

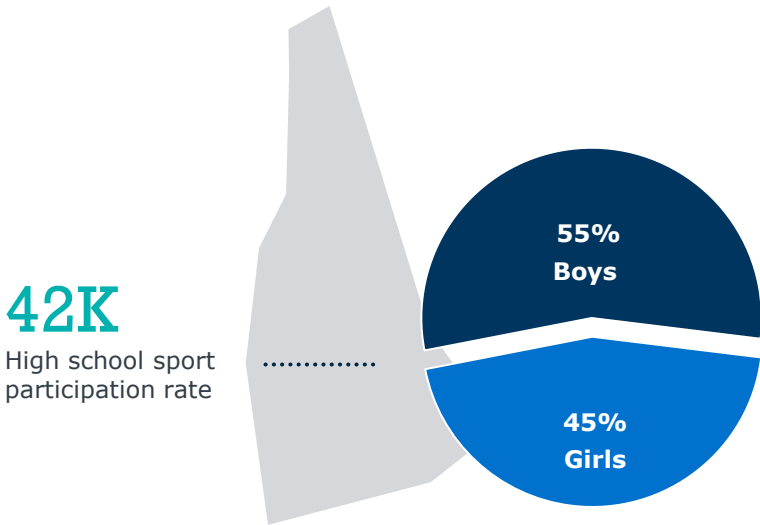
High School Sports Participation State Profile

State Profile: New Hampshire

Boys Account for Most High School Sport Participation

As of 2023-2024, the high school sports participation rate was 42,231 in New Hampshire. Mirroring the national trend, boys accounted for more than half of participation.

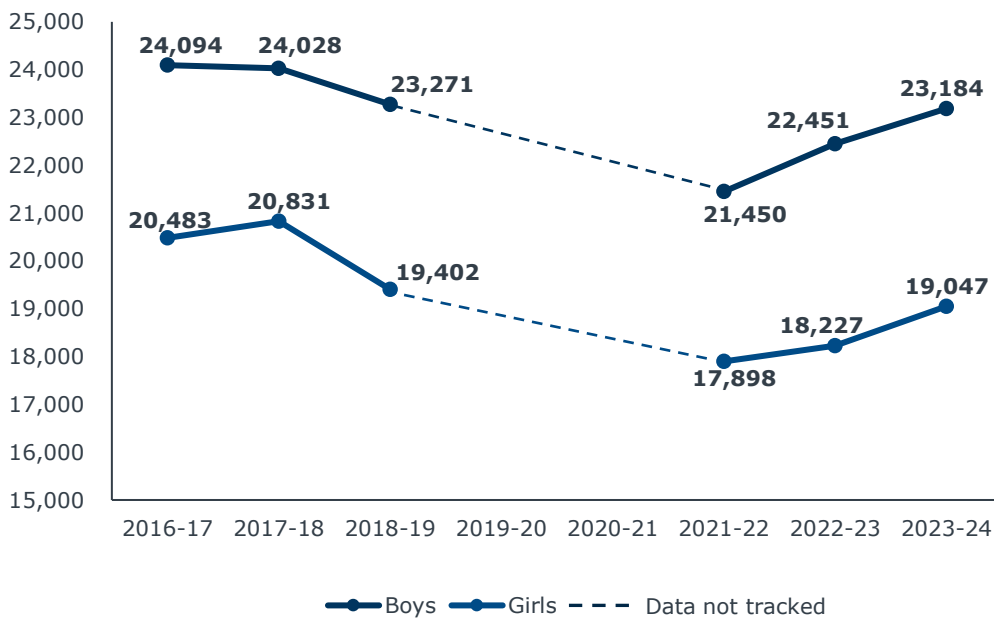
High School Sport Participation, Share of Girls v. Boys, 2023-24
n=42,231 (total participation)



Gap Between Boys, Girls Persists After Pandemic

Participation in high school sports was lower among boys and girls in 2023-24, compared to 2016. However, participation has been growing among both since 2021.

