SUMMARY REPORT

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION
TASK FORCE ON MULTI-SPORT PARTICIPATION
MULTI-SPORT PARTICIPATION SURVEY

2024-25 School Year

Introduction:

With the rise of overuse injuries and burnout among young athletes—issues that often contribute to lifelong chronic injuries and related health concerns—early sport specialization has emerged as one of the most pressing health and safety challenges in youth sports. In early 2016, the Michigan High School Athletic Association established the Task Force on Multi-Sport Participation to support ongoing efforts to promote athlete well-being and address the factors contributing to specialization.

To advance this work, the Task Force launched an initiative to measure multi-sport participation across MHSAA member schools. The goal is to identify statewide trends and highlight "achievers"—schools that exceed expected participation levels based on enrollment, geography, and other factors that influence athletic involvement. By recognizing schools with strong multi-sport participation and uncovering key patterns and research questions, this initiative aims to help school sports administrators shape policies, procedures, and programming that encourage multi-sport participation and enrich the overall student-athlete experience in Michigan's interscholastic athletic programs.

Because data were not collected for the 2019–20 school year due to the COVID-19 pandemic, the Spring 2025 survey represents the sixth year of multi-sport participation data collection among MHSAA member schools. As in previous years, all 756 member schools were surveyed and asked to report the total number of students who participated on athletic teams in MHSAA-sponsored sports and the number who competed in more than one such sport. Additionally, the 2024–25 survey continued the practice of asking schools to report the number of sports each athlete played. This summary is based on usable data submitted by 625 responding schools.

Observations:

- The overall response rate for the 2024–25 survey was 82.7% (Table 1), representing a return to the levels observed in the five years preceding the 2023–24 survey. The 2023–24 response rate had dropped sharply to 63.7%, a notable decline from the more consistent rates of the previous five years: 85.2% in 2022–23, 85.0% in 2021–22, 81.5% in 2020–21, 82.9% in 2018–19, and 79.9% in 2017–18.

- As seen throughout all years of data collection, smaller schools consistently report higher rates of student participation in athletics. This pattern appears both across school classes (Table 2) and within the enrollment ranges of Class A schools (Table 5).

- Smaller schools also show consistently higher rates of multi-sport participation among student-athletes. This pattern is evident when comparing school classes overall (Table 3) and when examining enrollment variations within Class A (Table 6).

- The percentage of athletes participating in multiple sports is higher among boys than girls – this holds across all classes (Table 3) and different enrollments within Class A (Table 6).

- The percentage of athletes participating in multiple sports has remained consistent across all classes over the seven years data has been collected:

CLASS	2017-18	2018-19	2020-21	2021-22	2022-23	2023-24	2024-25
A	35.9%	35.4%	36.4%	36.7%	36.9%	38.2%	38.5%
B	46.7%	48.7%	48.4%	49.5%	49.6%	48.0%	49.3%
C	55.2%	56.7%	57.3%	58.3%	59.0%	59.4%	59.6%
D	58.1%	61.8%	62.9%	60.8%	62.5%	63.1%	63.1%

- Table 4 summarizes the number of sports in which athletes participated during the 2024–25 school year, further supporting the trends described above. Schools with larger enrollments generally have a higher percentage of single-sport athletes, and the proportion of single-sport participants is higher among girls than boys.

- The percentage of two-sport athletes is relatively consistent across all classes, with approximately one-third of athletes participating in two sports (Table 4).

- There is a notable difference in the percentage of three-sport athletes across classes; schools with lower enrollments have a significantly higher proportion of students participating in three sports (Table 4).

