

YOUTH SPORT SPECIALIZATION AND PROFESSIONALIZATION: PUSHING KIDS OUT OF THE GAME FOR LIFE

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JOINT COMMISSION ON SPORTS MEDICINE & SCIENCE

Minneapolis – February 28, 2020



MY GOAL WITH THIS TALK



Sports Should Be Child's Play

By DAVID EPSTEIN JUNE 10, 2014



Is It Wise to Specialize?

What Every Parent Needs to Know About Early Sports Specialization and its Effect Upon Your Child's Athletic Performance



John O'Sullivan

Author of the Bestselling Book *Changing the Game*

dangerous

One New
advertises
kids under
coach-pie
soccer," g
program.
dancing in

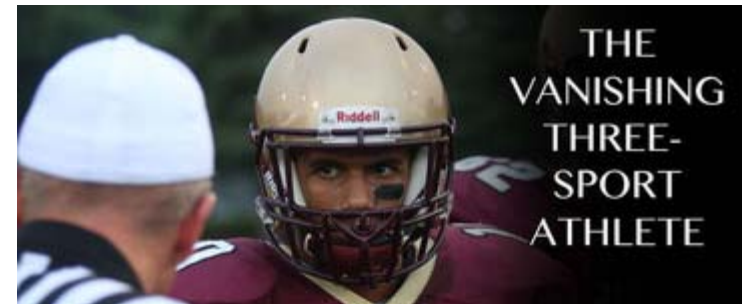
THE DOWNSIDE OF
SPORT SPECIALIZATION
FOR YOUNG ATHLETES



Is single-sport specialization
really **DANGEROUS**
for young athletes?



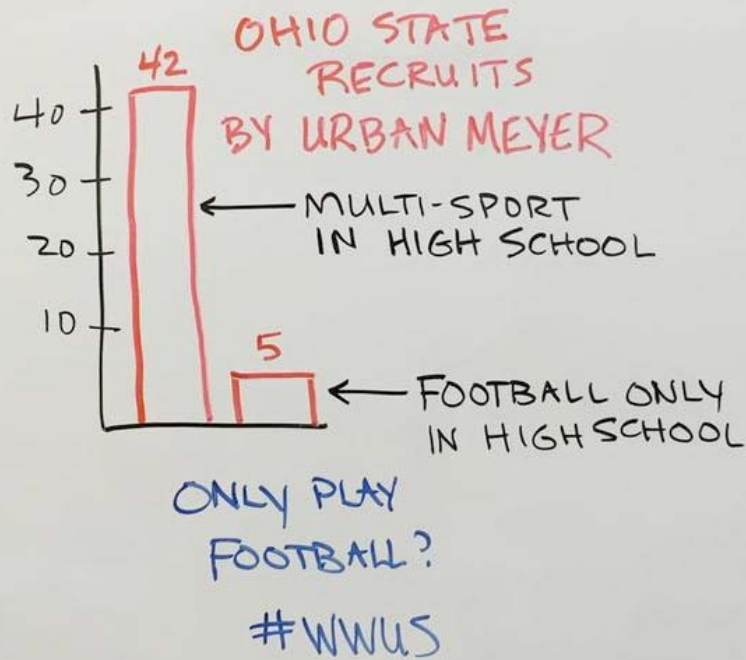
THE
VANISHING
THREE-
SPORT
ATHLETE



Too Long on the Playing Field?

Why More Young Athletes
Are Specializing in One Sport
- and Why It's Not a Good Idea





I played everything. I played lacrosse, baseball, hockey, soccer, track and field. I was a big believer that you played hockey in the winter and when the season was over you hung up your skates and you played something else.

(Wayne Gretzky)

izquotes.com



JJ Watt
@JJWatt



Single-sport specialization amongst youth today is troubling. Let kids be kids. They'll become better all-around athletes & have more fun.



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NCAA VPs Say Colleges Need to Help Repair 'Broken' Youth Sports Model

DECEMBER 10, 2017 • OLIVER LUCK & BRIAN HAINLINE

America's approach to the development of the youth athlete is broken.

As a leader in amateur sports, the NCAA is committed to supporting and promoting solutions to healthy, sustainable, long-term athlete development strategies in youth sports.

NCAA DIVISION I COACHES TAKE A STAND AGAINST EARLY RECRUITING

Details

Category: General

Created: 10 January 2018

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LOUISVILLE, Ky. -- The NFCA has announced that its Division I membership has submitted a response to the NCAA on current early recruiting proposals in the legislative cycle. DI college softball coaches have asked for all recruiting contact to begin September 1 of a prospective student-athlete's



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#DONTRETIREKID



<https://www.youtube.com/watch?v=TIInFe337gZQ>



DID YOU NEED CONVINCING THERE IS A PROBLEM?



