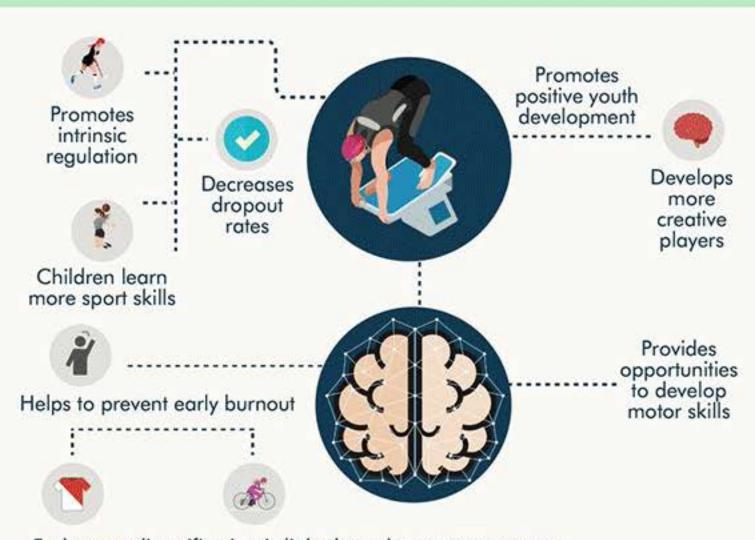
The Benefits of Sport Diversification for Young Athletes



Sport diversification is where a child samples a wide range of sports when they are young





Early sport diversification is linked to a longer sport career

