

ATHLETIC PARTICIPATION SURVEY, 2008-09

**'STUDENTS GIVE THEIR
VIEWS'**



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION STUDENT SURVEY 2008-09

STUDENTS SPEAK OUT ON ATHLETICS

This booklet contains information tabulated from a student survey conducted by the Iowa High School Athletic Association during the 2008-09 school year. This project is the sixth of its kind in which student-athletes were randomly and anonymously surveyed regarding athletic participation in their schools and the first of which was completed online. The survey was conducted in accordance with the Constitution and Bylaws of the Iowa High School Athletic Association. Schools were asked to have 20 to 30 student-athletes complete the survey. 3306 student-athletes representing an estimated 130 schools participated in the survey. 47% of the respondents were female and 53% were male. 27% of the respondents were freshmen, 26% were sophomores, 26% were juniors, and 21% were seniors.

This booklet contains the actual survey questions to which the student-athletes responded. We believe administrators and coaches will find the student responses and summaries very helpful in evaluating their athletic programs.

We would like to thank the schools and students involved in the survey. Without their participation this project would not have been possible.

I. Please indicate your grade in school.

	All	Female	Male	03-04	98-99
Freshman	27%	28%	26%	29%	31%
Sophomore	26%	26%	26%	25%	23%
Junior	26%	25%	26%	25%	23%
Senior	21%	21%	22%	21%	23%

II. Please indicate if you are male or female. (26% of the students did not indicate their gender in the 1998-99 survey).

	All	03-04	98-99
Female	47%	47%	35%
Male	53%	53%	39%

PARTICIPATION EXPERIENCES

III. Why do you participate in athletics?

	All	Female	Male	03-04	98-99
Because I want to.	95%	95%	95%	78%	90%
My friends participate.	2%	3%	2%	6%	4%
My parents want me to.	2%	2%	2%	6%	2%
My coaches talked me into participating.	1%	0%	1%	10%	4%

IV. Rank the top five benefits you believe should result from high school athletic participation.

	All	Female	Male	03-04	98-99
Teamwork and cooperation with peers.	1	1	1	2	2
Fun.	2	2	2	1	1
Self-satisfaction in setting/accomplishing goals.	3	3	3	3	3
Confidence and self-poise.	4	6	3	7	7
Good sportsmanship.	5	4	7	5	6
Respect for self, others, and rules (authority).	6	5	8	4	7
Self-Discipline.	7	7	6	9	4
Pride.	8	8	3	6	4
Desire.	9	10	9	8	7
The ability to learn how to win and lose.	10	9	10	10	10

V. Rank the top five benefits you have experienced through high school athletic participation.

	All	Female	Male	03-04	98-99
Teamwork and cooperation with peers.	1	1	1	2	1
Fun.	2	2	2	1	1
Good sportsmanship.	3	3	6	5	8

Self-satisfaction in setting/accomplishing goals.	4	4	7	4	3
Confidence and self-poise.	5	6	4	8	6
Self-Discipline.	6	7	5	7	3
Pride.	7	9	3	6	5
Respect for self, others, and rules (authority).	8	5	8	3	10
The ability to learn how to win and lose.	9	8	9	10	6
Desire.	10	10	10	9	9

VI. Rank any negative experiences resulting from your high school athletic participation.

	All	Female	Male	03-04	98-99
Too much time away from studies.	1	1	1	1	1
Too much pressure to win (from parents/self).	2	2	3	2	2
No breaks between seasons.	3	3	2	4	3
Conflict between sports.	4	4	4	5	5
Too many hours of practice and training.	5	5	4	6	5
Too much pressure from coaches.	6	6	7	7	9
Unreasonable expectations.	7	7	6	10	7
It wasn't fun.	8	8	8	8	4
Too much competition.	9	9	10	3	7
Image of being an athlete.	10	10	9	9	10

COACHES AND PARENTS' INFLUENCE

VII. Rank the top five qualities you believe a coach should demonstrate.

	All	Female	Male	03-04	98-99
Fair, consistent, and positive.	1	1	1	1	1
A person players look up to as a role model.	2	2	2	4	5
Communicate well.	3	3	5	5	2
A good teacher of my sport.	4	4	3	2	7
Dedicated/unselfish with their time.	5	5	3	6	9
Respectful.	6	6	6	3	3
Trustworthy.	7	7	7	7	8
Caring.	8	8	8	8	6

