Exploring the Culture of Youth Sports

1.24 million kids were seen in emergency rooms for sports injuries in 2013.

That's 3,397 every day. 141 every hour. 1 every 25 seconds.

Among children ages 9 and under, 13 to 15-year-olds accounted for the largest number of injuries. 37%

90% of athletes said they have been injured while playing a sport.

42% of athletes said they have hidden or downplayed an injury during a game so they could keep playing.

62% know someone else who has.

48% of coaches report a player having hidden or downplayed an injury.

56% of athletes said they have played injured.

67% of coaches report a player having hidden or downplayed an injury.

28% of athletes agree that it is normal to commit bad fouls and play rough to "send a message" during a game.

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73% of athletes say they have been yelled at by a coach.

Of those, 60% of kids said that being yelled at by a coach made them want to quit playing a sport.

Strategies for Smart Play

- Set the ground rules at the beginning of the season. Coaches bring together parents and athletes before the season begins to agree on the team's approach to prevent injuries.
- Teach athletes ways to prevent injuries. Important technique, strength training, warm-up exercises and stretching can go a long way to prevent injuries.
- Prevent average injuries. Encourage athletes to take time off from playing only one sport to prevent average injuries and give them an opportunity to get stronger and develop skills gained in another sport.
- Encourage athletes to speak up when they're injured. Remove injured athletes from play.
- Put an end to dirty play and rule breaking. Call fouls that could cause injuries.
- Get certified. Learn first aid, CPR, AED use and injury prevention skills.