

BENEFITS OF PLAYING HIGH SCHOOL SPORTS

High school athletics offer the following benefits:

- teamwork
- leadership
- stress relief
- goal-setting
- independence
- acceptance of others
- discipline
- self-confidence

57% less likely to use drugs or alcohol

63% less likely to become teen parents

DROP OUT RATE

Athletes Non-athletes

0.6% 10.32%

Students participating in "vigorous" sports do about 10% better in math, science, English, and social studies

HIGH SCHOOL ATHLETICS:

- Teach lessons about self-discipline and teamwork
- Foster physical and emotional development
- Instill sense of community pride

HIGH SCHOOL ATHLETES

have an increased likelihood of college success