SO WHATS THE SOLUTION?

CLINICAL REPORT Guidance for the Clinician in Rendering Pediatric Care

AOSSM Early Sport Specialization Consensus Statement

Robert F. LaPrade,^{*} MD, PhD, Julie Agel,^{††} MA, ATC, Joseph Baker,[§] PhD, Joel S. Brenner,^{||} MD, MPH, Frank A. Cordasco,^{***} MD, MS, Jean Côté,^{††} PhD, Lars Engebretsen,^{††§§|||} MD, PhD, Brian T. Feeley,^{††} MD, Daniel Gould,^{##} PhD, Brian Hainline,^{ab} MD, Timothy Hewett,^c PhD, Neeru Jayanthi,^d MD, Mininder S. Kocher,^{ef} MD, MPH, Gregory D. Myer,^{ghj} PhD, FACSM, CSCS^d, Carl W. Nissen,^{klm} MD, Marc J. Philippon,^{nopq} MD, and Matthew T. Provencher,^{rstu} MD, CDR, MC, USNR

International Olympic Committee consensus statement on youth athletic development

Michael F Bergeron,^{1,2} Margo Mountjoy,^{3,4} Neil Armstrong,⁵ Michael Chia,⁶ Jean Côté,⁷ Carolyn A Emery,⁸ Avery Faigenbaum,⁹ Gary Hall Jr,¹⁰ Susi Kriemler,¹¹ Michel Léglise,¹² Robert M Malina,^{13,14} Anne Marte Pensgaard,¹⁵ Alex Sanchez,¹⁶ Torbjørn Soligard,¹⁷ Jorunn Sundgot-Borgen,¹⁸ Willem van Mechelen,^{19,20,21}

[Primary Care]

Sports Specialization in Young Athletes. Evidence-Based Recommendations

Neeru Jayanthi, MD,^{*,††} Courtney Pinkham and Cynthia LaBella, MD^{||}

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Sports Specialization and Intensive Training in Young Athletes

Joel S. Brenner, MD, MPH, FAAP, COUNCIL ON SPORTS MEDICINE AND FITNESS

Consensus statement

Overuse injuries and burnout in youth sports: a position statement from the American Medical Society for Sports Medicine

John P DiFiori,¹ Holly J Benjamin,² Joel S Brenner,³ Andrew Gregory,⁴ Neeru Jayanthi,⁵ Greg L Landry,⁶ Anthony Luke⁷

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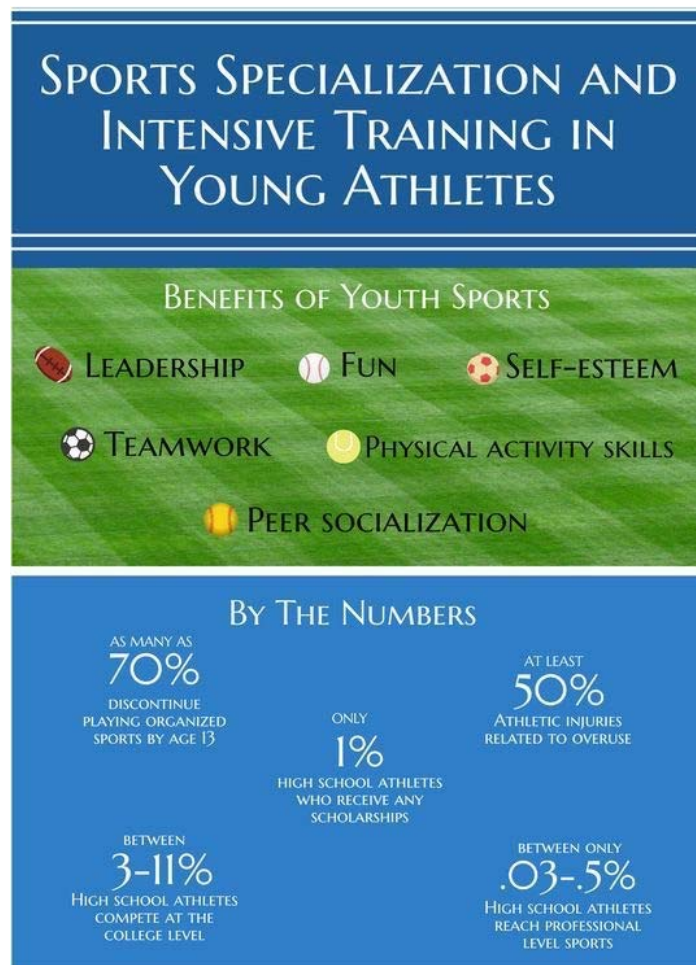
CLINICAL REPORT

Overuse Injuries, Overtraining, and Burnout in Child and Adolescent Athletes

Joel S. Brenner, MD, MPH, and the Council on Sports Medicine and Fitness

Guidance for the Clinician in Rendering Pediatric Care

INFOGRAPHICS AND EDUCATION?