Change in Girls and Boys Participation Rates, 2016-17 to 2023-24



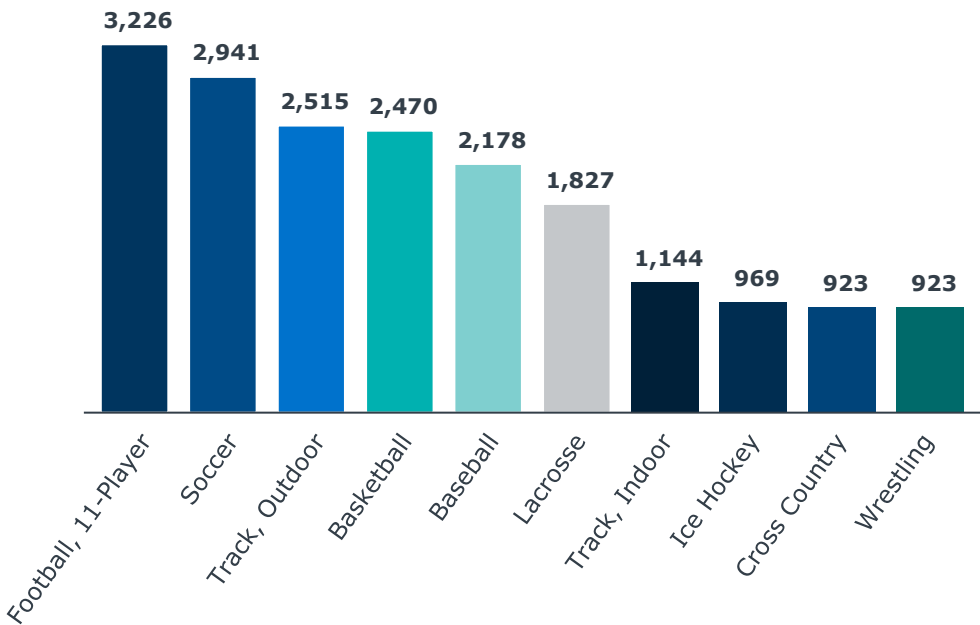
Source: EAB analysis of National Federation of State High School Association data.

Top Boys' and Girls' Sports

Ice Hockey Emerges as Top 10 Sport

Like most states, football was the biggest boys' sport as of 2023-2024. The biggest deviation from national trends was ice hockey, which was the eighth largest sport in the state and not in the top 10 nationally.

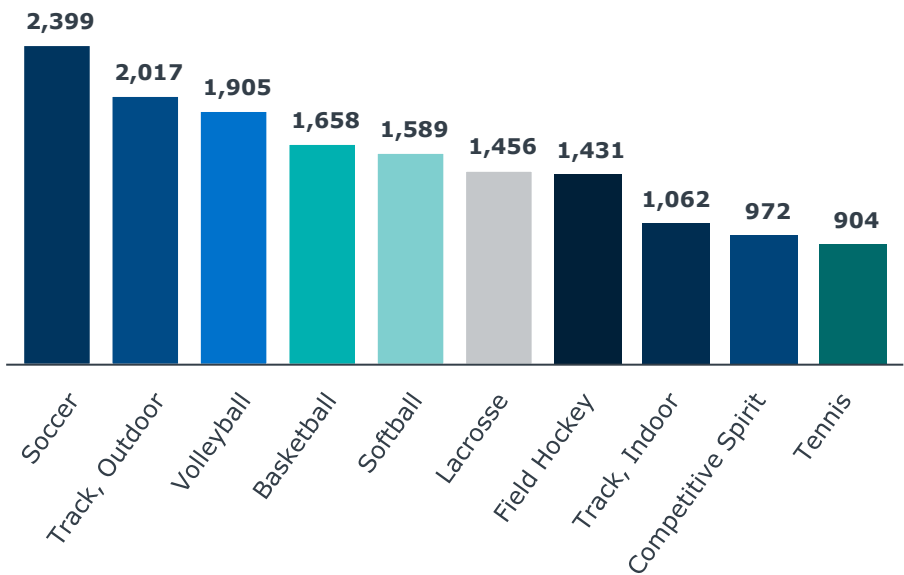
Top 10 Boys' Sports by Participation Rate, 2023-2024
n =23,184 (boys' participation rate)



Track Takes Two Spots in Top 10

Like boys, outdoor and indoor track and field were both in the top 10. Otherwise, the biggest girls' sports in New Hampshire largely reflected national trends.

Top 10 Girls' Sports by Participation Rate, 2023-2024
n =19,047 (girls' participation rate)



Short- and Long-Term Changes in Participation

Boys

Areas of Consistent Growth

Four sports grew both in the last year and across the last eight years. This trend may signal emerging and/or sustainable recruitment areas. They included:

- Bowling
- Golf
- Outdoor Track & Field
- Wrestling

Areas of Steady Decline

In comparison, participation fell in the last year and across the last eight years among five sports. Because the participation rate double counts multi-sport athletes, it is possible some of these declines may be attributed to growing specialization.