- Three schools have appeared in the top 10% of their class for multi-sport participation six times:

School	Class	Years in Top 10%					
Battle Creek Harper Creek	A	2017-18	2018-19	2020-21	2022-23	2023-24	2024-25
Detroit Cody	A/B	2017-18	2018-19	2021-22	2022-23	2023-24	2024-25
Grand Rapids Northview	A	2017-18	2018-19	2020-21	2022-23	2023-24	2024-25

- Four schools have appeared in the top 10% of their class for multi-sport participation fives times:

School	Class	Years in Top 10%				
Decatur	C	2018-19	2020-21	2022-23	2023-24	2024-25
East Grand Rapids	A	2020-21	2021-22	2022-23	2023-24	2024-25
Manton	C	2018-19	2020-21	2022-23	2023-24	2024-25
Warren Michigan Collegiate	B	2018-19	2021-22	2022-23	2023-24	2024-25

- Three schools have appeared in the top 10% of their class for multi-sport participation four times:

School	Class	Years in Top 10%			
Detroit Douglass	D	2018-19	2021-22	2022-23	2024-25
Lake Leelanau St Mary	D	2018-19	2022-23	2023-24	2024-25
Parma Western	A	2018-19	2021-22	2022-23	2023-24

Survey Data:

Table 1. Multi-Sport Participation Survey Responses by Class

	Class A	Class B	Class C	Class D	Combined
Number of schools surveyed	188	188	189	191	756
Number of responding schools*	163	158	156	148	625
Response rate (# surveyed / # responding)	86.7%	84.0%	82.5%	77.5%	82.7%

*The term "responding schools" refers to schools submitting surveys with usable data - data that was clearly inaccurate based on the size of the school was excluded from analysis as it would have skewed the data. From this point forward, in order to avoid needless repetition, "responding schools" will just be referred to as "schools".

Table 2. Sport Participation among General Student Population by Class and Gender – (%) of Student Enrollment (Total # Athletes / Total # Students Enrolled)

Gender	Class A			Class B			Class C			Class D			Classes Combined		
	Total Athletes	Student Enrollment	%	Total Athletes	Student Enrollment	%	Total Athletes	Student Enrollment	%	Total Athletes	Student Enrollment	%	Total Athletes	Student Enrollment	%
Boys	49,910	110,382	45.2%	21,786	44,044	49.5%	11,486	20,692	55.5%	4,465	7,578	58.9%	87,647	182,696	48.0%
Girls	38,699	105,594	36.6%	17,859	42,175	42.3%	9,697	19,491	49.8%	3,881	6,938	55.9%	70,136	174,198	40.3%
Combined	88,609	215,976	41.0%	39,645	86,219	46.0%	21,183	40,183	52.7%	8,346	14,516	57.5%	157,783	356,894	44.2%

Table 3. Multi-Sport Participation among Athlete Population by Class and Gender – (%) of Athlete Population (# of Multi-Sport Athletes / Total # Athletes)

Gender	Class A			Class B			Class C			Class D			Classes Combined		
	# Multi-Sport Athletes	Total Athletes	%	# Multi-Sport Athletes	Total Athletes	%	# Multi-Sport Athletes	Total Athletes	%	# Multi-Sport Athletes	Total Athletes	%	# Multi-Sport Athletes	Total Athletes	%
Boys	20,525	49,910	41.1%	11,339	21,786	52.0%	7,128	11,486	62.1%	2,909	4,465	65.2%	41,901	87,647	47.8%
Girls	13,627	38,699	35.2%	8,190	17,859	45.9%	5,488	9,697	56.6%	2,357	3,881	60.7%	29,662	70,136	42.3%
Combined	34,152	88,609	38.5%	19,529	39,645	49.3%	12,616	21,183	59.6%	5,266	8,346	63.1%	71,563	157,783	45.4%

Table 4. Number of Sports Played among Athlete Population by Class and Gender - (%) of Athlete Population (# of athletes participating in that number of sports / total # of athletes)

