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 like to sustain an overuse injury
- Parents and coaches are often the driving force behind single sport training

LISTEN TO YOUR ATHLETE! SPORTS ARE FUN!!