## THE VALUE OF MULTIPLE SPORT PARTICIPATION

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## The Value of Multiple Sport Participation

While many people assume that we are in an "age of sport specialization," Tracking Football's research shows that over $80 \%$ of current Division 1 football scholarship recruits played another sport in high school. The Heisman Trophy Finalists are no exception and not one of them "specialized" during high school. Actually three of the finalists were three sport athletes in high school (Peppers, Watson, Westbrook)

## The Value of Multiple Sport Participation

TOP 4 TEAMS \#CFBPLAYOFF RECRUITING 2012-2016

| CFP RANK | TEAM | RECRUITS | MULT-SPORT | TRACK\&FIEL | BASKTBALL | BASEBALL | WRESTLNG |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 428 | $108 / 84 \%$ | $59 \%$ | $41 \%$ | $8 \%$ | $3 \%$ |  |
| 2 | 111 | $94 / 85 \%$ | $56 \%$ | $45 \%$ | $8 \%$ | $4 \%$ |  |
| 3 | 0. Sum | 124 | $103 / 83 \%$ | $60 \%$ | $35 \%$ | $6 \%$ | $3 \%$ |
| 4 | 113 | $95 / 84 \%$ | $61 \%$ | $31 \%$ | $4 \%$ | $4 \%$ |  |

## The Value of Multiple Sport Participation

Urban Meyer is obviously one of the best college football coaches. On his recruiting visits, Meyer specifically asks if the athletes play multiple sports.
There was a leaked chart that 42 of 47 of urban Meyers recruits in 2015 played more than just one sport in high school.

## The Value of Multiple Sport Participation

Mahomet-Seymour High School values multiple-sport participation

In 2011, 2012 and 2013 M-SHS was the Corn Belt Conference All-Sport Champion In those same years, M-SHS had its highest ever levels of multiple-sport participation

During that same time-frame, M-SHS produced arguable the 4 best students/athletes in recent school history. All 4 were three-sport athletes
https://www.youtube.com/watch?v=HwziljH_r6M

## The Value of Multiple Sport Participation

Does your administration value multiple sport participation? If so, what does that look like?

Do you include questions about the sharing of athletes in your interview process for coaches?

Does your school highlight those students who participate in multiple activities?

## The Value of Multiple Sport Participation

Does your staff value multiple sport participation? If so, what does that look like?

How do you encourage open and honest communication between coaches about sharing athletes?

Do you have coaches that coach multiple sports?

Are your coaches willing to develop a shared philosophy
On open gyms?
On strength training?


On summer contact days?

## The Value of Multiple Sport Participation

Do your students value multiple sport participation? If so, what does that look like?

In 2015 - 2016, 406 students participated in athletics at Mahomet-Seymour High school. 119 participated in 2 sports. 31 were tri-athletes (17 one year, 82 -year, 3 - three year and 3 - four year)

So far this year, 2016 - 2017, 326 students have participated in athletics at MahometSeymour High School. 62 have participated in 2 sports.

Do you recognize two-sport athletes as well as three-sport athletes?


## The Value of Multiple Sport Participation

Do the programs that support your high school athletic program value multiple sport participation? How do you encourage that in your community?

What is the message you are sharing with local youth programs?
What is the message your high school staff is sharing to local youth programs?
What is the message your local youth coaches are sharing with players and parents? Is there consistency?

## The Value of Multiple Sport Participation

Closing thoughts

# Encouraging Multiple Sports Participation 

by
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## Famous Multiple Sport Athletes

1. Charlie Ward (Football \& Basketball)
2. Danny Ainge (Basketball \& Baseball)
3. Bob Hays (Football \& Track)
4. Herschel Walker (Football \& MMA)
5. Jim Brown (Football \& Lacrosse)
6. Bo Jackson (Football and Baseball)
7. Deion Sanders (Football \& Baseball)
8. Michael Jordan (Basketball \& Baseball)
9. Russell Westbrook (Basketball \& Football)
10. Allen Iverson (Basketball \& Football)

## Study \& Facts

- A UCLA Study showed that varsity athletes began specializing at a single sport on average at age 15.4. While undergrads who played sports in high school but not at the college level began limiting themselves to one sport on average at 14.2.
- USA Football - The lateral movement that basketball players use to stay in front of defenders is the same skill that shortstops develop to field ground balls and offensive linemen work on to better pass protect.
- Head Coach (Nick) Saban ... "I likes guys that play multiple sports because of the competitive situations they are in." Indiana University head football coach Kevin Wilson "It's crunch time. Let me get a big rebound. Let me throw a strike. There are a lot of junior high fundamental sports that can come back and help you years later."