Class A											
Gender	Total Athletes	Single Sport	%	2 Sports	%	3 Sports	%	4 or More Sports	%	TOTAL Multi-sport Athletes	%
Boys	49,910	29,385	58.9%	16,117	32.3%	4,068	8.2%	340	0.7%	20,525	41.1%
Girls	38,699	25,072	64.8%	11,069	28.6%	2,446	6.3%	112	0.3%	13,627	35.2%
Combined	88,609	54,457	61.5%	27,186	30.7%	6,514	7.4%	452	0.5%	34,152	38.5%
Class B											
Gender	Total Athletes	Single Sport	%	2 Sports	%	3 Sports	%	4 or More Sports	%	TOTAL Multi-sport Athletes	%
Boys	21,786	10,447	48.0%	7,931	36.4%	3,208	14.7%	200	0.9%	11,339	52.0%
Girls	17,859	9,669	54.1%	6,040	33.8%	1,977	11.1%	173	1.0%	8,190	45.9%
Combined	39,645	20,116	50.7%	13,971	35.2%	5,185	13.1%	373	0.9%	19,529	49.3%
Class C											
Gender	Total Athletes	Single Sport	%	2 Sports	%	3 Sports	%	4 or More Sports	%	TOTAL Multi-sport Athletes	%
Boys	11,486	4,358	37.9%	4,194	36.5%	2,627	22.9%	307	2.7%	7,128	62.1%
Girls	9,697	4,209	43.4%	3,371	34.8%	1,855	19.1%	262	2.7%	5,488	56.6%
Combined	21,183	8,567	40.4%	7,565	35.7%	4,482	21.2%	569	2.7%	12,616	59.6%
Class D											
Gender	Total Athletes	Single Sport	%	2 Sports	%	3 Sports	%	4 or More Sports	%	TOTAL Multi-sport Athletes	%
Boys	4,465	1,556	34.8%	1,628	36.5%	1,068	23.9%	213	4.8%	2,909	65.2%
Girls	3,881	1,524	39.3%	1,260	32.5%	887	22.9%	210	5.4%	2,357	60.7%
Combined	8,346	3,080	36.9%	2,888	34.6%	1,955	23.4%	423	5.1%	5,266	63.1%
Classes Combined											
Gender	Total Athletes	Single Sport	%	2 Sports	%	3 Sports	%	4 or More Sports	%	TOTAL Multi-sport Athletes	%
Boys	87,647	45,746	52.2%	29,870	34.1%	10,971	12.5%	1,060	1.2%	41,901	47.8%
Girls	70,136	40,474	57.7%	21,740	31.0%	7,165	10.2%	757	1.1%	29,662	42.3%
Combined	157,783	86,220	54.6%	51,610	32.7%	18,136	11.5%	1,817	1.2%	71,563	45.4%

Table 5. Sport Participation among General Student Population at Class A Schools by Enrollment and Gender – (%) of Student Enrollment (Total # Athletes / Total # Students Enrolled)

Gender	Enrollment less than 1,000			Enrollment 1,000-1,500			Enrollment 1,501-2,000			Enrollment over 2,000			All Class A Combined		
	Total Athletes	Student Enrollment	%	Total Athletes	Student Enrollment	%	Total Athletes	Student Enrollment	%	Total Athletes	Student Enrollment	%	Total Athletes	Student Enrollment	%
Boys	12,713	24,325	52.3%	17,319	38,784	44.7%	11,976	28,475	42.1%	7,902	18,798	42.0%	49,910	110,382	45.2%
Girls	9,127	21,677	42.1%	13,644	37,855	36.0%	9,818	27,573	35.6%	6,110	18,489	33.0%	38,699	105,594	36.6%
Combined	21,840	46,002	47.5%	30,963	76,639	40.4%	21,794	56,048	38.9%	14,012	37,287	37.6%	88,609	215,976	41.0%

Table 6. Multi-Sport Participation among Athlete Population at Class A Schools by Class and Gender – (%) of Athlete Population (# of Multi-Sport Athletes / Total # Athletes)

