

EARLY SPORTS SPECIALIZATION

FACT VERSUS FICTION

COMPARING BELIEFS VERSUS DATA

FICTION



Increased training strengthens the chance of later success

Increased time in one sport will create a better athlete

More hours spent training increases the likelihood of becoming an elite athlete

My athlete WANTS to do this!

FACT



Early specialization leads to less athletic activity in college

Elite athletes specialize later and participate in a variety of sports

Highly specialized athletes are twice as likely to sustain an overuse injury

Parents and coaches are often the driving force behind single sport training

LISTEN TO YOUR ATHLETE! SPORTS ARE FUN!!