

PERIODICALS

1. ***"Saving the Multi-Sport Athlete from Extinction"*** – Darren Fenster – USA Baseball Sport Development Blog

www.sportdev.org/USAB/Blog/Multi-Sport-Athlete.aspx

2. ***"Early Sport Specialization Versus Diversification in Youth Athletes"*** – Thomas H. Caruso, CSCS, RSCC – National Strength and Conditioning Association www.nsc.com/education/articles/nsc-coach/early-sport-specialization-versus-diversification-in-youth-athletes/

3. ***"Risks Associated with Sport Specialization in High School Athletes"*** - Timothy McGuine, Ph.D., ATC; David Bell, Ph.D., ATC; Eric Post, Ph.D., ATC – National Federation of State High School Associations

www.nfhs.org/articles/risks-associated-with-sport-specialization-in-high-school-athletes/

4. ***"A Few Surprises In The Data Behind Single-Sport and Multi-Sport Athletes"*** - Jaimie Duffek – USA Today

usatodayhss.com/2017/a-few-surprises-in-the-data-behind-single-sport-and-multisport-athletes

5. ***"Specialization and Overuse Injuries In Young Athletes"*** – Dr. Katherine Coyner – UCONN Health Orthopedics and Sports Medicine

health.uconn.edu/orthopedics-sports-medicine/2017/08/01/specialization-overuse-injuries-young-athletes/

True Sport – U.S. Anti-Doping Agency

6. ***True Sport: What We Stand To Lose In Our Obsession To Win – U.S. Anti-Doping Agency***

www.truesport.org/library/documents/about/true_sport_report/True-Sport-Report.pdf

- "The Importance of Developmental Awareness and Avoiding Early Specialization and Burnout" (Page 10)
- "The Promise and Perils of Specialization" (Pages 45-49)

ACADEMIC AND MEDICAL JOURNAL ARTICLES

7. ***“Early Single Sport Specialization: A Survey of 3,090 High School, Collegiate, and Professional Athletes”*** - Patrick S. Buckley, MD, Meghan Bishop, MD, Patrick Kane, MD, Michael C. Ciccotti, MD, Stephen Selverian, BS, Dominique Exume, BS, William Emper, MD, Kevin B. Freedman, MD, Sommer Hammoud, MD, Steven B. Cohen, MD, and Michael G. Ciccotti, MD – The Orthopedic Journal of Sports Medicine

www.ncbi.nlm.nih.gov/pmc/articles/PMC5536378/pdf/10.1177_2325967117703944.pdf

8. ***“Knowledge, Attitudes, and Beliefs of Youth Club Athletes Toward Sport Specialization and Sport Participation”*** - M. Alison Brooks, MD, MPH, Eric G. Post, MS, ATC, Stephanie M. Trigsted, PhD, ATC, Daniel A. Schaefer, MS, CSCS, Daniel M. Wichman, Andrew M. Watson, MD, MS, Timothy A. McGuine, PhD, ATC, and David R. Bell, PhD, ATC - Investigation performed at the University of Wisconsin–Madison, Madison, Wisconsin, USA – The Orthopedic Journal of Sports Medicine

<https://journals.sagepub.com/doi/pdf/10.1177/2325967118769836>

9. ***“Overuse Injuries in Youth Sports: Legal and Social Responsibility”*** - Phoebe Friesen, Bethany Saul, Lisa Kearns, Kathleen Bachynski, and Arthur Caplan - Journal of Legal Aspects of Sport

<file:///C:/Users/wayne/Downloads/22569-Article%20Text-34562-1-10-20180827.pdf>


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www.academia.edu/37690457/Overuse_Injuries_in_Youth_Sports_Legal_and_Social_Responsibility

DR. DAVID GEIER

U.S. Women's National Team



Millions of young girls across the country watched the US Women's National Team capture its third Women's World Cup Sunday night. If they dream of making the national team one day, they should recognize a key factor in the development of many of our star players.

Most of them played other sports in addition to soccer growing up.

Current soccer stars excelled at many sports

Steph Curry & Fear-Driven Early Sport Specialization

By [Joe Haefner](#)