

How about The Multi-Events!

An Introduction to multi-events for youth through high school athletes & coaches

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Identifying a “Multi” Prospect

1. Average is excellent, great start for Multi-Events!
2. Multi's give youngsters a chance to try many disciplines
3. Year round activity if you desire. *Cautious very addicting*
4. Europeans use Multi's to develop future stars



Tips for Training Beginners

1. Event Exposure
2. How to balance training
3. Dangers of over training (How do you feel today?)
4. Some examples of beginners we have developed.



Collegiate Opportunities

1. Division 1 – NAIA embrace the Multi-Events
2. Early experience in the Multi event's is a HUGE advantage at the Collegiate level



Group Discussion

Questions?
Comments?
Experiences?

