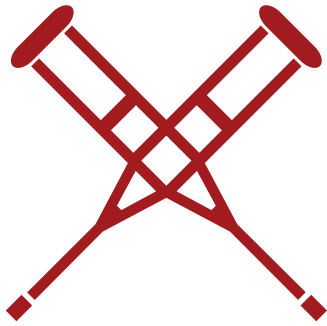


EARLY, SINGLE-SPORT SPECIALIZATION CAN LEAD TO FEWER KIDS ACTIVE THROUGH SPORTS



INCREASES RISK OF OVERUSE INJURIES IN DEVELOPING BODIES



CAUSES KIDS TO BURN OUT AND QUIT SPORTS ALTOGETHER



DECREASES OVERALL ATHLETIC DEVELOPMENT

MULTI-SPORT PARTICIPATION BUILDS BETTER ATHLETES, CAN LEAD TO BETTER PERFORMANCE, LESS BURNOUT AND MORE LIFELONG ENJOYMENT IN SPORTS.

THE ASPEN INSTITUTE
PROJECT PLAY

THESE ORGANIZATIONS ENDORSE MULTI-SPORT PLAY.



LEARN MORE AT PROJECTPLAY.US

*Intensive, year-round training in a single sport, at the exclusion of other sports, in children 12 and under.
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