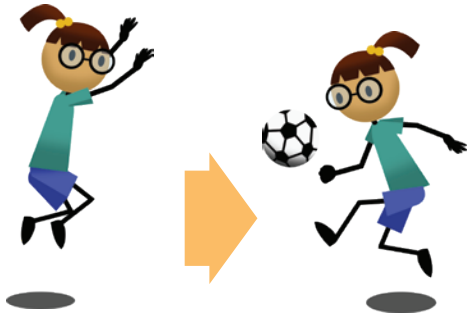


The multi-sport approach: How different sports help each other

Can tennis help your child play baseball? Will figure skating make them better at hockey? Is gymnastics good for other sports?



Athletics helps soccer players to run and jump better.

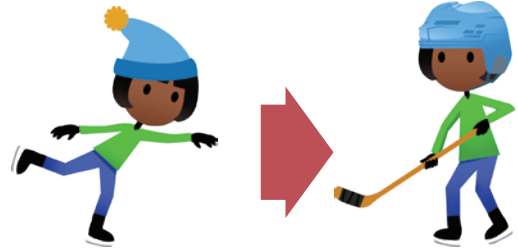
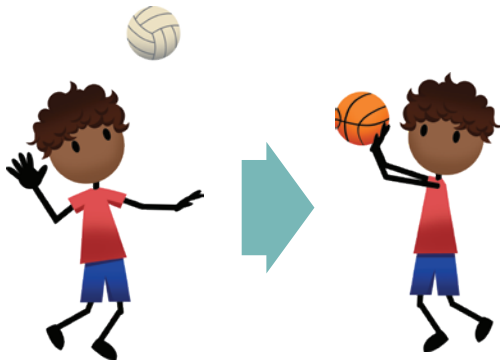
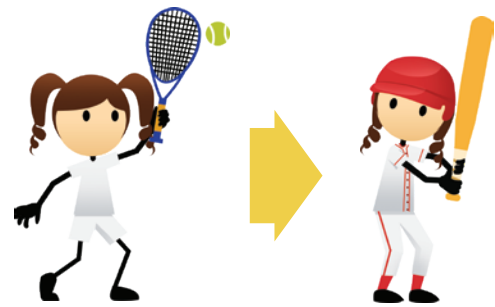


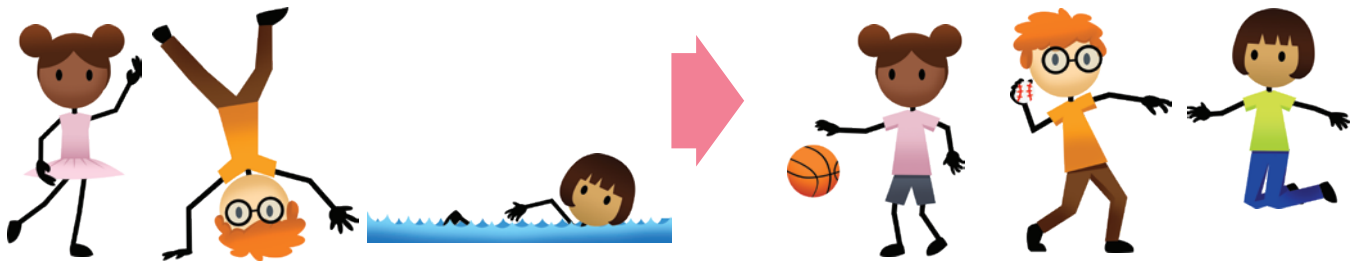
Figure skating helps hockey players to skate better.



Volleyball helps basketball players to jump, catch, and track the ball.



Tennis helps baseball and softball players to strike better.



Dancing, gymnastics, and swimming help all athletes to be agile, balanced, coordinated, strong, and flexible.

For most sports and physical activities, kids should avoid specializing too early. In fact, they should try as many different sports and activities as possible before their teen years. Through this multi-sport approach, they develop better physical literacy and athleticism.