

**LEWIS S. MILLS**  
**HIGH SCHOOL**  
**ATHLETIC DEPARTMENT**  
**Member of the Berkshire League**

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## ACADEMIC BENEFITS OF PARTICIPATION IN ATHLETICS AT LEWIS MILLS H.S.

It has long been established that athletic participation has a positive effect on academic performance<sup>1</sup>, along with various other educational outcomes.<sup>2</sup> In addition, research suggests that athletic participation at the high school level has a positive correlation with leadership development.<sup>3</sup>

A study conducted by the College Entrance Board<sup>4</sup> stated “our study provides compelling evidence from the SAT, a national high-stakes test, that participation in extracurricular activities provides all students—including students from disadvantaged backgrounds, minorities, and those with otherwise less than distinguished academic achievements in high school—a measurable and meaningful gain in their college admissions test scores.” Going a step further in paraphrasing a reference from Marsh and Kleitman, Everson and Millsap stated that “participation in extracurricular activities in high school appears to be one of the few interventions that benefit low-status, disadvantaged students—those less well served by traditional educational programs—as much as or more than their more advantaged peers.”<sup>4</sup> While these are compelling statements worthy of consideration in school program planning, a causal relationship between extracurricular participation and improved SAT scores could not be established in this study.

In further support of extracurricular athletic participation, Durbin<sup>5</sup> found that the grades of student-athletes were higher in-season than out-of-season and that student-athletes were less likely to drop out of school. Soltz<sup>6</sup> identified that athletes in-season also had fewer failing grades. Further, in examining these findings, Soltz suggested that athletes may feel pressure to maintain eligibility or may even be in school more often as a result of participation. Whatever the case, there is consistency in the research identifying athletic performance as having a beneficial effect on academic performance.

At Lewis Mills, the data strongly support these findings. In analyzing the graduation data from 2007-2010, 50.2% of the student body participated on at least one athletic team (377/751). While 37% of this population completed high school with a weighted GPA of 3.0 or better, 49% of student-athletes met this high achievement mark. As a single comparison, the average GPA of student-athletes over the four-year period was 2.94 while the average GPA of non-athletes was 2.45. The tables on the following pages examine final weighted GPA data for the graduates of the past four years.

To gain a real understanding of the commitment involved in participating in athletics, consider the following estimates. As a comparison, students with full schedules are in school for 395 minutes per day (6.58 hours/day).

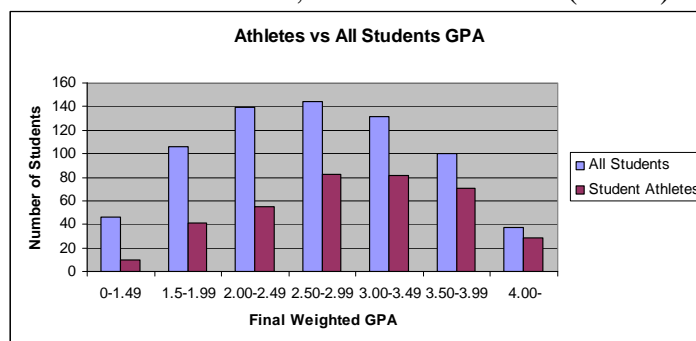
Sport	Total Estim. Part. (hours)
Baseball	165
Basketball	176
Cheerleading	163
Crew - Fall	154
Crew - Spring	189.5
Cross Country	88.75

Sport	Total Estim. Part. (hours)
Field Hockey	138.6
Football	176
Golf	145
Lacrosse	120
Soccer	126
Softball	160

Sport	Total Estim. Part. (hours)
Swimming/Diving	142.5
Tennis	120
Track - Indoor	135
Track - Outdoor	158
Volleyball - Girls	132
Volleyball - Boys	140.8

### FOUR YEAR GRADUATION DATA (2007-2010) RANKED BY FINAL WEIGHTED GPA

Total students: 751; Total Athletes: 377 (50.2%)



<sup>1</sup> Lee, A. (2004). *Benefits of High School Athletic Participation*. JOPERD—The Journal of Physical Education, Recreation & Dance, 75(7), 10.

