

The New Emphasis on the Multiple Sport Athlete



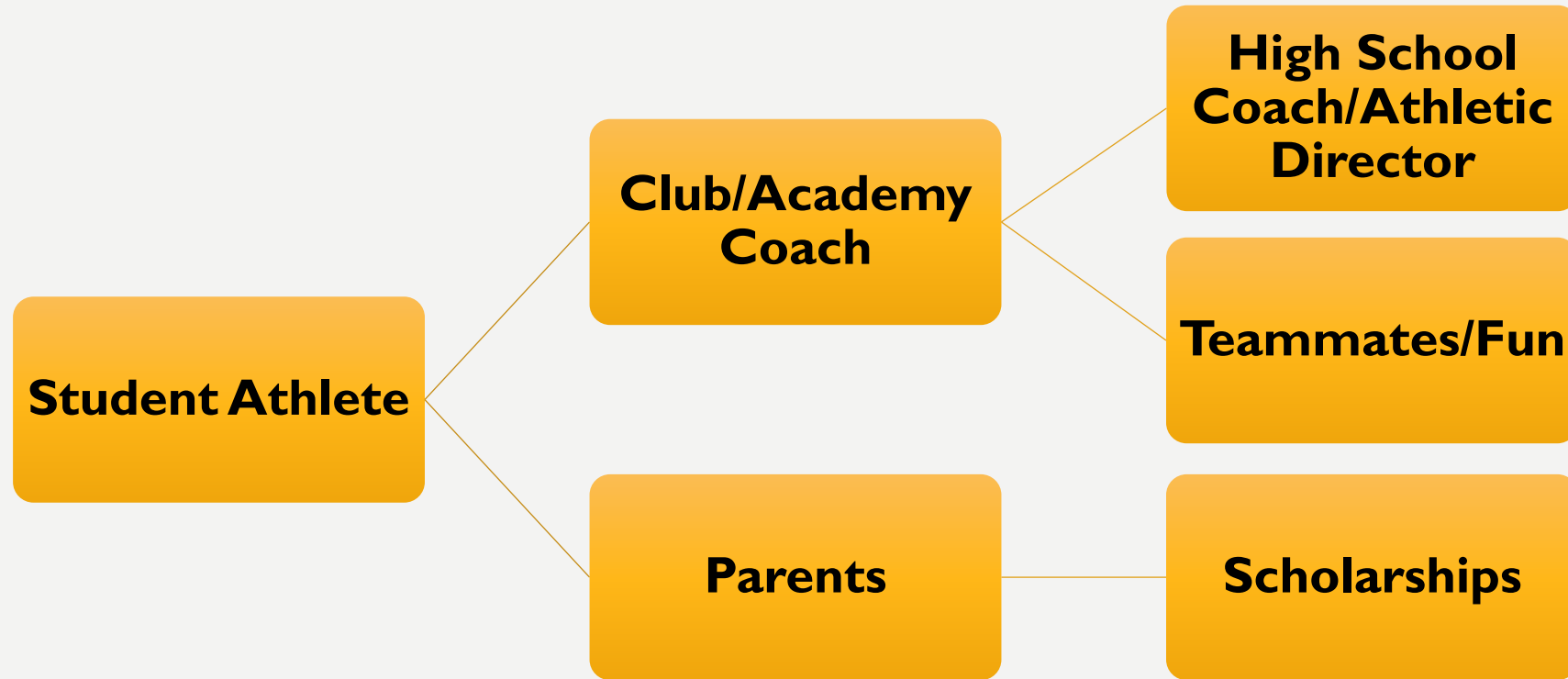
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**EVERY WORKSHOP I DO
IS FOCUSED ON HOW
TO IMPROVE AND SAVE
HIGH SCHOOL SPORTS**

