

Appendix 1. Survey Questions (adopted from original survey)

1. What sports do you compete in during the course of the year?
2. During the last 6 months, in a typical week, how many hours per week did you spend in gym class? Playing sports just for fun? Playing competitive sports?
3. How old were you when you started to participate in competitive sports?
4. Have you had an injury in the last 6 months related to sports that has prevented you from playing sports?
5. Would you agree or disagree with the following statement: "I spend more than 75% of my training in only one organized sport?"
6. Do you agree with the following statement: At practice, I think learning something new or improving my skill is more important than having fun with my friends?
7. Do you agree with the following statement: I often miss spending time with my friends that don't play sports because I have practice or competition (games, matches, tournaments, etc.) for my sport?
8. *Have you quit other sports to focus on one main sport? If yes, how old were you when you quit other sports?
9. *Is one sport more important to you than any other?
10. Do you regularly travel to other states to compete in your sport?
11. *How many months per year do you train for one main sport?
12. How many months per year do you compete in one main sport?
13. On a scale of 1-10 mark how much you enjoy playing sports.
14. Development questions: For boys and girls: Do you have any growth of pubic hair? For girls: Have you had a menstrual period cycle yet? For boys: Do you have facial hair or need to shave yet?

* Answers to these "sports specialization questions" form the basis for determining the athlete's sports specialization score.