VIII. Rank the top five qualities your coaches demonstrate.

	All	Female	Male	03-04	98-99
Fair, consistent, and positive.	1	1	1	1	1
Dedicated/unselfish with their time.	2	2	3	3	8
Communicate well.	3	3	2	5	2
A good teacher of my sport.	4	4	4	2	5
Respectful.	5	5	6	4	2
A person players look up to as a role model.	6	8	5	8	7

Trustworthy.	7	7	7	6	2
Caring.	8	6	8	7	5

IX. Rank the top five concerns you have about your coaches.

	All	Female	Male	03-04	98-99
Coaches who have favorites who get special treatment.	1	1	1	1	2
Coaches who have unreasonable expectations of my time.	2	2	2	3	1
Coaches who expect me to practice/compete year-round.	3	3	3	2	3
Coaches who don't substitute when appropriate.	4	3	4	6	5
Coaches who think a loss makes them look bad.	5	6	5	5	4
Coaches who give too few compliments.	6	5	6	7	5
Coaches who don't exhibit good sportsmanship.	7	7	7	4	9
Coaches who overlook team rule violations.	8	8	8	9	8
Coaches who swear at players.	9	9	9	8	10

X. Rank the top five ways your parents support your participation in athletics.

	All	Female	Male	03-04	98-99
They encourage me.	1	1	1	1	1
They attend most of my games.	2	2	2	2	4
They let me choose what sports I want to participate in.	3	3	3	4	3
They support me when we lose.	4	4	4	6	6
They reinforce the value of my participation in sports.	5	6	5	3	*
They don't have unreasonable expectations.	6	5	6	5	*
They don't criticize my performance.	7	7	7	7	5

PRE-SEASON WORKOUTS, PRACTICES, CONTESTS, AND NON-SCHOOL COMPETITION

XI. Have you participated in voluntary pre-season workouts, such as "open gym" or "captain's practices" held before the first legal practice date?

	All	Female	Male	03-04	98-99
Yes	91%	90%	91%	74%	82%
No	9%	10%	9%	26%	17%

If answering "yes", rank the following:

	All	Female	Male	03-04	98-99
I participate to keep or improve my position on the school team.	1	1	1	1	2
I participate when and how much I want to.	2	2	2	2	1

	My coach tells me I should participate.	3	3	3	3	3
	My parents encourage me to participate.	4	4	4	4	4
XII.	Have you participated in non-school competition while also participating in another high school sport?					
		All	Female	Male	03-04	98-99
	Yes	61%	63%	60%	*	*
	No	39%	37%	40%	*	*
	If answering "yes", rank the following:					
		All	Female	Male	03-04	98-99
	I participate for fun.	1	1	2	*	*
	I participate to keep or improve my position on the school team.	2	2	2	*	*
	My parents encourage me to participate.	3	3	3	*	*
	My coach tells me I should participate.	4	4	4	*	*
XIII.	Have you attended a summer camp hosted by your high school coach?					
		All	Female	Male	03-04	98-99
	Yes	73%	75%	71%	*	*
	No	27%	25%	29%	*	*
	If answering "yes", rank the following:					
		All	Female	Male	03-04	98-99
	I participate to keep or improve my position on the school team.	1	1	1	*	*
	My coach tells me I should participate.	2	2	3	*	*
	I participate for fun.	3	3	2	*	*
	My parents encourage me to participate.	4	4	4	*	*
XIV.	Have you attended a summer camp hosted by a college or someone other than your high school coach?					
		All	Female	Male	03-04	98-99
	Yes	65%	67%	62%	*	*
	No	35%	33%	38%	*	*
	If answering "yes", rank the following:					
		All	Female	Male	03-04	98-99
	I participate to keep or improve my position on the school team.	1	1	1	*	*
	I participate for fun.	2	2	2	*	*
	My parents encourage me to participate.	3	3	4	*	*
	My coach tells me I should participate.	4	4	3	*	*

XV. 93. Have you participated in non-school competition during the summer?		All	Female	Male	03-04	98-99
Yes		61%	59%	63%	47%	*
No		39%	41%	37%	53%	*

If answering "yes", rank the following:

	All	Female	Male	03-04	98-99
I participate for fun.	1	1	1	1	*
I participate to keep or improve my position on the school team.	2	2	2	2	*
My parents encourage me to participate.	3	3	3	3	*
My coach tells me I should participate.	4	4	4	4	*

