



ROYAL COLLEGE OF CHIROPRACTIC SPORTS SCIENCES (CANADA)
COLLEGE ROYAL DES SCIENCES SPORTS CHIROPRACTIQUE (CANADA)

June 16, 2020

Mark McGuire
Give and Go Sport Education

Dear Mark,

Please accept this letter acknowledging the RCCSS(C) support of your “Give and Go” documentary project.

The Royal College of Chiropractic Sports Sciences (Canada) is the national governing organization for sports chiropractic in Canada. It is an educational and coordinating organization that acts as the Regulatory College for Chiropractic Sports Specialists in Canada and is the leader for the Chiropractic sports community. Members of the RCCSS(C) have been working with Canadian athletes of all levels for over 30 years guided by our core values of expertise, leadership, excellence, integrity, and collaboration.

We are aware of the growing literature regarding the benefits of avoiding early sports specialization and are pleased to collaborate in the ongoing discussion in conjunction with other community partners. We see the value in the *Give and Go* project in supporting young athletes in their enjoyment of and safe participation in sport of all types.

We endorse the notion that young athlete’s preferences should be the guiding force when choosing the sport or number of sports in which they participate. Supporting their diverse interests allows them to develop fitness, movement skills, critical thinking and self esteem while also fostering the joy in exercise and sport for life. On the other hand, we acknowledge some children may not have diverse sports interests.

We also feel that regardless of whether they are a single or multi-sport athlete, young athletes, just like adult athletes are susceptible to overtraining. Parents and coaches need to be realistic and fair in their expectations of young athlete’s training and include intentional rest and recovery. Sport diversification may not protect young athletes from injury if training volumes remain consistently high year-round.

The *Give and Go* documentary message of young athletes benefitting from experiencing multiple sports resonates with our broader stance on physical activity for all Canadians, and our commitment to promoting physical activity and encouraging sport participation across Canada.

In addition to directly participating in the documentary the RCCSS(C) will promote the material through our social media channels and website. The RCCSS(C) is pleased to endorse the “give and go” documentary project and will be available to assist and participate in its development.

Dr. Scott D. Howitt
CSCS, MSc, RKin, DC, FRCCSS(C), FCCPOR(C)
President RCCSS(C)