

Program Benefits from Multi-Sport Participation



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SCHOOL SPORTS – CURRENT ISSUES

Specialization

Focus on single sport, year-round participation

Health Outcomes

Chronic overuse injuries, burnout & drop out

Commercialization

Focus on winning, status-related outcomes

Sporting Conduct

Declining fair play and respect

Multi-Sport Participation Advantages

- FEWER OVERUSE INJURIES
- MULTI-DIMENSIONAL ATHLETES
- EXPOSURE TO DIFFERENT COACHING STYLES & TEAM CULTURES
- EXPOSURE TO AN EXPANDED SOCIAL CIRCLE
- OPPORTUNITY TO RESET & RECHARGE
- ASSUMING VARIED TEAM ROLES
- BROADER PERSPECTIVE ON SPORT



REINFORCING MULTI-SPORT PARTICIPATION

- Encourage choice, sampling & diversification
- Manage parent expectations
- Clear coaching job description & expectations
- Review league and club policies
- Recognize Multi-Sport Participation
- Increase overall participation



MENTORING & PREPARING COACHES

Job Description Components

What might be placed in a coach's contract or job description to effectively promote educational athletics/multi-sport participation?

Reinforcing Multi-Sport Participation

What might be done to reinforce educational athletics/multi-sport participation during the school year?

Effective Multi-Sport Topics

What topics could be effective in preseason and weekly or monthly coaches meetings to emphasize the importance of multi-sport participation?



RECRUITING & HIRING COACHES

Key Elements of Coaching Candidates

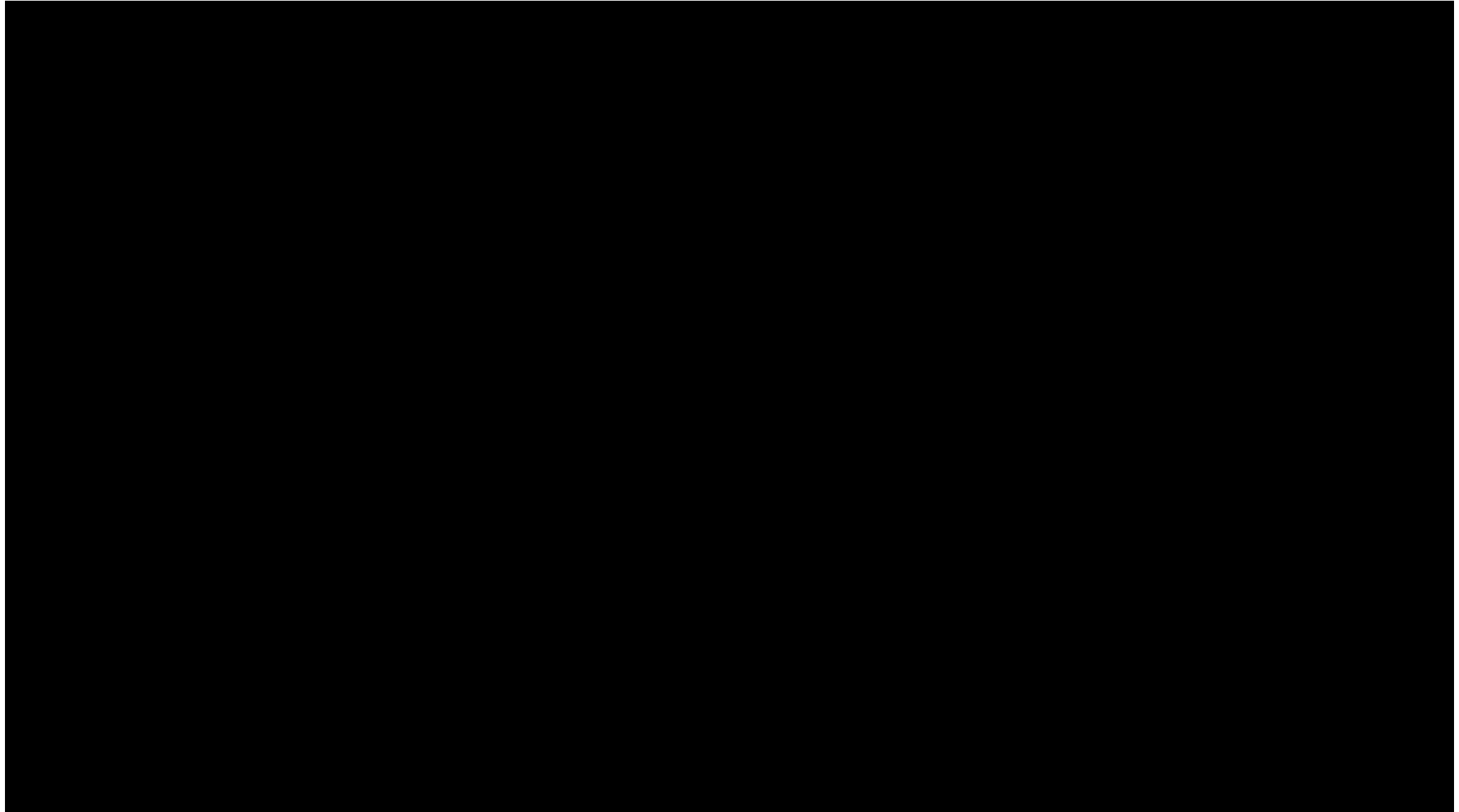
Beyond basics of the sport and a clean background, what are the key things to know about a coaching candidate?

