

CSES Youth Specialization Score

Name: _____

Age: _____

Today's Date: ____ / ____ / ____

PART 1

Please answer EACH of the following questions.

1. Gender: Male Female
2. Main Sport: _____
3. Other Sports: _____
4. At what age did you start to focus on your main sport? _____ OR I don't focus on a single sport
5. At what age did you start playing this sport? _____
6. Which statement best describes you?
 - I focus on one sport only
 - I play multiple sports but have a favorite
 - I like the sports I play equally
7. Have you ever been injured playing your sport? Yes No

What was the injury? _____

Did you see a doctor? Yes No

Did you have surgery? Yes No

PART 2

The following questions refer to the sport you play the most:

1. How much fun do you have playing your sport?
 - None A little Some A lot Very much
2. How often do you want to quit your sport?
 - Never Rarely Sometimes Often Always
3. How often do you wish you could play more or different sports?

Never Rarely Sometimes Often Always

4. How often has your coach told you not to play other sports?

Never Rarely Sometimes Often Always

5. How often have your parents told you not to play other sports?

Never Rarely Sometimes Often Always

6. How many of your friends play more sports than you?

None A few Some Most All

7. What is the highest level of play you hope to reach?

Just for fun Travel team School Varsity College Professionally

8. How many months per year do you play your sport?

0-3 4-6 7-8 9-10 11-12

9. How many different leagues and clubs do you play your sport in per year?

0-1 2 3 4 5+

10. How many hours per week do you spend playing and practicing?

0-3 4-6 7-9 10-12 13+

11. How many hours per week of one on one practice do you receive from a coach?

0-2 3-5 6-8 9-10 11+

12. How often has your sports stopped you from being a better student?

Never Rarely Sometimes Often Always

13. How often has your sport stopped you from spending more time with your friends?

Never Rarely Sometimes Often Always

14. How important is being good at your sport?

Not at all A little Somewhat A lot Extremely

15. How often do you lift weights?

Never 1-2x/month 1-2x/week 3-4x/week 5+/week