IN THE LAST 5 YEARS, FEWER KIDS ARE ACTIVE THROUGH SPORTS, DUE IN PART TO EARLY, SINGLE-SPORT SPECIALIZATION*

**EARLY SPECIALIZATION**
**DOES MORE HARM THAN GOOD**

- Increases risk of overuse injuries in developing bodies
- Causes kids to burn out and quit sports altogether
- Decreases overall athletic development

MULTI-SPORT PARTICIPATION CAN LEAD TO BETTER PERFORMANCE, LESS BURNOUT, LESS SOCIAL ISOLATION, AND, MOST IMPORTANTLY, MORE LIFELONG ENJOYMENT IN SPORTS.

THE UNITED STATES TENNIS ASSOCIATION, ALONG WITH THESE ORGANIZATIONS, ENDORSES 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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