<sup>2</sup> Marsh, H. W., & Kleitman, S. (2003). *School athletic participation: Mostly gain with little pain*. Journal of Sport and Exercise Psychology, 25, 205-228.

<sup>3</sup> Dobosz, R. (1999). The relationship between athletic participation and high school students' leadership ability. *Adolescence*, 34(133), 215-20. Retrieved from [http://findarticles.com/p/articles/mi\\_m2248/is\\_133\\_34/ai\\_54657541/?tag=content;col1](http://findarticles.com/p/articles/mi_m2248/is_133_34/ai_54657541/?tag=content;col1)

<sup>4</sup> Everson, H.T., & Millsap, R.E. (2005). *Everyone Gains: Extracurricular Activities in High School and Higher SAT® Scores*. College Board Report No. 2005-2. New York: College Entrance Examination Board.

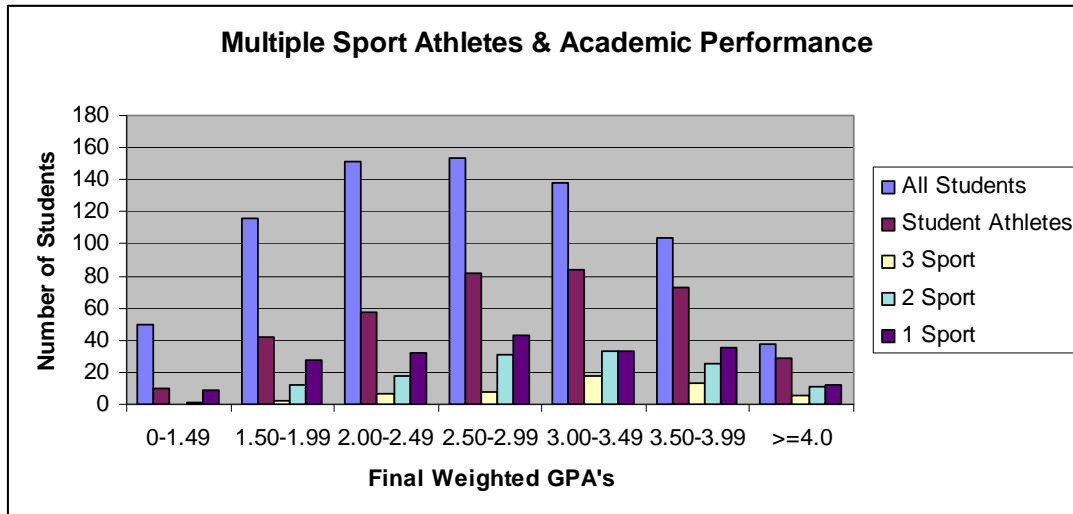
<sup>5</sup> Durbin, B. B. (1986). High school athletics: A valuable educational experience. *NASSP Bulletin* 10, 32-34.

<sup>6</sup> Soltz, D. (1986). Athletics and academic achievement: What is the relationship? *NASSP Bulletin*, 10, 20-24.

## ACADEMIC PERFORMANCE COMPARED TO NUMBER OF SPORTS PLAYED:

Academic performance of student-athletes participating in two or more sport seasons was consistently better than non-athletes and athletes participating in one sport.

Participation Level	Total # (2007-2010)	Average GPA
3 Sport Participants	56	3.20
2 Sport Participants	128	3.02
1 Sport Participant	193	2.81
Non-athletes	374	2.45



### Raw data comparing performance of multiple sport athletes (2007-2010)

Weighted GPA	All Students	Non-Athletes	All Student-Athletes	1 Sport	2 Sport	3 Sport
0-1.49	50	40	10	9	1	0
1.50-1.99	116	74	42	28	11	3
2.00-2.49	151	94	57	32	18	7
2.50-2.99	154	72	82	43	31	8
3.00-3.49	138	54	84	34	31	19
3.50-3.99	104	31	73	35	25	13
>=4.0	38	9	29	12	11	6
Totals:	751	374	377	193	128	56

### STUDENT-ATHLETES ACHIEVING HONOR ROLL

Student-athletes have consistently outperformed their non-athlete peers over the past three years of collected honor roll data. The fall 2010 numbers set a record of 46% for student-athletes.