WHO IS INFLUENCING THE DECISION MAKING PROCESS FOR HIGH SCHOOL/YOUTH STUDENT-ATHLETES

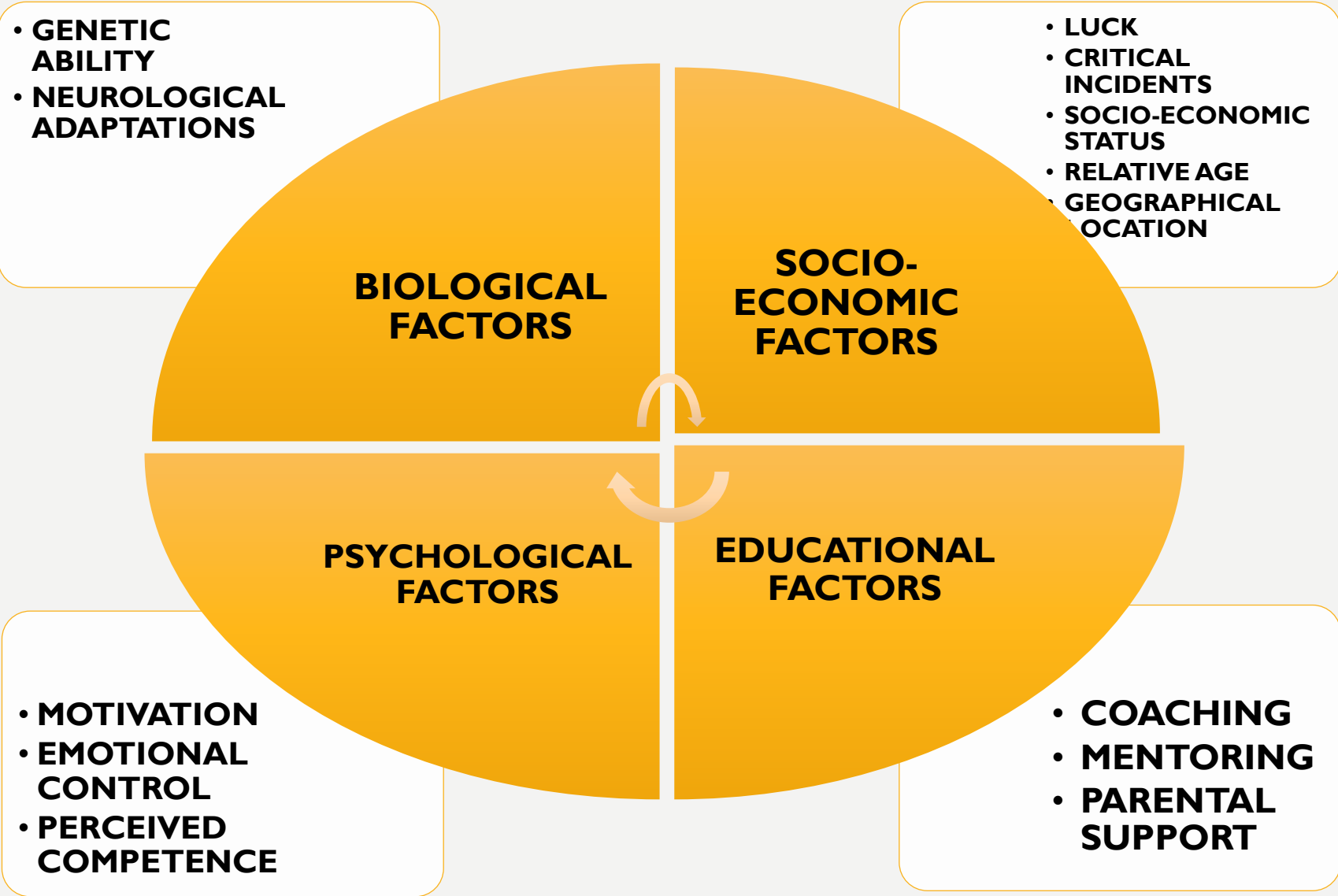


**WHAT/WHO IS DRIVING
THIS “NEW EMPHASIS”
ON THE MULTIPLE SPORT
STUDENT-ATHLETE?**

**WHAT DOES THE RESEARCH TELL
US ABOUT THE VALUE OF OUR
KIDS PLAYING AS MANY SPORTS
AS POSSIBLE?**



**FIRST, WHAT ARE THE
FACTORS THAT SHAPE
SPORT SKILL EXPERTISE
AND PERFORMANCE?**



- ❖ PRIVATE SPORTS FACILITY OWNERS
- ❖ ANECDOTAL CASES OF CHILD PRODIGIES-
"TIGER WOODS"
- ❖ PEAK PERFORMANCE OCCURS IN
ADOLESCENCE IN WOMEN'S GYMNASTICS
AND FIGURE SKATING WHICH DROVE THIS
THEORY INTO ALL SPORTS
- ❖ MALCOLM GLADWELL -10,000 HOUR RULE OF
DELIBERATE PRACTICE
- ❖ ENTREPRENEURS
- ❖ MYTH OF COLLEGIATE SCHLORSHIPS
- ❖ EARLY RECRUITING
- ❖ TRAVEL/ACADEMY SPORTS COACHES
- ❖ HIGH SCHOOL COACHES THEMSELVES