Sample Questions for the Candidate

Sample questions to help reveal a coaching candidate's attitudes about educational athletics in general and multi-sport participation in particular.



Jack Roberts, Former Executive Director, MHSAA



TASK FORCE ON MULTI-SPORT PARTICIPATION

“Prepare strategies and tactics for the MHSAA, allied organizations and local schools and conferences to promote multi-sport participation by student-athletes.”



How did we get there?



- Dr. Tony Moreno - EMU
Professor -Physical
Literacy
- Dr. Dan Gould -
Director of MSU Youth
Sports Institute -
Research on
Specialization
- Bob Mancini, USA
Hockey Regional
Director - NGB
Perspective
- Dr. Tim McGuine, UW @
Madison – Athletic Training
and Research
- Dr. Wade Gilbert, Fresno
State- Coaching Research
- Institute for the Study of
Youth Sport (ISYS) 40th
Anniversary Conference-
Michigan State University-
Dr. Justin DiSanti

What we accomplished?

Multi-Sport Survey

Recognizing Our Best

Coaching Our Coaches

Multi-Sport Athlete Award

MHSAA "Champion" Award

Recognizing Multi-Sport Athletes MHSAA and the MSU Institute for the Study of Youth Sports | February 2018



Rooting for Multi-Sport Athletes

Recognizing Our Best

The things we value most are the things we are apt to talk about the most, promote the greatest and recognize the highest.

In Michigan school sports, the "ideal" student-athlete is most often a "multi-sport athlete" – the student who is involved in academic and non-academic programs, athletic and non-athletic activities, who participates in both team and individual sports, perhaps a star in one sport and a substitute in another.

This publication celebrates multi-sport participation in school sports. With only rare exception, the student who participates in multiple school sports and non-athletic activities not only gets the maximum out of his/her years, that student gets the best preparation of life after school.

Between two health epidemics – lack of physical activity leading to obesity on the one hand and, on the other hand, specialization in a single sport year-round that begins too early in life and is too intense and too prolonged, leading to overuse injuries – is multi-sport participation – balanced participation that prepares youth to be more "physically literate," active and more healthy as adults.

This publication is organic. Hosted on MHSAA.com, it will grow with fresh features and as schools and leagues initiate creative new ways to recognize and promote multi-sport athletes as well as schools with high rates of multi-sport participation.



This is a project of the MHSAA Task Force on Multi-Sport Participation which has been working since 2016 to prepare strategies and specific tactics for the MHSAA, allied organizations and local schools and conferences to promote multi-sport participation by student-athletes.

— John E. "Jack" Roberts
MHSAA Executive Director



The Game Plan



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League Promotion & Recognition	3
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The Task Force on Multi-Sport Participation is a working group invited by the Michigan High School Athletic Association executive director. Task Force members' terms are not limited; members drop off when their schedules require and members are added from time to time to maintain diversity of background, geography and expertise.