Gender	Enrollment less than 1,000			Enrollment 1,000-1,500			Enrollment 1,501-2,000			Enrollment over 2,000			All Class A Combined		
	# Multi-Sport Athletes	Total Athletes	%	# Multi-Sport Athletes	Total Athletes	%	# Multi-Sport Athletes	Total Athletes	%	# Multi-Sport Athletes	Total Athletes	%	# Multi-Sport Athletes	Student Enrollment	%
Boys	5,577	12,713	43.9%	7,355	17,319	42.5%	4,717	11,976	39.4%	2,876	7,902	36.4%	20,525	49,910	41.1%
Girls	3,655	9,127	40.0%	4,715	13,644	34.6%	3,379	9,818	34.4%	1,878	6,110	30.7%	13,627	38,699	35.2%
Combined	9,232	21,840	42.3%	12,070	30,963	39.0%	8,096	21,794	37.1%	4,754	14,012	33.9%	34,152	88,609	38.5%

Table 7. Top 10% of Class A Schools with Regard to Multi-Sport Participation (Ranked by % of Multi-Sport Athlete Population – Boys and Girls Data Combined)

Rank	School	Total Boy Athletes	# Boy Multi-Sport Athletes	% Multi-Sport Boy Athletes	Total Girl Athletes	# Girl Multi-Sport Athletes	% Multi-Sport Girl Athletes	Total Athletes	Total Multi-Sport Athletes	% Multi-Sport Athletes
1	Grand Rapids Northview	363	275	75.8%	316	264	83.5%	679	539	79.4%
2	Macomb L'Anse Creuse North	380	265	69.7%	320	225	70.3%	700	490	70.0%
3	Detroit Cass Tech	466	363	77.9%	550	261	47.5%	1016	624	61.4%
4	Sterling Heights Stevenson	420	260	61.9%	317	187	59.0%	737	447	60.7%
5	Romeo	425	253	59.5%	326	175	53.7%	751	428	57.0%
6	Bay City Western	284	159	56.0%	233	131	56.2%	517	290	56.1%
7	East Grand Rapids	354	221	62.4%	286	136	47.6%	640	357	55.8%
8	Utica	332	232	69.9%	275	102	37.1%	607	334	55.0%
9	Owosso	148	92	62.2%	130	55	42.3%	278	147	52.9%
10	Midland	288	152	52.8%	247	130	52.6%	535	282	52.7%
11	Cadillac	204	113	55.4%	160	77	48.1%	364	190	52.2%
12	Coopersville	235	117	49.8%	192	101	52.6%	427	218	51.1%
13	Melvindale	181	94	51.9%	270	135	50.0%	451	229	50.8%
14	Adrian	225	110	48.9%	170	88	51.8%	395	198	50.1%
15	Saginaw United	127	60	47.2%	89	48	53.9%	216	108	50.0%

Table 8. Top 10% of Class B Schools with Regard to Multi-Sport Participation (Ranked by % of Multi-Sport Athlete Population – Boys and Girls Data Combined)

Rank	School	Total Boy Athletes	# Boy Multi-Sport Athletes	% Multi-Sport Boy Athletes	Total Girl Athletes	# Girl Multi-Sport Athletes	% Multi-Sport Girl Athletes	Total Athletes	Total Multi-Sport Athletes	% Multi-Sport Athletes
1	Warren Michigan Collegiate	70	65	92.9%	45	40	88.9%	115	105	91.3%
2	Tecumseh	158	122	77.2%	129	101	78.3%	287	223	77.7%
3	Yale	143	110	76.9%	131	100	76.3%	274	210	76.6%
4	Detroit Cody	72	55	76.4%	61	40	65.6%	133	95	71.4%
5	Battle Creek Harper Creek	269	188	69.9%	222	162	73.0%	491	350	71.3%
6	Manistee	66	53	80.3%	61	36	59.0%	127	89	70.1%
7	Grand Rapids West Catholic	199	144	72.4%	176	118	67.0%	375	262	69.9%
8	Hillsdale	120	88	73.3%	102	67	65.7%	222	155	69.8%
9	Wyoming Kelloggsville	194	135	69.6%	159	102	64.2%	353	237	67.1%
10	Detroit Cesar Chavez Academy	37	22	59.5%	32	24	75.0%	69	46	66.7%
11	Marshall	157	105	66.9%	88	58	65.9%	245	163	66.5%
12	Caro	100	67	67.0%	96	63	65.6%	196	130	66.3%
13	Flat Rock	77	49	63.6%	59	41	69.5%	136	90	66.2%
14	Mason County Central	80	53	66.3%	68	44	64.7%	148	97	65.5%
15	Central Montcalm	103	65	63.1%	79	50	63.3%	182	115	63.2%