- Cross Country
- Competitive Spirit
- Football, 11-Player
- Skiing, Cross Country
- Swimming & Diving

Sport	2023-2024 Participation	Change, 2022-23 to 2023-24	Change, 2016-17 to 2023-24
Football, 11-Player	3,226	-3%	-5%
Soccer	2,941	3%	-4%
Track & Field, Outdoor	2,515	13%	1%
Basketball	2,470	-2%	1%
Baseball	2,178	2%	-10%
Lacrosse	1,827	2%	-14%
Track & Field, Indoor	1,144	9%	-6%
Ice Hockey	969	2%	-7%
Cross Country	923	-0.2%	-23%
Wrestling	923	22%	36%
Golf	898	6%	12%
Tennis	618	8%	-16%
Skiing, Alpine	484	3%	-6%
Unified Basketball	479	7%	N/A
Volleyball	323	-20%	11%
Bass Fishing	257	9%	N/A
Swimming & Diving	205	-4%	-52%
Skiing, Cross Country	186	-11%	-37%

Source: EAB analysis of National Federation of State High School Association data.

Short- and Long-Term Changes in Participation

Boys, Continued

Sport	2023-2024 Participation	Change, 2022-23 to 2023-24	Change, 2016-17 to 2023-24
Unified Soccer	169	1%	N/A
Unified Track	154	-11%	N/A
Bowling	149	4%	15%
eSports	112	N/A	N/A
Unified Volleyball	28	-22%	N/A
Competitive Spirit	5	-50%	-75%
Gymnastics	1	N/A	N/A

Source: EAB analysis of National Federation of State High School Association data.

Biggest, Fastest Growth, Largest Decline

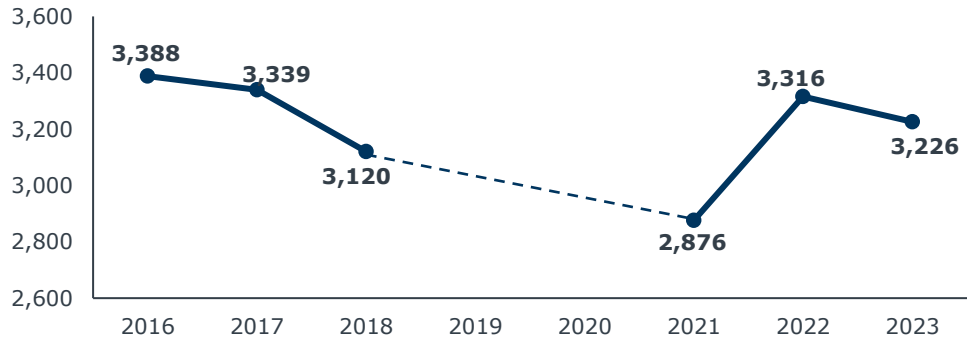
Boys

Biggest Sport

Football Shows Signs of Growth After Steady Decline

Participation in football decreased 5% between 2016 and 2023. However, it has shown some signs of growth since the pandemic.

Change in Boys' Football Participation, 2016-17 to 2023-24

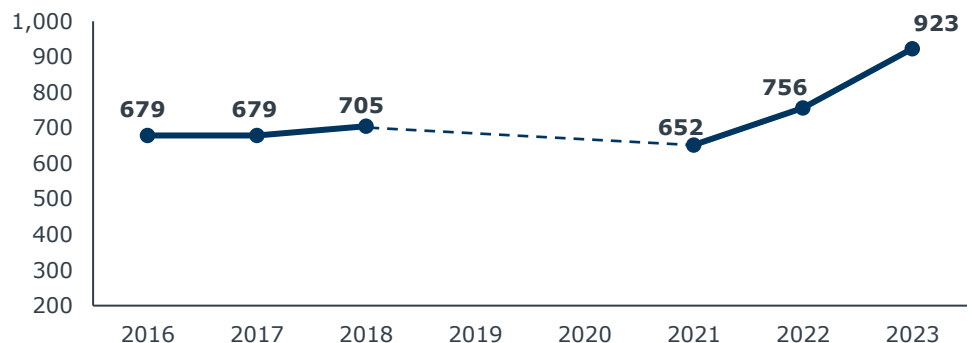


Fastest Growth

Steady Growth in Wrestling

Participation in wrestling increased every year but one between 2016 and 2023, for 36% total growth.

