

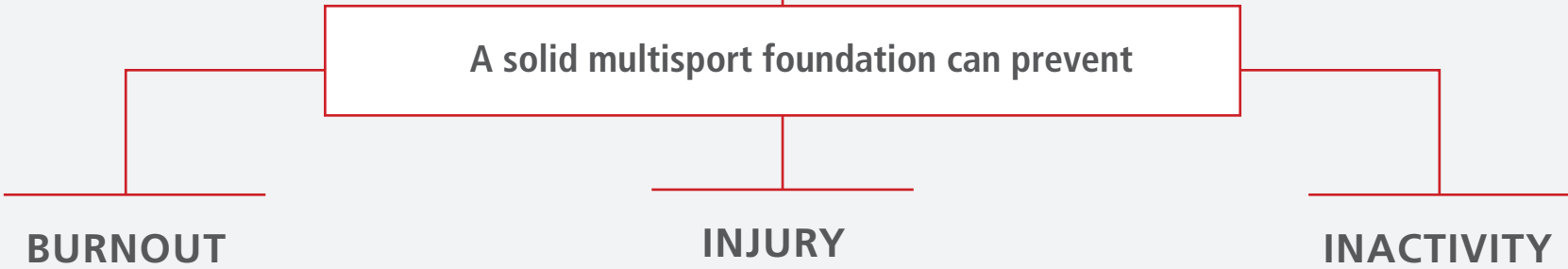
Quality Sport is...

# MULTISPORT

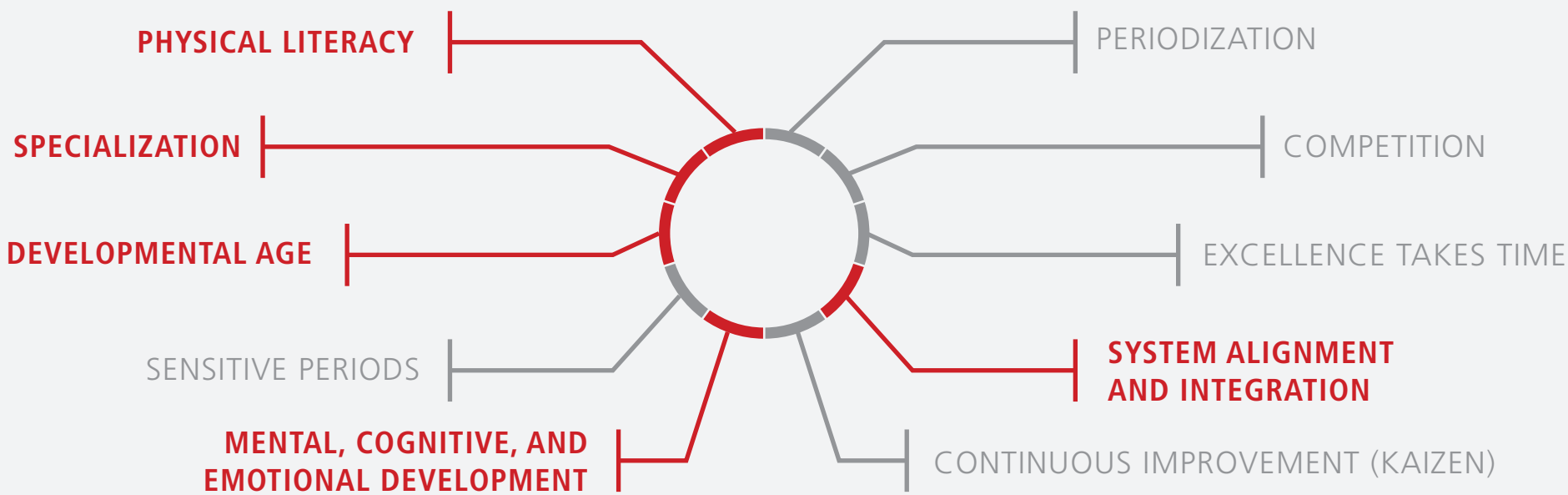
By participating in a wide variety of sports, athletes develop a wider range of skills.



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

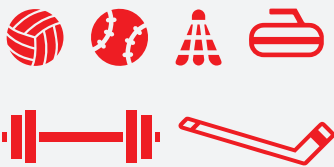


## Multisport combines 5 of the 10 Key Factors from the Long-Term Athlete Development Framework



88%

of college athletes have a multisport background



~ American Medical Society for Sports Medicine