	09-10	08-09	07-08
<b>General LSM Population</b>	710	706	607
% students achieving honor roll	29%	28%	26%
<b>Student-Athletes:</b>	273	245	216
% student-athletes achieving honor roll	38%	32%	31%

2009-2010 School Year	All Students	%	Student-Athletes	%
Fall 2009 – Quarter 1 Report Card	264/816	32%	110/284	39%
Winter 2009/10 – Quarter 2 Report Card	223/816	27%	54/145	37%
Spring 2010 – Quarter 3 Report Card	223/816	27%	109/290	38%
<b>2008-2009 School Year</b>				
Fall 2008 – Quarter 1 Report Card	256/831	31%	94/282	33%
Winter 2008/09 – Quarter 2 Report Card	230/831	28%	59/170	35%
Spring 2009 – Quarter 3 Report Card	220/831	26%	92/322	29%

## COMPARISON OF IN-SEASON vs OVERALL ACADEMIC DATA (CURRENT)

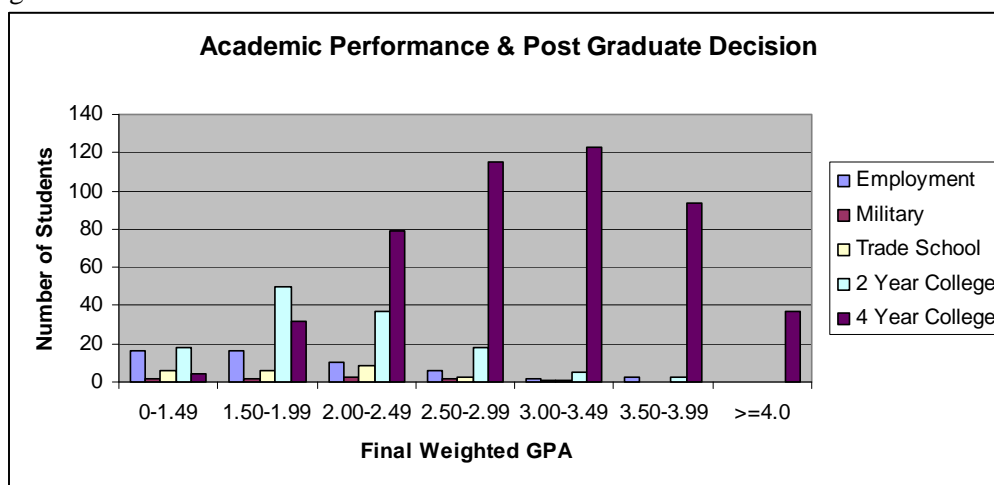
This is new data that is being tracked.

Fall 2010 Teams	In-Season GPA	Over-all GPA	Change
Boys Cross Country	3.46	3.22	+.24
Boys Soccer	3.56	3.57	-.01
Crew	3.26	3.17	+.09
Field Hockey	3.76	3.55	+.21

Fall 2010 Teams	In-Season GPA	Over-all GPA	Change
Football	2.82	2.55	+.27
Girls Cross Country	3.44	3.25	+.19
Girls Soccer	3.70	3.47	+.23
Volleyball	3.55	3.52	+.03

### ACADEMIC PERFORMANCE AND POST GRADUATE DECISIONS:

As the presented data demonstrate, students participating in athletics are more likely to complete school with higher GPA's than their non-athlete counterpart. The historical data from Lewis Mills demonstrates a strong correlation between academic achievement and post graduate decisions as reported in Guidance Department data collected each year. Higher academic performance simply translates into greater choice for the graduating student. For students achieving at the 3.0 level or better, 96% reported attending a four year college compared with only 24% for students achieving below a 2.0. The table below compares reported post graduate decisions with final weighted GPA's.