Change in Boys' Wrestling Participation, 2016-17 to 2023-24

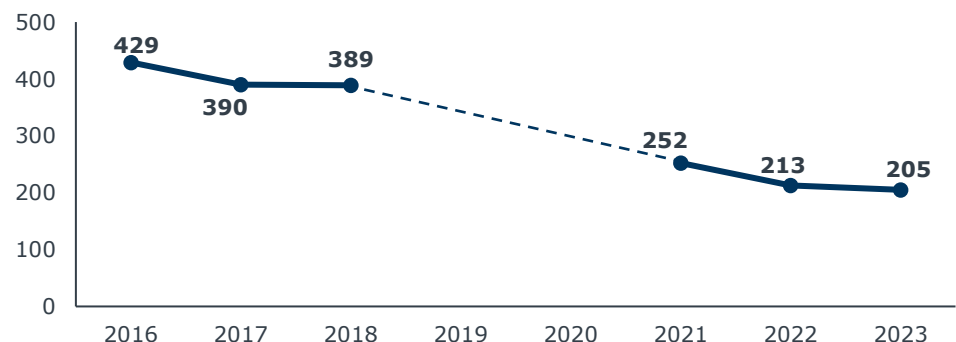


Largest Decline¹

Swimming & Diving Small and Shrinking

Participation in swimming & diving fell 52% between 2016 and 2023.

Change in Boys' Swimming & Diving Participation, 2016-17 to 2023-24



1) Excludes competitive spirit, which only had 5 participants in 2023

Source: EAB analysis of National Federation of State High School Association data.

Short- and Long-Term Changes in Participation

Girls

Areas of Consistent Growth

Five sports grew both in the last year and across the last eight years. This trend may signal emerging and/or sustainable recruitment areas. They included:

- Bowling
- Gymnastics
- Ice Hockey
- Tennis
- Volleyball

Areas of Steady Decline

In comparison, participation fell in the last year and across the last eight years among three sports. Because the participation rate double counts multi-sport athletes, it is possible some of these declines may be attributed to growing specialization.

- Cross Country
- Swimming & Diving
- Tennis

Sport	2023-2024 Participation	Change, 2022-23 to 2023-24	Change, 2016-17 to 2023-24
Soccer	2,399	-0.2%	-7%
Track & Field, Outdoor	2,017	9%	-2%
Volleyball	1,905	10%	17%
Basketball	1,658	-4%	-10%
Softball	1,589	7%	-14%
Lacrosse	1,456	-3%	-11%
Field Hockey	1,431	0.1%	-18%
Tennis, Indoor	1,062	24%	-8%
Competitive Spirit	972	2%	-29%
Tennis	904	13%	3%
Cross Country	752	4%	-17%
Unified Basketball	505	19%	N/A
Swimming & Diving	445	3%	-34%
Skiing, Alpine	411	-4%	2%
Ice Hockey	355	1%	30%
Gymnastics	239	18%	14%
Skiing, Cross Country	194	0%	-24%

Source: EAB analysis of National Federation of State High School Association data.

Short- and Long-Term Changes in Participation

Girls, Continued

Sport	2023-2024 Participation	Change, 2022-23 to 2023-24	Change, 2016-17 to 2023-24
Skiing, Cross Country	194	0%	-24%
Unified Soccer	192	15%	N/A
Unified Track	181	15%	N/A
Golf	85	-3%	85%
Wrestling	82	0%	332%
Unified Volleyball	75	-1%	N/A
Bowling	74	4%	7%
Football, 11-Player	22	-44%	69%
Bass Fishing	18	13%	N/A
Baseball	5	-82%	0%

Source: EAB analysis of National Federation of State High School Association data.

Biggest, Fastest Growth, Largest Decline

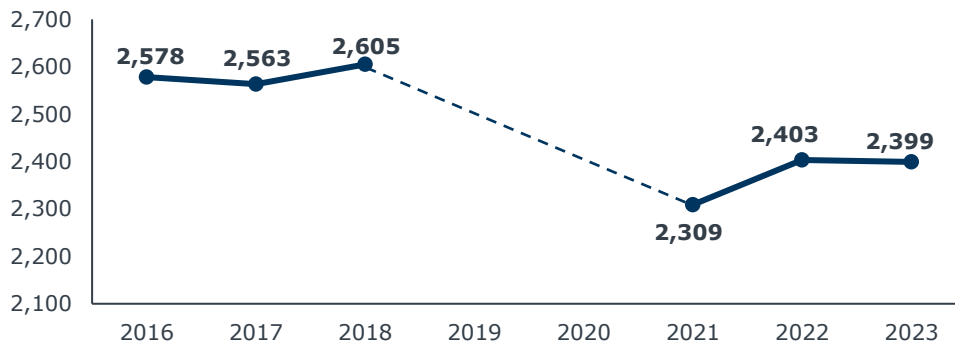
Girls

Biggest Sport

Soccer Participation Down Since Pandemic Slide

Participation in soccer is down 7% since 2016. The largest drop occurred immediately after the pandemic, and participation has since started to increase slowly.

