

# Increasing Multi-Sport Participation

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# Introduction

- 31 years
- Teacher/Coach
- Building AD
- State Association
- District AD
- She/Her
- Mom
- Grandma



Renton  
WASHINGTON

- 20 years
- Teacher/Coach
- Building AD
- Assistant Principal
- State AD Association
- She/Her



Mesa  
ARIZONA

”

Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us.

**WILMA  
RUDOLPH**



# Question 1:



What is your philosophy of multi-sport participation and its impact on:

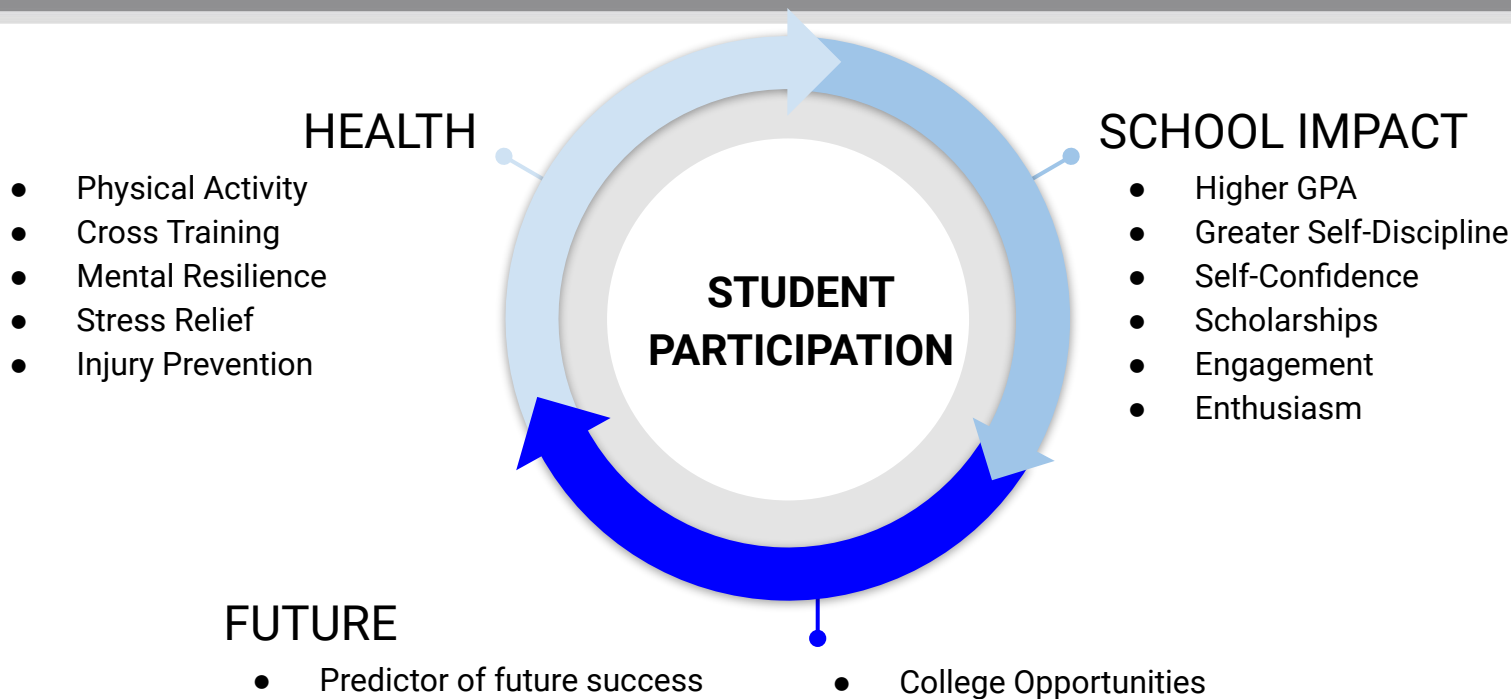
- Athletes
- Teams / Programs
- School Culture

# Philosophy



While multi-sport participation is ultimately the decision of each individual student-athlete, there is a lot a school can do in creating an environment conducive to multi-sport participation. A commitment to flexibility partnered with optimal motivators and coaches working together can establish both increased multi-sport participants and success in the athletic program.

# Why do kids participate?



# Benefits of Multi-Sport Participation



- Physical and Mental Development
  - Well-rounded skill sets
  - Injury prevention and overall fitness
  - Cognitive development and mental resilience
  - Reduced risk of burnout



# Student-Athlete Insight



- “I play multiple sports to make new friends.”
- “I play multiple sports to challenge myself and see how other sports compare to basketball.”
- “I started playing basketball and football in high school, and I want to finish what I started.”
- “I play multiple sports because I want to stay busy.”



# Barriers to participation?



- Philosophies of coaches
- Specialization pressure from coaches and parents
- Time constraints and scheduling conflicts
- Lack of awareness about the benefits of multi-sport participation

# Student-Athlete Insight



- “I saw my parents driving me to everything, and I felt bad. So I picked one sport.”
- “My whole family just played basketball, and they wanted me to just play basketball.”



## **Myth - In order to get a college scholarship, I must specialize**

Statistics show that 3%-5% of high school athletes play at the collegiate level

In the 2021 NFL Draft - 32 first-round picks

27 played football + another sport

10 played football + at least 2 other sports

# What motivates kids to stay in the game?



- They want to be a part of a winning program - or at least a competitive one
- Friendships
- Life-long health benefits
- Coaches - the right coaches
- College / Future aspirations

## *Question 2:*



What examples or strategies have you seen employed to encourage and improve multi-sport participation?

# Strategies to increase multi-sport participation



- ✓ **SHOWCASE - Promote and Celebrate**
  - ✓ **COACHES - Communication and Culture**
  - ✓ **STUDENTS - Students first**
  - ✓ **PARENTS - Do what is best for kids**
- 
- ✓ **LEAD WITH YOUR WHY**

# SHOWCASE - Promote and Celebrate



- School wide clubs
  - Gold Club, Diamond Club, Platinum Club
- Promotion
  - Social Media, Story telling, Statistics, Best practices
- Banquets and Celebrations



# COACHES



## Communication

- Holistic athlete develop approach and cross-sport training
- Encouraging kids to participate in multiple sports
- Advocate and Support flexible schedules and sharing

## Culture

- Encourage coaches to coach multiple sports
- Supporting one-another by attending games
- Talk the talk, walk the walk

***Thought: You teach people how to lead by what you allow and what you reinforce.***

# STUDENTS



**Knowing the benefits of participation + The statistics related to post-high school opportunities =**

- Put students first by encouraging perspective and enjoyment
- Keep your eye on the goal of fun, healthy participation
- Be clear about what matters
- Ask students / get their feedback

# PARENTS - Put kids first



- Engage parents in the conversation about the benefits.
- Provide resources and information to address concerns about college recruitment and scholarship opportunities

# Question 3:



What have we missed to promote and encourage multi-sport participation?

What action(s) can you take in your situation?



**Thank You**



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