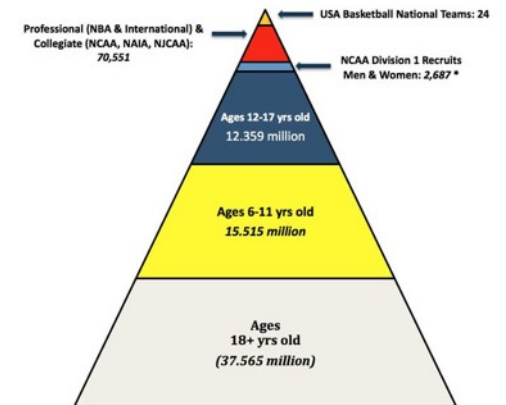
American Academy of Pediatrics. Council on Sports Medicine and Fitness. Sports Specialization and Intensive Training in Young Athletes. Pediatrics. In press.
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YOUTH ATHLETE DEVELOPMENT MODELS?

5 STAGES TO A BETTER SPORT EXPERIENCE

The American Development Model is meant to explain an athlete's advancement through a pathway supporting a healthy sport experience based on their physical, mental and emotional level and potential for growth.



Source: Experian Simmons 2014.

*Based on 9,406 total scholarships available at this level annually. Estimating 3 scholarships are open per men's program and 4 are open per women's program each year

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REBUILDING ATHLETES IN AMERICA



ADM FOR PARENTS

The parent's role in the sport experience can be one of support and guidance for the athlete's benefit. The following are recommendations for parents to help ensure positive sport experiences for their children:

- 1) Understand your child's sport pathway and recognize where they stand in terms of age and development.
- 2) Encourage sport sampling, in which your child plays several different sports up to age 12, at minimum, to help enhance physical literacy and to be sure they find sports they enjoy.
- 3) Encourage multi-sport/activity and cross-training to keep your child from burning out or developing overuse injuries.
- 4) Reward your child for sport development and proficiency over performance outcomes and winning.
- 5) Enroll your child in age-appropriate activities to ensure healthy progression and skill development before advancing to a heavy volume of competition.
- 6) Monitor the dose and duration your child is playing each week and encourage rest and recovery.
- 7) Ask for feedback from coaches and administrators on your child's development and maintain interest in your child's experience over performance outcomes.
- 8) Support and encourage your child to have fun. Don't forget it's about them.

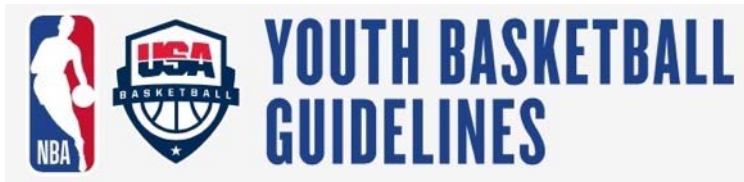
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SPORT-SPECIFIC GUIDELINES?

MAXIMUM PARTICIPATION GUIDELINES



Age	# of Games Per Day	# of Hrs. Per Week in Organized Basketball
Ages 7-8	1	3 hours
Ages 9-11	2*	5 hours
Ages 12-14	2*	10 hours**
Grades 9-12	2*	14 hours

REST GUIDELINES

Age	Min. # of Rest Days Per Week	Max. Months Per Year in Organized Basketball	Recommended Hours of Sleep Per Night
Ages 7-8	2	4 months	9-12 hours
Ages 9-11	2	5 months	9-12 hours
Ages 12-14	1	7 months	8-10 hours*
Grades 9-12	1	9-10 months	8-10 hours

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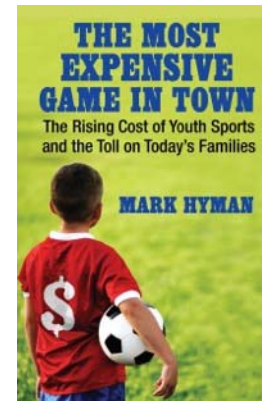
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ARE WE FOCUSING ON THE “RIGHT” PROBLEM?



How Kids' Sports Became a \$15 Billion Industry



How Youth Sports Tournaments Became Big Business

by Andy Berg | October 2017



The paradoxical success of the \$17B Kids Sports Industrial Complex

The youth sports market has doubled in the last decade...

Recently hitting a staggering \$17B in the US.

... But fewer kids actually play youth sports

The number of 6- to 12-year-olds regularly playing team sports fell from 45% in 2008 to just 38% today. Why?

