



# Little League Sports are Safe

In the last few years, there have been more and more reports on the dangers of playing sports. Documentaries and movies about college and professional athletes have also shed light on the danger of sports in general. This has all led to more parents being concerned about the safety of their child participating in little league sports.

As an experienced coach for a variety of sports for the last twenty years, I can tell you little league sports are relatively safe. Usually injuries at this age are insignificant. The chance of someone getting seriously injured playing a sport increases with age. High school athletes are much more likely to get hurt than children ages 5 to 12. This is because the kids are bigger, stronger, and faster. Ironically, the root cause of most injuries in high school is related to an athlete being new to a sport and not having learned proper techniques as a child.

There are many benefits to signing up a child for little league sports, including: improving their health by exercising, learning to be a team player, teaching them discipline, and building confidence in themselves.