

# The 2 Minute Drill



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*The Mission of The Center For Kids FIRST in Sport, Health, & Education is to keep all kids physically active, healthy, and playing for life. This newsletter is one of our tools to educate and inform kids, parents, teachers, coaches, and other interested adults about the effects of youth sports, exercise, and nutrition on our children and our culture.*

## Forced Inactivity

- 70% of all children who play youth sports organized by adults either quit or are dropped from the system by age 15
- Daily PE in fewer than 30% of K-12
- 20% of high school students play at least one sport

We have essentially forced 70-80 percent of our children into involuntary inactivity. TV, video games, and the Internet only fill the void.

## The Scholarship Myth

- Of the 20-30 million kids playing youth sports, 1 in 4 youth stars become stars in H.S.
- 284,000 H.S. boys playing Soccer – Only 8,000 (3%) are playing in Div. I & II schools. There are only 3,306 full scholarships available.
- 209,000 H.S. girls playing Soccer – 7,000 (3.3%) are playing in Div. I & II

## Bet You Didn't Know

It can cost as much as \$10,000 for one child to play a year of travel sports. Multiply that by 7 years of travel = \$70,000.....more than enough for tuition, board and room at most colleges and universities.

**Ironically, 59% of parents rate the concept of all-stars or select teams as “fair” to terrible.**

## Behind The Scenes

The Yankees will pay Alex Rodriguez \$252 million for 10 years. The richest contract in sports. \$25 million per year. The Florida Marlins beat the Yankees last fall with a total payroll of less than \$50million. Yankees total payroll is now at \$200 million.