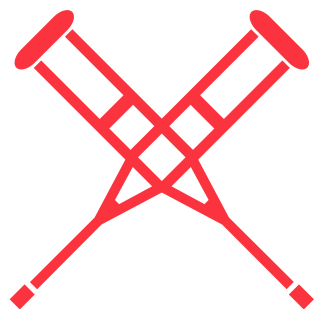


IN THE LAST 5 YEARS, FEWER KIDS ARE ACTIVE THROUGH SPORTS, DUE IN PART TO EARLY, SINGLE-SPORT SPECIALIZATION*

**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.



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