

THE GOOD BAD AND UGLY OF SPECIALIZATION AT AN EARLY AGE

Good

- Improve Sport Specific Skills And Performance
- Deeply Commit To A Sport Of Your Preference
- Ability To Compete And Play On Exclusive Travel Teams
- Receive Private Instruction On Specific Skills From Qualified Coaches
- Attend Showcases In Front Of College Coaches And Professional Scouts
- Play In High Profile Tournaments Across The Country And World
- Attend Prominent Training Academies
- Opportunities To Improve Chances Of College Scholarships

Bad

- Extraordinary Financial Commitment
- Constantly Traveling
- Never Ending Pressure To Perform And Excel At An Elite Level
- Zero Down Time To Rest The Body And Mind
- Limited Time To Hangout With Friends
- Sacrifice Playing Other Sports
- Fail To Benefit From The Wonders Of Free Play
- Sports Quickly Becomes A Business Instead Of Fun
- No Guarantees Of College Scholarships Or Professional Contracts

Ugly

- Physical, Emotional, And Social Problems
- Parents Living Vicariously Through Their Children At All Costs
- Overuse Injuries And The Constant Threat Of Surgery
- Burnout
- Stress
- Quit Sports Altogether
- Become Disconnected And Disinterested In Sports
- Shattered Dreams Based On Unrealistic Expectations
- Inactivity Later In Life As A Result Of Negative Experiences