XVI. Length of Sport Seasons (*1st Survey asking for sport specific information*)

Length of Fall sports season	Too Long	Not Long Enough	Just Fine
Football	13%	32%	5%
Boys' Fall Golf	14%	32%	54%
Boys' Cross Country	18%	14%	68%
Girls' Cross Country	11%	10%	79%
Girls' Swimming	9%	7%	84%
Volleyball	8%	36%	56%

Length of Winter sports season	Too Long	Not Long Enough	Just Fine
Boys' Basketball	25%	27%	4%
Girls' Basketball	44%	14%	42%
Boys' Swimming	21%	16%	6%
Wrestling	30%	22%	48%

Length of Spring sports season	Too Long	Not Long Enough	Just Fine
Boys' Golf	12%	41%	47%
Girls' Golf	6%	23%	71%
Boys' Soccer	13%	35%	52%
Girls' Soccer	10%	27%	63%
Boys' Tennis	16%	31%	53%
Girls' Tennis	9%	25%	66%
Boys' Track and Field	23%	17%	60%
Girls' Track and Field	22%	14%	64%

Length of Summer sports season	Too Long	Not Long Enough	Just Fine
Baseball	33%	27%	40%
Softball	32%	19%	49%

XVII. Length of my practice sessions

	All	Female	Male	03-04	98-99
Too Long	18%	19%	17%	*	25%
Too Short	7%	5%	8%	*	7%
Just Fine	75%	76%	75%	66%	67%

Are you in favor of Mandatory Practices from December 24 through January 1?

	All	Female	Male	03-04	98-99
Yes	32%	26%	38%	31%	*
No	68%	74%	62%	69%	*

Are you in favor of Voluntary Practices from December 24 through January 1? (18% of the students didn't have an opinion for this question in the 1998-99 survey).

	All	Female	Male	03-04	98-99
Yes	82%	83%	82%	73%	61%
No	18%	17%	18%	27%	21%

XVIII. Number of Contests (1st Survey asking for sport specific information)

	Prefer More	Prefer Fewer	Just Fine
Baseball	39%	18%	43%
Boys' Basketball	47%	12%	41%
Girls' Basketball	29%	16%	55%
Boys' Cross Country	26%	13%	61%
Girls' Cross Country	19%	15%	66%
Football	53%	4%	43%
Boys' Fall Golf	44%	8%	48%
Boys' Spring Golf	55%	8%	37%
Girls' Golf	33%	9%	58%
Boys' Soccer	54%	8%	37%
Girls' Soccer	52%	5%	43%
Softball	24%	26%	50%
Boys' Swimming	21%	13%	65%
Girls' Swimming	17%	12%	71%
Boys' Tennis	42%	7%	51%
Girls' Tennis	41%	9%	50%
Boys' Track and Field	26%	22%	52%
Girls' Track and Field	20%	20%	60%
Volleyball	54%	4%	42%
Wrestling	41%	16%	43%

XIX. Multiple Sport Participation

Does your school allow athletes to participate in more than one sport during the same season?

	All	Female	Male	03-04	98-99
Yes	73%	74%	72%	*	*
No	27%	26%	28%	*	*

Do you participate in more than one sport during any sport season?

	All	Female	Male	03-04	98-99
Yes	23%	24%	22%	*	*
No	77%	76%	78%	*	*

XX. Specialization

Is specialization (participating in only one sport year-round) good for a student while they are in high school?

	All	Female	Male	03-04	98-99
Yes	43%	42%	44%	*	*
No	57%	58%	56%	*	*

Is specialization necessary in order to participate in your sport in high school? (1st Survey asking for sport specific information)

	Yes	No
Baseball	26%	74%
Boys' Basketball	31%	69%
Girls' Basketball	31%	69%
Boys' Cross Country	20%	80%
Girls' Cross Country	18%	82%
Football	33%	67%
Boys' Fall Golf	19%	81%
Boys' Spring Golf	21%	79%
Girls' Golf	21%	79%
Boys' Soccer	22%	78%
Girls' Soccer	23%	77%
Softball	30%	70%
Boys' Swimming	20%	80%
Girls' Swimming	15%	85%
Boys' Tennis	15%	85%
Girls' Tennis	13%	87%
Boys' Track and Field	24%	76%
Girls' Track and Field	23%	77%
Volleyball	31%	69%
Wrestling	34%	66%

