



Increasing Multi-Sport Participation in Interscholastic Sports Setting



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Presenters



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What coaches think...

[Pete Carroll](#) - Veteran NFL Head Coach

Why do kids participate in/quit sports?

#1 Reason for participation

Because it's fun, for the enjoyment of playing

Reasons 2-10

- To improve their skills
- To be with friends
- To do something they're good at
- For the excitement of competition
- To become physically fit
- To be part of a team
- For the challenge of competition
- To learn new skills
- To succeed or win

Reasons Kids Quit Sports

- Overemphasis on winning
- Coaching
- Not having fun
- Pressure
- Burnout
- Parents

Multi-sport Participation vs. Specialization

Specialization

Earlier peak performance

Attain age-group success

Join elite clubs w/ access to top coaches

Achieve the 10,000 hour rule sooner

Multi-sport Participation

Experience long-term success

Limit overuse injuries

Build cross training skills

Experience different roles

Learn from multiple coaches

What the data says...

Specialization

- 87% of DI women gymnastics had specialized in the sport by the age of 12.
- 68% of DI men's soccer players and 62% of DI women's soccer players were one-sport soccer athletes by age 12.
- 66% of DI men's tennis players and 75% of DI women's tennis players specialized in their sport by age 12.
- 55% of DI men's ice hockey players specialized in their sport by age 12.

Multisport Participation

- 71% of DI men's football players were multisport athletes.
- 88% of DI men and 83% of DI women who play lacrosse also played other sports.
- 87% of DI female runners and 91% of DI male runners were multisport athletes.

What coaches think...

[Jim Catazzaro](#) - Lake Forest Head Football Coach - D-III (Coachability)

Discussion

Multi-Sport Athletes

Vs.

Specialization

What is your philosophy?

What coaches think...

[Chad Holbrook](#) - College of Charleston Baseball Coach

Philosophy of Multi -Sport Athletes in Interscholastic Athletics

- A fundamental principle of education-based athletics
- Experience different roles on a team
- Decreases overuse injuries
- Decreases burnout
- Increases cross training
- Increases coordination

Tips for Increasing Multi-Sport Participation

- Must be part of the culture within the athletic department
- Coaches need to be fully vetted in the hiring process
 - Coaches who coach multiple sports model their belief in multi-sport athletes
 - Coaches who attend athletic events outside of their sport model their support for multi-sport athletes
 - Coaches who actively encourage athletes to participate in multiple sports model their support for multi-sport athletes
- Program scheduling
 - Work with coaches to limit conflicting scheduling for summer and off-season practices
- Parent meetings

Awards for Multi -Sport Participation

- Celebrations
 - Banquet where multi-sport athletes are recognized
 - Social Media
 - School Assembly
 - School Board/Town Council Recognition
- Incentives
 - Letterman Jackets
 - Special Patches
 - Plaques
 - Clothing
- Special Awards
 - Athletic Director's Award (10 or more varsity letters attained over high school career)
 - Multi-Sport Athlete of the Year
- Hall of Fame

Supporting Multi -sport Athletes

1. Choose sports that go together
2. Try not to double up
3. Train during the season every season
4. Sharpen your skills before the next season arrives
5. Don't cram in training sessions during transitions
6. Give yourself an off-season

Discussion

What do you do to celebrate multi-sport athletes?



Questions/Comments



Thank you!