Current Task Force members:
Anna Britnell, Canton-Salem
Todd Cheney, Harland
Scott Dane, Grand Ledge
Keith Guy, Muskegon
Kevin Guzzo, St. Joseph
Matt Joseph, Sterling Heights-Utica Ford II
Jason Kasparian, Port Huron Northern
Jean LaClair, Bronson
Anika McEvans, Southfield
Jason Mellem, Ionia
Scott Prylas, Grand Haven
Meg Seng, Ann Arbor-Greenhills
Jason Stariha, Muskegon-Catholic Central
Brian Swinehart, Walled Lake Consolidated Schools
Mike Thayer, Auburn-Bay City Western
Patti Tibaldi, Traverse City

Coaching Our Coaches

MHSAA and the MSU Institute for the Study of Youth Sports | 2017



Rooting for Multi-Sport Participation

Coaching Our Coaches

Among the earliest and most emphatic conclusions of the Michigan High School Athletic Association Task Force on Multi-Sport Participation is that coaches are key to shaping the attitudes and actions of students and parents on many topics, including sports specialization that is so early, intense and prolonged that it does more harm than good to a student's success as an athlete and health as an adult.

Coaches make both the quantitative and qualitative difference.

Coaches are the reason some schools win more than others. Coaches are the reason some schools have better sportsmanship than others. Coaches are the reason some schools have a more educationally based program than others. Coaches make the difference between a program of excesses and a program of education.

Coaches are the critical link in the educational process of athletics, they are the critical link in the sportsmanship at contests, and they are the critical link in the traditions of success which some schools enjoy. It has always been so, and it always will be so.

No one higher up or lower down the organizational chart has more impact on athletes than do coaches. Coaches are the delivery system of educational athletics.

More than any other adult in a young person's life, it is the coach who holds the most influence over students' interest in sampling different sports and sticking with them. Coaches do so by what they say and, even more importantly, what they do.

The purpose of this document is to help school administration recruit and hire coaches who, in both word and deed, will encourage multi-sport participation by their players; and to help administrators mentor and manage coaches to do so.

There are few if any tasks which are more important. With overuse injuries resulting from excessive specialization now widely recognized as the No. 1 health and safety issue of youth sports, administering school sports with not only a design but also a demand for multi-sport participation must be our No. 1 priority.

The Game Plan



Recruiting & Hiring	2
Mentoring & Managing	3
Evaluating	4

In late 2015, the Representative Council of the Michigan High School Athletic Association authorized the appointment of a Task Force on Multi-Sport Participation. It was given this charge:

"Prepare strategies and tactics for the MHSAA, allied organizations and local schools and conferences to promote multi-sport participation by student-athletes."

This document is intended to provide school administrators a tool for helping coaches promote educational athletics and multi-sport participation among their players.

This tool was developed with the input of Task Force members during interviews conducted by the Institute for the Study of Youth Sports of Michigan State University.



MHSAA Multi-sport Participation Strategies



- Hire Coaches who promote multi-sport participation
- Recognize schools that support multi-sport participation
- Emphasize the benefits of playing more than one sport

Next Steps

Ask for your State High School Association to lead the way

Lean on and reference Health & Safety Research and Resources

Create a culture of multi-sport participation at your school

- Have a written philosophy that promotes multi-sport participation
- Use opportunities to publicly promote your philosophy

Get the right coaches on board

Educate your parents about youth sport programs

- “You are not behind.” Epstein

Working with local youth sport associations

ADDITIONAL RESOURCES



- [MHSAA.com – Health and Safety Resources page](#)
- [CHANGING THE GAME PROJECT – John O’Sullivan](#)
- [Dr. Cole Shewmake](#)
- [TEDx talk by Dr. Travis Dorsch, Utah State University,](#)
- [Robin Vealy](#)
- [Aspen Institute - Project Play - https://www.aspenprojectplay.org/](https://www.aspenprojectplay.org/)
- [Dr. Lynn Pantuosco-Hensch](#)
- [Michigan State University - Institute for the Study of Youth Sport](#)
- [Positive Coaching Alliance - https://www.positivecoach.org/](https://www.positivecoach.org/)
- [NATA – Journal of Athletic Training – October 2019](#)
- [Range by David Epstein](#)