## Truth about Training!



St. Vincent Sports Performance

## Canyon Barry - University of Florida Basketball Player

Basketball Player

- State Boys Badminton Champion in 2010
- Track and Field, Triple Jump; Team won State Championship
- Lettered in Varsity Volleyball
- Ranked No. 1 in his graduating class of 322 students



## Rankings

ESPN Ranking<br>AAU Ranking<br>National Ranking<br>State Ranking<br>City Ranking<br>League Ranking

Note: Kids are ranked as young as $3^{\text {rd }}$ Grade!

Times have changed!


## Facts About Single Sports or Specialize Athletes

by the NFHF (National Federation of State High School Association)

1. Specialization is not a guarantee to playing college or professional sports.
2. The majority of the time specialization pressure comes from parents or coaches.
3. Less than $7 \%$ of high school athletes go on to play college sports.
4. Only about $3 \%$ earn athletic scholarships.
5. The risk of burnout.
6. Overused injuries, tenders and joints that are stress without recovery time.
7. Overscheduling and organizational skills, kids need free play time.
8. Limited social and emotional growth; athlete does not learn how to problem solve, communicate, or have fun.
9. External pressure to succeed.
10. Coaches and parents limited vision.

## Benefits of Multi-Sport Participation

by the NFHS (National Federation of State High School Association)

1. College coaches want more, they want to know how an athlete thinks, moves, works with others, deals with setbacks, and how the athlete competes.
2. Learning cross-sport skills (learning a skill that applies to other sports).
3. Athletes can learn or enhance their hand-eye coordination, balance, endurance, explosion, communication or athletic agility by participating in a variety of sports.
4. Limit burnout
5. Explore new sports.
6. Learn a new role as a teammate.
7. Helps parents gain new perspective.


Tennis and Hockey

## Athlete Excels Through Multi-Sport Play



## MALE ATHLETES <br> Estimated Probability of Competing in College Athletics

 Last Updated: April 25, 2016| Sports | High School | NCAA | \%HS/NCAA | \%HSID1 | \%HS/D2 | \%HS/D3 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Baseball | 486,567 | 34,198 | $7.0 \%$ | $2.1 \%$ | $2.2 \%$ | $2.7 \%$ |
| Basketball | 541,479 | 18,697 | $3.5 \%$ | $1.0 \%$ | $1.0 \%$ | $1.4 \%$ |
| Cross Country | 250,981 | 14,330 | $5.7 \%$ | $1.9 \%$ | $1.4 \%$ | $2.3 \%$ |
| Football | $1,083,617$ | 72,788 | $6.7 \%$ | $2.6 \%$ | $1.8 \%$ | $2.4 \%$ |
| Golf | 148,823 | 8,654 | $5.8 \%$ | $2.0 \%$ | $1.7 \%$ | $2.1 \%$ |
| Ice Hockey | 35,875 | 4,071 | $11.3 \%$ | $4.6 \%$ | $0.5 \%$ | $6.3 \%$ |
| Lacrosse | 108,450 | 13,165 | $12.1 \%$ | $2.9 \%$ | $2.2 \%$ | $7.1 \%$ |
| Soccer | 432,569 | 24,477 | $5.7 \%$ | $1.3 \%$ | $1.5 \%$ | $2.8 \%$ |
| Swimming | 137,087 | 9,715 | $7.1 \%$ | $2.8 \%$ | $1.1 \%$ | $3.2 \%$ |
| Tennis | 157,240 | 8,211 | $5.2 \%$ | $1.7 \%$ | $1.1 \%$ | $2.4 \%$ |
| Track \& Field | 578,632 | 28,177 | $4.9 \%$ | $1.9 \%$ | $1.2 \%$ | $1.7 \%$ |
| Volleyball | 54,418 | 1,818 | $3.3 \%$ | $0.7 \%$ | $0.8 \%$ | $1.8 \%$ |
| Water Polo | 21,626 | 1,044 | $4.8 \%$ | $2.6 \%$ | $0.7 \%$ | $1.5 \%$ |
| Wrestling | 258,208 | 7,049 | $2.7 \%$ | $1.0 \%$ | $0.7 \%$ | $1.0 \%$ |
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High school figures from the 2014-15 High School Athletics Participation Survey conducted by the National Federation of State High School Associations.