**WHAT ARE THE
FACTORS THAT
HAVE CAUSED THE
DECREASE IN THE
MULTIPLE SPORT
STUDENT-
ATHLETE?**

VALUE OF EARLY SPECIALIZATION

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graph TD; A[VALUE OF EARLY SPECIALIZATION] --> B[EARLY SUCCESS CAN LEAD TO INCREASED SELF-ESTEEM AND INTRINSIC MOTIVATION]; A --> C[PEAK PERFORMANCE IN SPECIFIC SPORTS SUCH AS GYMNASTICS AND FIGURE SKATING]; C --> D[GOAL IS FOR AGE GROUP SUCCESS]; D --> E[EARLY SUCCESS WITH SELECTIONS TO ELITE TEAMS MAY GIVE ACCESS TO BETTER COACHING AND COMPETITION]; E --> B;
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EARLY SUCCESS CAN LEAD TO INCREASED SELF-ESTEEM AND INTRINSIC MOTIVATION

PEAK PERFORMANCE IN SPECIFIC SPORTS SUCH AS GYMNASTICS AND FIGURE SKATING

GOAL IS FOR AGE GROUP SUCCESS

EARLY SUCCESS WITH SELECTIONS TO ELITE TEAMS MAY GIVE ACCESS TO BETTER COACHING AND COMPETITION



THE DANGERS OF EARLY SPECIALIZATION

SHORTENED CAREERS

INCREASED BURNOUT

LESS ENJOYMENT

HIGHER RATES OF INJURY

SOCIAL ISOLATION

PHYSIOLOGICAL IMBALANCES

LIMITED RANGE OF MOTOR SKILLS

**DECREASED PARTICIPATION IN
SPORT ACTIVITIES IN
ADULTHOOD**

THE VALUE OF BEING A MULTI SPORT STUDENT- ATHLETE

- ❖ LONGER PLAYING CAREERS
- ❖ ENHANCED PEER RELATIONSHIPS AS COLLEGE ATHLETES
- ❖ INCREASED PHYSICAL CAPACITY AND MOTOR SKILL BASE
- ❖ INCREASED ABILITY TO TRANSFER MOTOR SKILLS IN OTHER SPORTS
- ❖ INCREASED ABILITY TO TRANSFER PSYCHOSOCIAL SKILLS TO OTHER SPORTS
- ❖ INCREASED MOTIVATION, CONFIDENCE AND SELF-DIRECTION
- ❖ CHALLENGES TO THE 10,000 HOURS OF FOCUSED TRAINING IN ONE SPORT TO REACH ELITE STATUS
- ❖ DECREASE IN INJURY RATE-OVERUSE INJURIES
- ❖ HIGHER GRADES/HIGHER ATTENDANCE/FEWER DISCIPLINE PROBLEMS
- ❖ EXPERIENCE VALUE IN HAVING DIFFERENT ROLES ON TEAMS FROM LEADERSHIP TO SERVICE
- ❖ CHARACTER DEVELOPMENT
- ❖ ABILITY TO ADAPT TO DIFFERENT COACHING STYLES
- ❖ HIGHER RATE OF GROWTH IF THEY DO PLAY AT THE COLLEGIATE LEVEL
- ❖ LOWERS DROP OUT RATES

- ❖ AND MORE MORE MORE


BACK TO:

WHO IS DRIVING THIS “NEW EMPHASIS” AND WHAT ROLE CAN THE MULTIPLE SPORT STUDENT-ATHLETE PLAY IN IMPROVING THE HIGH SCHOOL SPORT EXPERIENCE?



**NCAA DIVISION 1 COACHES
ARE DRIVING THIS!**

**URBAN MEYER
KEVIN CORRIGAN
MIKE BREY
DEANNA GUMPF
BECKY BURLEIGH
PROFESSIONAL
ATHLETES**



**HOW DOES THE MULTIPLE-
SPORT STUDENT-ATHLETE
FIT INTO YOUR ROLE AS
THE ATHLETIC DIRECTOR
WHO IS TRYING TO MAKE
SPORTS A GREAT AND
REWARDING EXPERIENCE
FOR EACH STUDENT-
ATHLETE YOU ARE SO
PRIVILEGED TO LEAD?**



PARENT EDUCATION
PARENT ACCOUNTABILITY
PARENT EDUCATION
PARENT ACCOUNTABILITY
PARENT EDUCATION
PARENT ACCOUNTABILITY
PARENT EDUCATION
PARENT ACCOUNTABILITY



THANK YOU

TRUE BRAND SPORTS, LLC

**COACH, PARENT, ADMINISTRATOR AND STUDENT-ATHLETE
EDUCATIONAL PROGRAMMING**

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