

SPORTS EQUITY

Increasing Access to Youth Sports

Positive sports experiences led by supportive coaches can have many benefits for athletes, including mental health enhancement, emotional skill development, physical health improvement, and educational and career advantages. Unfortunately, not all youth, especially those who are underrepresented or marginalized, have access to this type of sport experience. A look at the numbers:

- 16-25% participation gap** from youth from low-income families compared to youth from middle to higher income families
- 6x** higher drop-out rate due to financial constraints
- 12.5 million** more HS boys roster spots than girls
- 19.5%** LGBTQ youth participate in scholastic sports - making them half as likely than their non-LGBTQ peers (40.2%)
- 38% of parents of children with disability** said their communities did not offer sport or exercise programs for their child
- 20% participation gap** between non-Hispanic black youth and their white peers

The Sports Equity: Increasing Access to Youth Sports workshop provides leaders in sports organizations and athletic departments the space to identify the barriers holding young people out of sport within their community, time to collaborate on solutions, and proven tools to address common barriers to sport participation.

Following the workshop, leaders will be equipped to:

- Better understand the sports equity gap
- Identify barriers athletes in their community may face towards accessing their program
- Participate in collaborative problem solving
- Utilize PCA's Enhancing Access to Youth Sports tools

Following this workshop, PCA will provide sport leaders with continued support through an email series that summarizes and supplements the workshop learnings with additional resources to ensure they have everything they need to create a more equitable sports program.