### Raw data comparing post graduate decisions to final weighted GPA's

Weighted GPA	All* Students	Employment	Military	Trade School	2 Year College	4 Year College	% Attending 4-year College
0-1.49	46	16	2	6	18	4	9%
1.50-1.99	106	16	2	6	50	32	31%
2.00-2.49	139	10	3	9	37	79	57%
2.50-2.99	144	6	2	3	18	115	80%
3.00-3.49	132	2	1	1	5	123	93%
3.50-3.99	100	3	0	0	3	94	94%
>=4.0	37	0	0	0	0	37	100%

\*47 Students who did not report graduation destination were not included in the data presented

### ATHLETIC PARTICIPATION IN COLLEGE:

Statistically, approximately 3% of high school athletes go on to play their sport in college at any level. Many more continue in intramural or recreational league programs, but this data is not recorded. Data from Lewis Mills is strong in relation to national numbers over the first 4 recorded years of data:

Graduating Class	Total Students	Participated in College Athletics	%
2009	198	13	6.6%
2008	174	6	3.4%
2007	177	5	2.8%
2006	153	7	4.6%

# ATHLETIC DEPARTMENT OVERVIEW

There are a total of 25 programs in our department with 435 unique participants in grades 9-12 during 2009-2010. This represented more than 53% of our school community, with many student-athletes playing more than one sport. Our total budget for 2010-2011, not including coaching salaries, is \$164,904.

There are 9 male sport teams, 9 female teams and 7 co-ed teams. Our programs and athletes have enjoyed a great deal of success over the past several years, including four state championships, 21 Berkshire League titles and numerous state tournament appearances.

Student athletes are held to high standards and they have responded well, including an excellent showing this past fall with 130 out of 285 (46%) students participating, receiving Scholar-Athlete Awards. This compares very favorably with the fall non-athlete student population of which 37% achieved the same level of academic success. In addition, the athletic department continues to require each team to conduct at least one community service project as part of the team's season.

## The Past 5 years:

### 2009-2010

Field Hockey – Berkshire League Champions & Class S Runner-Up  
Golf – Berkshire League Champions  
Baseball – Berkshire League Champions  
Softball – Berkshire League Champions  
Boys Volleyball – Class M State Champions

### 2008-2009

Boys Soccer – Berkshire League Co-Champions  
Field Hockey – Berkshire League Champions  
Girls Basketball – Berkshire League Champions  
Golf – Berkshire League Champions  
Softball – Berkshire League Champions

### 2007-2008

Girls Soccer – Berkshire League Champions  
Field Hockey – Berkshire League Champions  
Girls Basketball – Berkshire League Champions  
Baseball – Berkshire League Champions

### 2006-2007

Girls Soccer – Berkshire League Champions  
Field Hockey – Berkshire League Champions  
Golf – Berkshire League Champions  
Girls Track – Class S State Champions  
Boys Volleyball – Class M State Champions

### 2005-2006

Boys Volleyball – Class M State Champions  
Golf – Berkshire League Co-Champions  
Baseball – Berkshire League Champions  
Girls Tennis – Berkshire League Champions  
Field Hockey – Berkshire League Co-Champions  
Field Hockey – Class S State Co-Champions  
Girls Soccer – Berkshire League Champions

## FALL 2010 ATHLETIC DEPARTMENT COMMUNITY SERVICE PROJECTS

School Supply Drive for New Haven Public Schools, Breast Cancer Awareness Recognition games, Volunteered with Unified Sports Team, Volunteered coaching with youth travel teams, Youth football clinic, Volunteered with Cam Jam, Volunteered with Turkey Shoot, Raised money for Amanda Osterby fund, Organized local cross country race, Raised over \$1,200 participating in 2010 Alzheimer's memory walk, Stride against breast cancer, Gift wrapping at Burlington Library