College numbers from the NCAA NCAA Sports Sponsorship and Participation Rates

## FEMALE ATHLETES

## Estimated Probability of Competing in College Athletics

Last Updated: April 25, 2016

| Sports | High School | NCAA | \%HS/NCAA | \%HS/D1 | \%HS/D2 | \%HS/D3 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Basketball | 429,504 | 16,589 | $3.9 \%$ | $1.2 \%$ | $1.1 \%$ | $1.6 \%$ |
| Cross Country | 221,616 | 16,150 | $7.3 \%$ | $2.7 \%$ | $1.7 \%$ | $2.8 \%$ |
| Field Hockey | 60,549 | 5,894 | $9.7 \%$ | $2.9 \%$ | $1.2 \%$ | $5.7 \%$ |
| Golf 72,582 | 5,221 | $7.2 \%$ | $3.0 \%$ | $2.1 \%$ | $2.1 \%$ |  |
| Ice Hockey | 9,418 | 2,175 | $23.1 \%$ | $9.0 \%$ | $1.1 \%$ | $13.1 \%$ |
| Lacrosse | 84,785 | 10,994 | $13.0 \%$ | $3.7 \%$ | $2.5 \%$ | $6.7 \%$ |
| Soccer | 375,681 | 26,995 | $7.2 \%$ | $2.4 \%$ | $1.9 \%$ | $2.9 \%$ |
| Softball | 364,103 | 19,628 | $5.4 \%$ | $1.7 \%$ | $1.6 \%$ | $2.1 \%$ |
| Swimming | 166,838 | 12,428 | $7.4 \%$ | $3.2 \%$ | $1.1 \%$ | $3.1 \%$ |
| Tennis | 182,876 | 8,960 | $4.9 \%$ | $1.6 \%$ | $1.1 \%$ | $2.2 \%$ |
| Track \& Field | 478,726 | 28,797 | $6.0 \%$ | $2.7 \%$ | $1.5 \%$ | $1.8 \%$ |
| Volleyball | 432,176 | 17,026 | $3.9 \%$ | $1.2 \%$ | $1.2 \%$ | $1.6 \%$ |
| Water Polo | 19,204 | 1,152 | $6.0 \%$ | $3.5 \%$ | $1.1 \%$ | $1.4 \%$ |
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High school figures from the 2014-15 High School Athletics Participation Survey conducted by the National Federation of State High School Associations.

College numbers from the NCAA NCAA Sports Sponsorship and Participation Rates

## Estimated Probability of Competing in Professional Athletics

Updated April 2016

|  | NCAA <br> Sport | \# of Draft <br> Participate <br> Eligible | \# Draft <br> Picks | \# NCAA <br> Drafted | \% NCAA <br> To Major Pro | \% NCAA to <br> Total Pro |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Football | 72,788 | 16,175 | 256 | 256 | $1.6 \%$ |  |
| M Basketball | 18,697 | 4,155 | 60 | 46 | $1.1 \%$ | $1.9 \%$ |
| W Basketball | 16,589 | 3,686 | 36 | 33 | $0.9 \%$ | $12.2 \%$ |
| Baseball | 34,198 | 7,600 | 1,215 | 738 | $9.7 \%$ | $4.7 \%$ |
| M Ice Hockey | 4,071 | 905 | 210 | 60 | $6.6 \%$ | -- |
| M Soccer | 24,477 | 5,439 | 75 | 75 | $1.4 \%$ | -- |
|  |  |  |  |  |  |  |

Percent NCAA to Major Pro figures are based on the number of draft picks made in the NFL, NBA, WNBA, MLB, NHL and MLS drafts only.

## Incentive for Multiple Sport Participation



1. Three Sports Jacket
2. Two Sports Backpack \& Shades.

3. Three Sports "Iron Falcon" Log Book
4. Most local and state award require two or more sports participation
5. Multiple Sports Special Seating at End of Year Banquet
6. Special Recognition at School Convocation or Chapel


Incentive for Multiple Sport Participation Continues.....


## Athletic Banquet 3 Sport Recognition



Tim Duncan
Basketball and Swimming