Table 9. Top 10% of Class C Schools with Regard to Multi-Sport Participation (Ranked by % of Multi-Sport Athlete Population – Boys and Girls Data Combined)

Rank	School	Total Boy Athletes	# Boy Multi-Sport Athletes	% Multi-Sport Boy Athletes	Total Girl Athletes	# Girl Multi-Sport Athletes	% Multi-Sport Girl Athletes	Total Athletes	Total Multi-Sport Athletes	% Multi-Sport Athletes
1	Jackson Lumen Christi	150	147	98.0%	143	139	97.2%	293	286	97.6%
2	Martin	43	39	90.7%	35	31	88.6%	78	70	89.7%
3	Bad Axe	37	34	91.9%	47	41	87.2%	84	75	89.3%
4	Cass City	82	72	87.8%	76	68	89.5%	158	140	88.6%
5	Center Line Prep Academy	32	31	96.9%	23	15	65.2%	55	46	83.6%
6	Decatur	67	55	82.1%	57	47	82.5%	124	102	82.3%
7	Manton	74	63	85.1%	70	52	74.3%	144	115	79.9%
8	Blissfield	97	75	77.3%	81	67	82.7%	178	142	79.8%
9	Bridgman	105	90	85.7%	107	78	72.9%	212	168	79.2%
10	Rudyard	51	41	80.4%	27	20	74.1%	78	61	78.2%
11	Galesburg-Augusta	54	42	77.8%	43	33	76.7%	97	75	77.3%
12	Grosse Pointe Woods University Liggett	111	94	84.7%	91	62	68.1%	202	156	77.2%
13	Harrison	78	57	73.1%	64	47	73.4%	142	104	73.2%
14	Pewamo-Westphalia	135	110	81.5%	105	65	61.9%	240	175	72.9%
15	Traverse City St Francis	127	89	70.1%	117	86	73.5%	244	175	71.7%

Table 10. Top 10% of Class D Schools with Regard to Multi-Sport Participation (Ranked by % of Multi-Sport Athlete Population – Boys and Girls Data Combined)

Rank	School	Total Boy Athletes	# Boy Multi-Sport Athletes	% Multi-Sport Boy Athletes	Total Girl Athletes	# Girl Multi-Sport Athletes	% Multi-Sport Girl Athletes	Total Athletes	Total Multi-Sport Athletes	% Multi-Sport Athletes
1	Watervliet Grace Christian	8	7	87.5%	8	8	100.0%	16	15	93.8%
2	Watersmeet	18	17	94.4%	11	9	81.8%	29	26	89.7%
3	Lake Leelanau St Mary	19	17	89.5%	15	13	86.7%	34	30	88.2%
4	Detroit Douglass	41	36	87.8%	-	-	-	41	36	87.8%
5	Vestaburg	35	32	91.4%	30	25	83.3%	65	57	87.7%
6	Portland St Patrick	45	40	88.9%	26	22	84.6%	71	62	87.3%
7	Battle Creek Calhoun Christian	12	11	91.7%	10	8	80.0%	22	19	86.4%
8	L'Anse	32	28	87.5%	31	26	83.9%	63	54	85.7%
9	Ewen-Trout Creek	16	13	81.3%	12	11	91.7%	28	24	85.7%
10	Onekama	30	24	80.0%	40	36	90.0%	70	60	85.7%
11	Bloomfield Hills Academy of the Sacred Heart	-	-	-	54	46	85.2%	54	46	85.2%
12	Kimball New Life Christian	23	20	87.0%	13	10	76.9%	36	30	83.3%
13	Atlanta	14	12	85.7%	33	27	81.8%	47	39	83.0%
14	Westland Hope Christian Academy	15	12	80.0%	7	6	85.7%	22	18	81.8%