

WHY KIDS PARTICIPATE IN SPORTS

- 1. Having fun**
- 2. Improving skills**
- 3. Develop fitness/exercise**
- 4. Being with my friends**
- 5. Experiencing thrills and excitement**
- 6. Being on a team**
- 7. Opportunities for personal accomplishment**
- 8. Staying in shape**
- 9. Doing something I'm good at**
- 10. Winning**

TOP REASONS WHY KIDS QUIT SPORTS

- 1. Not having fun**
- 2. Too much pressure from parents and peers**
- 3. Too much emphasis on winning**
- 4. Concerns about coaching**
- 5. Not getting enough playing time**