Change in Girls' Soccer Participation, 2016-17 to 2023-24

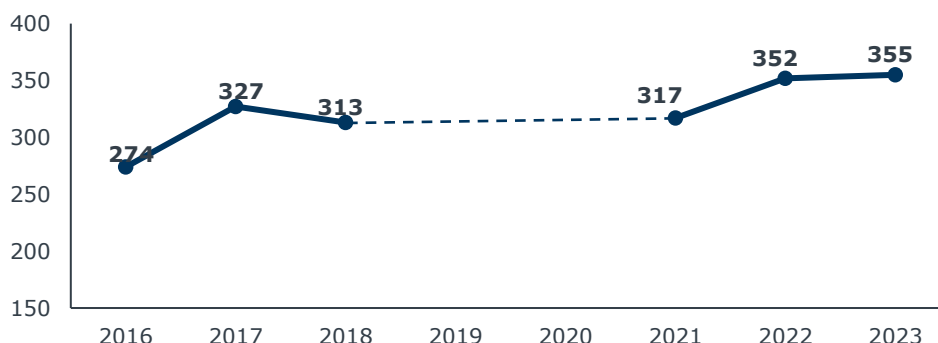


Fastest Growth¹

Ice Hockey Small But Growing Steadily

Participation in ice hockey increased 30% between 2016 and 2023, but it remains outside of the top 10.

Change in Girls' Wrestling Participation, 2016-17 to 2023-24

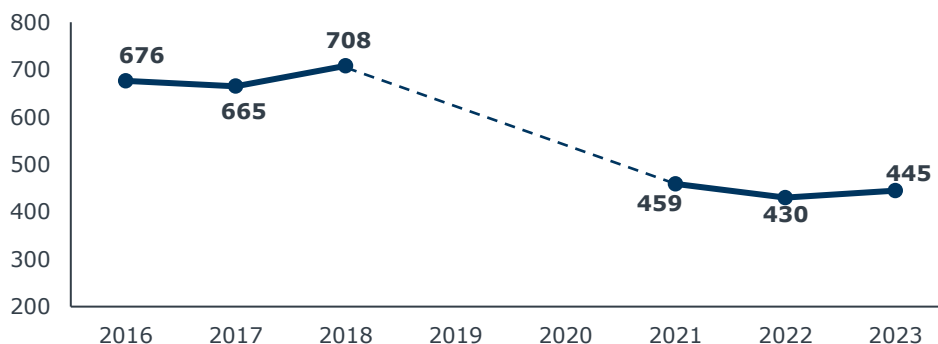


Largest Decline

Swimming & Diving Took a Hit During the Pandemic

Participation in swimming and diving decreased 34% between 2016 and 2023, with the fastest decline occurring immediately after the pandemic.

Change in Girls' Swimming & Diving Participation, 2016-17 to 2023-24



1) Excludes sports with fewer than 100 participants

Source: EAB analysis of National Federation of State High School Association data.

Appendix: About the Data

Data in this report come from the National Federation of State High School Association's "[High School Athletics Participation Survey](#)."

Limitations of the Data

- The numbers cited in this report reflect the "participation rate." An individual who participated in two sports is counted twice, three sports – three times and so on.
- Participation rates are not adjusted for population changes.
- Most states exclude data from independent schools, unless they are part of the state league, which varies by state and sport.
- Data do not include club sport participation.
- Some states did not report data for all years included in the report. Meanwhile, others appear to have reported duplicate data in a few cases. These cases are called out in the report when applicable.

Definitions

"Adapted" refers to sports that are modified (e.g., rules, equipment) for special-needs students.

"Unified" refers to sports that are open to special-needs students but aren't adapted to meet their needs.

Appendix: National High School Sports Participation

2023-2024 Top 10 Sports in USA by Participation

Top Boys' Sports

1. Football – 11-Player	1,031,508
2. Track and Field – Outdoor	625,333
3. Basketball	536,668
4. Baseball	471,701
5. Soccer	467,483
6. Wrestling	291,874
7. Cross Country	239,874
8. Tennis	157,835
9. Golf	155,174
10. Swimming and Diving	116,799
Total Boys' Participation	4,638,785

Top Girls' Sports

1. Track and Field – Outdoor	506,015
2. Volleyball	479,125
3. Soccer	383,895
4. Basketball	367,284
5. Softball – Fast Pitch	345,451
6. Tennis	195,766
7. Cross Country	192,969
8. Competitive Spirit	181,023
9. Swimming and Diving	138,174
10. Lacrosse	101,204
Total Girls' Participation	3,423,517

Source: EAB analysis of National Federation of State High School Association data.