

Quality Sport is...

MULTISPORT

By participating in a wide variety of sports, athletes develop a wider range of skills.



With more skills, athletes perform better, have more activity options, and have more fun!

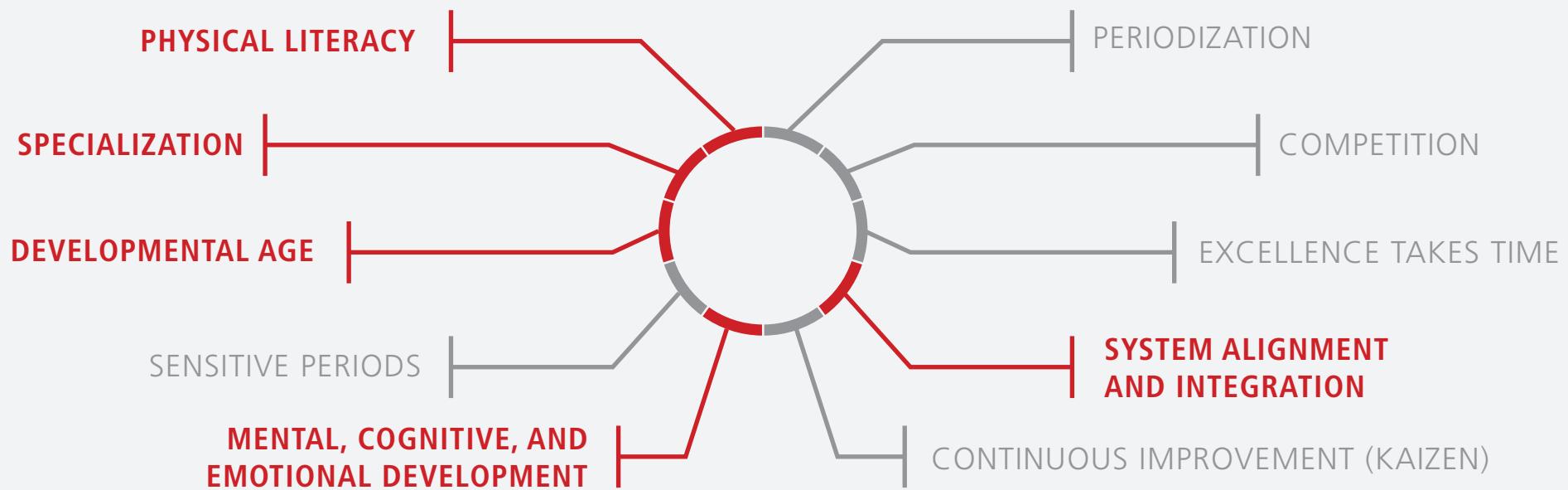
BURNOUT

INJURY

INACTIVITY

A solid multisport foundation can prevent

Multisport combines **5** of the **10 Key Factors** from the Long-Term Athlete Development Framework



88%

of college athletes have a multisport background

~ American Medical Society for Sports Medicine

