



# Is It Wise to Specialize?: What Every Parent Needs to Know About Early Sports Specialization and its Effect Upon Your Child's Athletic Performance

*John O'Sullivan*

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Do you feel like your young athlete is being asked to do more, more, more at a very young age? Isn't youth sports very different than when we were growing up? Should your child play multiple sports, or pick a single sport and go for it? It's enough to drive you crazy. John O'Sullivan has complied the latest research into the physical, social and psychological impacts of early vs late sport specialization, so that parents and coaches can lead their athletes down the right path when it comes to youth sports. You will learn:

1. The facts about early sport specialization that many parents, coaches and organizations don't know but can significantly effect your child's sports experience
2. The path that most athletes have taken to become professional and elite athletes, and gives your child the BEST chance of optimal performance
3. How to ensure sports are physically, psychologically and socially beneficial to your child
4. How to speak to coaches and organizations that are pushing your child down a path that is not supported by the best practices of player development

...and so much more. If your child is being forced into a sport, and you don't know where to turn for answers, "Is It Wise to Specialize" will provide you with practical guidance and cut through all the red tape, so your child and you can enjoy youth sports.

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