializing too early in one sport means missing out on important skills and many get injured, burnout, or quit.
- ✦ 88 per cent of college athletes come from a multi-sport background.
- ✦ For most sports, there is no evidence that intense training and specialization before age 13 or 14 are necessary to achieve elite status.

Burn out

- ✦ Approximately 70% of kids stop playing organized sports by the age of 13 because, “it’s just not fun anymore”.
- ✦ Kids that did specialize too early led to higher rates of adult physical inactivity.
- ✦ Those who commit to one sport at a young age are often the first to quit.
- ✦ Increased risk of burnout or quitting sports as a result of chronic stress, repetitive strain, a decrease in intrinsic motivation, and decrease in enjoyment during training.

Injury

- ✦ Athletes who specialized were 70-93% more likely to be injured than children who played multiple sports.
- ✦ 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.
- ✦ Early sport specialization has been identified as damaging for the future physical and mental health of the athlete.