PRESSURE TO PLAY WELL OR WIN

XXI. I feel more pressure to play well than to win.					
	All	Female	Male	03-04	98-99
Yes	74%	79%	69%	67%	*
No	26%	21%	31%	33%	*
XXII. From whom do you feel pressure to play well?					
	All	Female	Male	03-04	98-99
Myself.	1	1	1	1	*
My coach.	2	2	2	2	*
My teammates.	3	3	2	3	*
My parents.	4	4	4	4	*
My community.	5	5	5	5	*
XXIII. From whom do you feel pressure to win?					
	All	Female	Male	03-04	98-99
Myself.	1	1	1	1	1
My coach.	2	2	2	2	2
My teammates.	3	3	3	3	*
My parents.	4	4	4	5	4
My community.	5	5	5	4	3
XXIV. What is your attitude toward winning?					
	All	Female	Male	03-04	98-99
Win within the rules.	1	3	1	3	2
Nice to win, but more important that the team plays well and has fun.	2	1	4	2	1
Nice to win, but more important that I play well and have fun.	3	2	3	1	2
Win at all costs.	4	4	2	4	4
XXV. What is your coaches attitudes toward winning?					
	All	Female	Male	03-04	98-99
Nice to win, but more important that the team plays well and has fun.	1	1	2	1	1
Win within the rules.	2	2	1	2	2
Win at all costs.	3	3	3	3	3

XXVI. Do you feel that sportsmanship is a priority at your school?

	All	Female	Male	03-04	98-99
Yes	91%	91%	91%	*	*
No	9%	9%	9%	*	*

ATHLETES WELL-BEING

XXVII. Have you been informed of the possible physical risks involved with athletic participation?

	All	Female	Male	03-04	98-99
Yes	80%	75%	85%	72%	63%
No	20%	25%	15%	28%	36%

If answering "yes", rank the following:

I was informed of the possible physical risks involved with athletic participation by:

	All	Female	Male	03-04	98-99
My coach.	1	1	1	1	*
My parents.	2	2	2	2	*
My physician.	3	3	5	3	*
My school's athletic trainer.	4	4	3	5	*
My athletic director.	5	5	3	4	*

XXVIII. Who is your major source of information regarding proper nutritional habits?

	All	Female	Male	03-04	98-99
Coach	1	2	1	1	1
Parents	2	1	2	3	2
Physician	3	3	5	4	3
I have not discussed this with anyone.	4	4	3	2	*
Friends	5	5	4	*	*
Other (magazines, televisions, Internet)	6	6	7	*	*
School Athletic Trainer	7	7	6	5	4
Athletic Director	8	8	8	7	5
School nurse	9	9	9	6	6

XXIX. Have you used nutritional supplements in the past year to improve your performance?

	All	Female	Male	03-04	98-99
Yes	67%	56%	76%	96%	25%
No	33%	44%	24%	4%	75%

If answering "yes", which of the following nutritional supplements have you used in the past year? (Select all that apply)

	All	Female	Male	03-04	98-99
Sports drinks (Gatorade, Powerade, etc.)	96%	95%	96%	*	*
Vitamin supplements (Multi-vitamins, etc.)	47%	44%	49%	*	*
Other weight gain products (Protein, amino acids, etc.)	31%	4%	48%	*	*
Meal-replacement bars/drinks	23%	16%	28%	*	*
Creatine	14%	1%	22%	11%	14%
Weight loss products	5%	4%	6%	*	*

XXX. Who is your major source of information regarding nutritional supplements?

	All	Female	Male	03-04	98-99
Parents	1	1	2	3	2
Coach	2	3	1	1	1
I have not discussed this with anyone.	3	2	5	2	*
Friends	4	5	3	*	*
Other (magazines, television, Internet, etc.)	5	6	4	*	*
Physician	6	4	6	4	3
School Athletic Trainer	7	7	7	5	4
Athletic Director	8	8	8	7	5
School Nurse	9	9	9	6	6

IOWA HIGH SCHOOL ATHLETIC ASSOCIATION MISSION STATEMENT

The Iowa High School Athletic Association serves its member schools and students by providing leadership and support for education based interscholastic athletics that enrich the educational experience of the student athlete.

