

VOICES OF THE NATION

Q *Is it important to play multiple sports? Why?*



CHELSEA BROTHERS

Southport High School
Indianapolis, Indiana

"For me, playing multiple sports is important because there aren't always a large number of great athletes in a school.

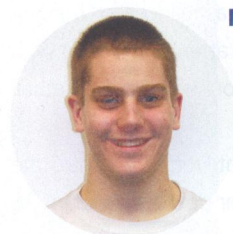
Having athletes play more than one sport benefits athletics and the school. Playing a certain sport can also help you in another sport. For example, I play volleyball and basketball so the jumping, quickness and hand-eye coordination go hand-in-hand in each sport. Being a multiple-sport athlete always gives you something to look forward to: a new season, new players and new opportunities."



LAUREN CLARKE

Colts Neck High School
Colts Neck, New Jersey

"As a two-sport athlete, I do believe it is important to play multiple sports. Basketball has always been my No. 1 sport, but playing soccer is a great change of pace, and it is fun to play a different sport with different teammates. Having time off from basketball gives me a good break so I don't get burned out, and I become more excited for the upcoming season. Playing different sports also makes your body use different muscles, so there is less of a chance in getting injured. I have never had a serious injury. Playing multiple sports has taught me great leadership and team skills."



MARK ALDEMAN

Mid-Prairie High School
Wellman, Iowa

"If you love to compete and you are a talented athlete, there is no reason not to go out for multiple sports. You will develop different athletic skills and movements that help you develop into a better athlete. The winning mentality our football team plays with carries over into basketball season. We have already developed a winning attitude and had success in big games. All of the lifts, conditioning, speed and agility work, and basketball workouts benefit me in every sport. I'm never training just for one season. Even during football season, I can still make time to get in the gym and improve my basketball skills. Athletics are just the best part of school."



MEREDITH SHAW

Buffalo High School
Buffalo, Texas

"In high school, playing multiple sports is very important. From personal experience, I have learned that skills I gain in one sport improve my ability in another sport. Not to mention the fact that college scouts have been known to show interest in athletes who demonstrate skills in more than one area. Not only is it beneficial to the athlete, it supplies the school, especially small schools, with a productive athletic program. Playing multiple sports provides a positive outlet for students and helps them build character while remaining both driven and responsible. When athletes play multiple sports, everyone reaps the benefits."