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YOU ONLY GET TO PLAY IF YOU CAN PAY

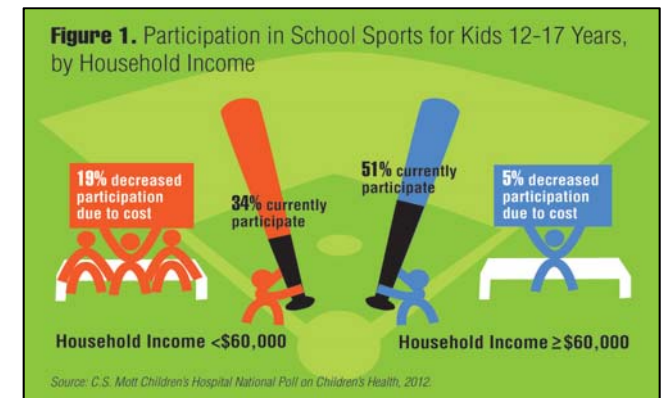
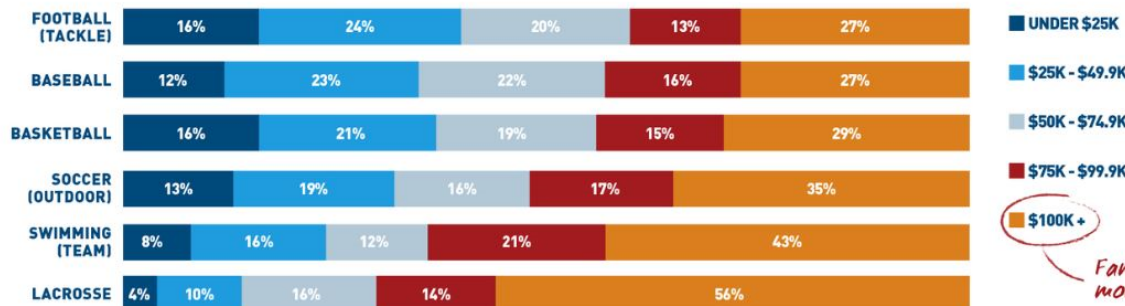
What about kids who can't afford to play on club, elite, travel team?

Are these kids given the message they shouldn't participate in sports?

Are there even other opportunities for them?



INCOME IMPACTS SPORT PARTICIPATION
PERCENTAGE OF CORE PARTICIPANTS, BY HOUSEHOLD INCOME



Families that can afford more, play more.

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EDUCATION

What's Lost When Only Rich Kids Play Sports

The income disparity in youth athletics has effects on health and success that stretch far into adulthood.

LINDA FLANAGAN SEPTEMBER 28, 2017



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THIS IS A PUBLIC HEALTH ISSUE (NOT A “SPORTS” ISSUE)



- Excellence vs Participation
 - Social equity
 - Physical literacy
 - Lifelong physical activity



Is GOVERNMENT THE SOLUTION?



The Congressional Caucus on Youth Sports promotes the values of sportsmanship, civility, respect, health, safety, fun and physical activity among players and leaders, including coaches, parents and officials.

The purpose of this caucus is to educate members of Congress, the media, and the public on the need to restore a child-centered focus in youth sports that will produce immeasurable positive benefits for the well-being and character development among this nation's youth.



Rep. Rodney Davis (R-IL)





The Strategy aims to unify U.S. youth sports culture around a shared vision: that one day all youth will have the opportunity, motivation, and access to play sports — regardless of their race, ethnicity, sex, ability, or ZIP code.



A CALL TO ACTION: WHAT CAN YOU DO

- What part(s) of the “problem” can you address?
- How can you be a meaningful agent of change?
- Identify 3 specific Action Items



Community
Recreation
Groups



National Sport
Organizations



Policymakers &
Civic Leaders



Education



Parents



Public Health



Business &
Industry



Tech & Media



HERE ARE MINE



Community
Recreation
Groups

- Alternatives



National Sport
Organizations

- Carrot vs
stick



Policymakers &
Civic Leaders

- Intramurals



Education

- Research



Parents

- #silentsoftball



Public Health

- Parent Toolkit



Business &
Industry

- “1% for Play”



Tech & Media

- Active voice



I challenge YOU to do it!



WHAT IS A NEW, MEANINGFUL, SPECIFIC ACTION?

Project Play defines a *new* action as an action that will launch or take place after the opening of this application and before January 31, 2021. *Meaningful* and *specific* may include, but are not limited to:

- Grant-making or policies that encourage sport participation growth
- Alignment of organizational goals and strategy with the Project Play framework
- Deployment of resources to create or enhance a program
- Introduction of breakthrough solution (e.g., technology, media)
- Announcement of a new or enhanced partnership
- Leadership in rallying other organizations within its sector
- Creation of a public service announcement or communication campaign
- Distribution of Project Play resources
- Other interventions or programs
- Adoption/distribution of **Project Play 2020** tools, including:

